

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

<p>2-1-1 New York - Call for help to find local resources you need. call 211 - <a href="http://211nys.org">211nys.org</a></p>	<p><b>Crisis Intervention Hotline</b> - Call if you have questions about accessing shelter or other services, or if you have been denied shelter (888) 358-2384 - <a href="http://coalitionforthehomeless.org/">coalitionforthehomeless.org/</a></p>
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**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

<p><b>Food Help NYC</b> - Web app to find food pantry and soup kitchen locations in NYC <a href="http://foodhelp.nyc.gov">foodhelp.nyc.gov</a></p>	<p><b>NYC Hunger Hotline</b> - Call to find food resources (866) 888-8777</p>						
<p><b>The Bowery Mission</b> - Also provides food pantry and residential program 227 Bowery, New York, NY 10002 (212) 226-6214 - <a href="http://bowery.org/get-help">bowery.org/get-help</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 33%;"><u>Meals</u> Every day: 8am, 1pm, 5pm</td> <td style="text-align: center; width: 33%;"><u>Showers &amp; Clothing</u> Men: Mon-Fri 9:30am-noon, Women: Thur 9:30am-noon. Signup at 6:45am</td> <td style="text-align: center; width: 33%;"><u>Medical Care</u> Tues 9am-2pm, Thur 3pm-5pm</td> </tr> </table>	<u>Meals</u> Every day: 8am, 1pm, 5pm	<u>Showers &amp; Clothing</u> Men: Mon-Fri 9:30am-noon, Women: Thur 9:30am-noon. Signup at 6:45am	<u>Medical Care</u> Tues 9am-2pm, Thur 3pm-5pm	<p><b>Holy Apostles</b> 296 9th Ave, New York, NY 10001 (212) 924-0167 - <a href="http://holypostlesnyc.org">holypostlesnyc.org</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"><u>Hot meals</u> Mon - Fri 10:30am - 12:30pm</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> Tue / Wed / Thur 1:30pm - 3:30pm</td> </tr> </table>	<u>Hot meals</u> Mon - Fri 10:30am - 12:30pm	<u>Food Pantry</u> Tue / Wed / Thur 1:30pm - 3:30pm	
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<p><b>NY Common Pantry</b> 8 East 109th Street, New York, NY 10029 (917) 720-9700 - <a href="http://nycommonpantry.org">nycommonpantry.org</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"><u>Hot meals</u> Mon - Fri 2:30pm</td> <td style="text-align: center; width: 50%;"><u>Brown Bag Lunch</u> Sat / Sun 4pm - 5pm</td> </tr> </table>	<u>Hot meals</u> Mon - Fri 2:30pm	<u>Brown Bag Lunch</u> Sat / Sun 4pm - 5pm	<p><b>Community Kitchen of West Harlem</b> 252 W 116th Street, New York, NY 10026 (212) 566-7855 - <a href="http://foodbanknyc.org/community-kitchen">foodbanknyc.org/community-kitchen</a></p> <p style="text-align: center;"><u>Meals</u> Mon - Fri 4pm - 6pm</p>				
<u>Hot meals</u> Mon - Fri 2:30pm	<u>Brown Bag Lunch</u> Sat / Sun 4pm - 5pm						
<p><b>All Angels Church</b> 251 W 80th Street, New York, NY 10024 (212) 362-9300 - <a href="http://allangelschurch.com/community-ministries/get-services/#cm-pathways">allangelschurch.com/community-ministries/get-services/#cm-pathways</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 33%;"><u>Breakfast</u> Tues / Thur 9am</td> <td style="text-align: center; width: 33%;"><u>Showers</u> Tues / Thur 8am - 2pm</td> <td style="text-align: center; width: 33%;"><u>Medical Care</u> Tues / Thur 8am - noon</td> </tr> </table>	<u>Breakfast</u> Tues / Thur 9am	<u>Showers</u> Tues / Thur 8am - 2pm	<u>Medical Care</u> Tues / Thur 8am - noon	<p><b>Broadway Community</b> 601 W 114th Street, New York, NY 10025 (212) 864-6100 ext: 120 - <a href="http://broadwaycommunity.org">broadwaycommunity.org</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 33%;"><u>Meals</u> Mon / Wed / Fri 12:30pm - 1:30pm</td> <td style="text-align: center; width: 33%;"><u>Showers</u> Mon / Wed / Fri 10:30am - noon</td> <td style="text-align: center; width: 33%;"><u>Medical Care</u> Mon 1pm - 4pm, Wed 10am - 4pm</td> </tr> </table>	<u>Meals</u> Mon / Wed / Fri 12:30pm - 1:30pm	<u>Showers</u> Mon / Wed / Fri 10:30am - noon	<u>Medical Care</u> Mon 1pm - 4pm, Wed 10am - 4pm
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<p><b>St. John's Bread &amp; Life</b> 795 Lexington Avenue, Brooklyn, NY 11221 (718) 574-0058 - <a href="http://breadandlife.org">breadandlife.org</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"><u>Meals</u> Mon - Thur 9:30am - noon</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> Mon - Thur 8am - 3pm</td> </tr> </table>	<u>Meals</u> Mon - Thur 9:30am - noon	<u>Food Pantry</u> Mon - Thur 8am - 3pm	<p><b>Masbia Boro Park</b> 5402 New Utrecht Avenue, Brooklyn, NY 11219 (718) 972-4446 ext: 205 - <a href="http://masbia.org/masbia_boro_park">masbia.org/masbia_boro_park</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"><u>Kosher Meals</u> Mon - Thur 3pm - 8pm</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> Mon/Tue 9am-8pm, Wed/Thur 11am-10pm, Fri 7am-2pm</td> </tr> </table>	<u>Kosher Meals</u> Mon - Thur 3pm - 8pm	<u>Food Pantry</u> Mon/Tue 9am-8pm, Wed/Thur 11am-10pm, Fri 7am-2pm		
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<p><b>Neighbors Together</b> 2094 Fulton St, Brooklyn, NY 11233 (718) 498-7256 - <a href="http://neighborstogether.org/community-cafe">neighborstogether.org/community-cafe</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"><u>Lunch</u> Mon - Fri: noon - 2pm</td> <td style="text-align: center; width: 50%;"><u>Dinner</u> Mon - Thur: 4pm - 6pm</td> </tr> </table>	<u>Lunch</u> Mon - Fri: noon - 2pm	<u>Dinner</u> Mon - Thur: 4pm - 6pm	<p><b>Part of the Solution</b> 2759 Webster Avenue, Bronx, NY 10458 (718) 220-4892 - <a href="http://potsbronx.org/english/programs">potsbronx.org/english/programs</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 33%;"><u>Lunch</u> Mon - Sat: 12:30pm - 3pm</td> <td style="text-align: center; width: 33%;"><u>Food Pantry</u> Mon - Sat: 8:30am - 11am</td> <td style="text-align: center; width: 33%;"><u>Showers</u> Mon - Fri: 8:30am - 11am</td> </tr> </table>	<u>Lunch</u> Mon - Sat: 12:30pm - 3pm	<u>Food Pantry</u> Mon - Sat: 8:30am - 11am	<u>Showers</u> Mon - Fri: 8:30am - 11am	
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<p><b>Masbia of Queens</b> 105-47 64th Road, Queens, NY 11375 (718) 972-4446 ext: 207 - <a href="http://masbiaqueens.org/getfood">masbiaqueens.org/getfood</a></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"><u>Meals</u> Mon - Thur: 3pm - 8pm</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> by appointment</td> </tr> </table>	<u>Meals</u> Mon - Thur: 3pm - 8pm	<u>Food Pantry</u> by appointment	<p><b>Grand Central Food Program</b> - Every night vans deliver food. Visit website for route schedule <a href="http://coalitionforthehomeless.org/our-programs/food/grand-central-food-program">coalitionforthehomeless.org/our-programs/food/grand-central-food-program</a></p>				
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**Emergency Shelters**

