

Access Points - Entry points to find and access local resources.

2-1-1 New York - Call for help to find local resources you need.
call 211 - 211nys.org

Crisis Intervention Hotline - Call if you have questions about accessing shelter or other services, or if you have been denied shelter
(888) 358-2384 - coalitionforthehomeless.org/

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Food Help NYC - Web app to find food pantry and soup kitchen locations in NYC
foodhelp.nyc.gov

NYC Hunger Hotline - Call to find food resources
(866) 888-8777

The Bowery Mission - Also provides food pantry and residential program
227 Bowery, New York, NY 10002
(212) 226-6214 - bowery.org/get-help

<p><u>Meals</u> Every day: 8am, 1pm, 5pm</p>	<p><u>Showers & Clothing</u> Men: Mon-Fri 9:30am-noon, Women: Thur 9:30am-noon. Signup at 6:45am</p>	<p><u>Medical Care</u> Tues 9am-2pm, Thur 3pm-5pm</p>
--	--	---

Holy Apostles
296 9th Ave, New York, NY 10001
(212) 924-0167 - holyapostlesnyc.org

<p><u>Hot meals</u> Mon - Fri 10:30am - 12:30pm</p>	<p><u>Food Pantry</u> Tue / Wed / Thur 1:30pm - 3:30pm</p>
---	--

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

NY Common Pantry

8 East 109th Street, New York, NY 10029

(917) 720-9700 - nycommonpantry.org

Hot meals
Mon - Fri 2:30pm

Brown Bag Lunch
Sat / Sun 4pm - 5pm

Community Kitchen of West Harlem

252 W 116th Street, New York, NY 10026

(212) 566-7855 - foodbanknyc.org/community-kitchen

Meals
Mon - Fri 4pm - 6pm

All Angels Church

251 W 80th Street, New York, NY 10024

(212) 362-9300 - allangelschurch.com/community-ministries/get-services/#cm-pathways

Breakfast
Tues / Thur 9am

Showers
Tues / Thur 8am -
2pm

Medical Care
Tues / Thur 8am -
noon

Broadway Community

601 W 114th Street, New York, NY 10025

(212) 864-6100 ext: 120 - broadwaycommunity.org

Meals
Mon / Wed / Fri
12:30pm - 1:30pm

Showers
Mon / Wed / Fri
10:30am - noon

Medical Care
Mon 1pm - 4pm, Wed
10am - 4pm

St. John's Bread & Life

795 Lexington Avenue, Brooklyn, NY 11221

(718) 574-0058 - breadandlife.org

Meals
Mon - Thur 9:30am - noon

Food Pantry
Mon - Thur 8am - 3pm

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Masbia Boro Park

5402 New Utrecht Avenue, Brooklyn, NY 11219

(718) 972-4446 ext: 205 - masbia.org/masbia_boro_park

Kosher Meals

Mon - Thur 3pm - 8pm

Food Pantry

Mon/Tue 9am-8pm, Wed/Thur
11am-10pm, Fri 7am-2pm

Neighbors Together

2094 Fulton St, Brooklyn, NY 11233

(718) 498-7256 - neighborstogether.org/community-cafe

Lunch

Mon - Fri: noon - 2pm

Dinner

Mon - Thur: 4pm - 6pm

Part of the Solution

2759 Webster Avenue, Bronx, NY 10458

(718) 220-4892 - potsbronx.org/english/programs

Lunch

Mon - Sat: 12:30pm -
3pm

Food Pantry

Mon - Sat: 8:30am -
11am

Showers

Mon - Fri: 8:30am -
11am

Masbia of Queens

105-47 64th Road, Queens, NY 11375

(718) 972-4446 ext: 207 - masbiaqueens.org/getfood

Meals

Mon - Thur: 3pm - 8pm

Food Pantry

by appointment

Grand Central Food Program - Every night vans deliver food. Visit website for route schedule

coalitionforthehomeless.org/our-programs/food/grand-central-food-program

Emergency Shelters

30th Street Mens Intake Shelter - Intake, Assessment, and General Population shelter for homeless men - Serves: Men

400 East 30th Street, New York, NY 10016

call 311 - www1.nyc.gov/site/dhs/shelter/singleadults/singleadults-applying.page

Emergency Shelters

Brooklyn Womens Intake Shelter - Intake and assesment for homeless women - Serves: Women

116 Williams Avenue, Brooklyn, NY 11207

(718) 483-7700 - www1.nyc.gov/site/dhs/shelter/singleadults/single-adults-applying.page

Adult Family Intake Center - Intake and assesment for couples / families with adult children - Serves: Couples, Families without Children

400-430 East 30th Street, New York, NY 10016

(212) 481-4704 - www1.nyc.gov/site/dhs/shelter/families/adult-families-applying.page

PATH - Intake and assesment for families with children - Serves: Families with Children

151 East 151st Street, The Bronx, NY 10451

(718) 503-6400 - www1.nyc.gov/site/dhs/shelter/families/families-with-children-applying.page

Resources

NYC Well - NYC Well is your connection to free, confidential mental health support.

(888) 692-9355 - nycwell.cityofnewyork.us/en

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline

(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress

(800) 273-8255 - SuicidePreventionLifeline.org

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence

(800) 799-7233 - TheHotline.org

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth

(800) 786-2929 - 1800runaway.org

Resources

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - [HumanTraffickingHotline.org](https://www.humantraffickinghotline.org)

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
[SafeLinkWireless.com](https://www.SafeLinkWireless.com)
[AssuranceWireless.com](https://www.AssuranceWireless.com)

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - [FindTreatment.gov/](https://www.findtreatment.gov/)

FreeDentalCare.us - Directory of free and low cost dental clinics
[FreeDentalCare.us/](https://www.FreeDentalCare.us/)

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.