<p><b>30th Street Mens Intake Shelter</b> - Intake, Assessment, and General Population shelter for homeless men - Serves: Men 400 East 30th Street, New York, NY 10016 call 311 - <a href="http://www1.nyc.gov/site/dhs/shelter/singleadults/single-adults-applying.page">www1.nyc.gov/site/dhs/shelter/singleadults/single-adults-applying.page</a></p>	<p><b>Brooklyn Womens Intake Shelter</b> - Intake and assesment for homeless women - Serves: Women 116 Williams Avenue, Brooklyn, NY 11207 (718) 483-7700 - <a href="http://www1.nyc.gov/site/dhs/shelter/singleadults/single-adults-applying.page">www1.nyc.gov/site/dhs/shelter/singleadults/single-adults-applying.page</a></p>
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## Emergency Shelters

<p><b>Adult Family Intake Center</b> - 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 - <a href="http://www1.nyc.gov/site/dhs/shelter/families/adult-families-applying.page">www1.nyc.gov/site/dhs/shelter/families/adult-families-applying.page</a></p>	<p><b>PATH</b> - Intake and assesment for families with children - Serves: Families with Children            151 East 151st Street, The Bronx, NY 10451            (718) 503-6400 - <a href="http://www1.nyc.gov/site/dhs/shelter/families/families-with-children-applying.page">www1.nyc.gov/site/dhs/shelter/families/families-with-children-applying.page</a></p>
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## Resources

<p><b>NYC Well</b> - NYC Well is your connection to free, confidential mental health support.            (888) 692-9355 - <a href="http://nycwell.cityofnewyork.us/en">nycwell.cityofnewyork.us/en</a></p>	<p><b>US Department of Veterans Affairs</b> - 24/7 Homeless Call Center Hotline            (877) 424-3838 - <a href="http://va.gov/homeless">va.gov/homeless</a></p>
<p><b>National Suicide Prevention Lifeline</b> - Provides 24/7, free and confidential support for people in distress            (800) 273-8255 - <a href="http://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a></p>	<p><b>National Domestic Violence Hotline</b> - 24-hour confidential service for survivors, victims and those affected by domestic violence            (800) 799-7233 - <a href="http://TheHotline.org">TheHotline.org</a></p>
<p><b>National Runaway Safeline</b> - 24/7 crisis line for runaway and homeless youth            (800) 786-2929 - <a href="http://1800runaway.org">1800runaway.org</a></p>	<p><b>National Human Trafficking Hotline</b> - Call if you or someone you know is a victim of human trafficking            (888) 373-7888 - <a href="http://HumanTraffickingHotline.org">HumanTraffickingHotline.org</a></p>
<p><b>Free Mobile Phone Service</b> - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.  <a href="http://SafeLinkWireless.com">SafeLinkWireless.com</a>  <a href="http://AssuranceWireless.com">AssuranceWireless.com</a></p>	<p><b>FindTreatment.gov</b> - Directory of providers treating substance use disorders, addiction, and mental illness            (800) 662-4357 - <a href="http://FindTreatment.gov/">FindTreatment.gov/</a></p>
<p><b>FreeDentalCare.us</b> - Directory of free and low cost dental clinics  <a href="http://FreeDentalCare.us/">FreeDentalCare.us/</a></p>	

Available services can change often. Please email [support@HelpSheets.org](mailto: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.