



Medical Resources

This document is accurate as of March 23, 2020
The **UnLocal** team will be hosting a webinar on benefits for undocumented workers.
Please follow us on IG [@UnLocalinc](#) for the latest information on date and time.

Healthy or sick, all New Yorkers need to stay home as much as possible.
To stay up to date with the latest information, we encourage you to visit the [NYC Department of Health and Mental Hygiene's site](#). Information is available in over 20 languages.

For real-time updates in **English**, text COVID to 692-692.

Text COVIDESP 692-692 for updates in **Spanish**.

Health Centers

- Immigrants and their families can continue to seek services at community health centers, regardless of their immigration status, and at a reduced cost or free of charge, depending on their income. Find a health center [here](#).
 - Health Centers can assess whether a patient needs further testing, which may be done over the phone or using telehealth. School-based Health Centers may not be operating because of local restrictions and school closings.
Call first to find out the availability of COVID-19 screening and testing.
- Victim Services Resources can be found [here](#)
- Free Clinic Directory, visit this [website](#) to find a free clinic closest to you. There are about 82 free clinics in NYC.
- CDC Information in [Espanol](#).
- [Self-care Tips](#) if you become sick with COVID-19 from an activist nurse.

Mental Health Support

- For people quarantined with an abuser call: **1.800.942.6906**
- [Free or Fair Cost Online Wellness Led by People of Color, Womxn and Queer Folks](#) For a full chart of online wellness services offered visit [here](#)
- [Immigrants Rising Virtual Wellness](#). Immigrants Rising has put together [Tangible Support for Undocumented Communities During COVID-19](#) (accessed by clicking the embedded link) and is planning virtual wellness gatherings. For more information about the gatherings visit their [instagram](#).
- [NYC Well - helping nyc in need](#) - Get help coping with stress, depression, anxiety, or drug and alcohol use. Services include text, call and chat. Visit [NYC Well](#) for more information. Para español haga [clic aquí](#)



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- [Mutual Aid \(NYC\) Network](#) - A network of groups organizing to provide aid and support in the midst of the COVID-19 pandemic. Members include parents, elders, immigrants, people with disabilities and chronic illness, caregivers, care workers, organizers, advocates. To sign up for updates click [here](#).
- [Minka Brooklyn Virtual Meditation and Reiki](#) - Minka will be hosting all classes and workshops online. To register for a class/workshop or to learn more about their response to COVID, visit their website [here](#). Minka will also be offering support via [Facebook Live](#) and [Instagram Live](#), follow their pages to receive updates.
- Online Counseling for [John Jay College Immigrant Students](#) - John Jay Immigrant Students can get access to free online counseling through phone or chat Mondays & Tuesdays 11 am - 2 pm and Thursdays 10 am - 1 pm. To schedule an appointment email luzrb08@gmail.com. John Jay Immigrant Students can also access a list of resources by visiting [here](#).
- [Transgender Law Center Virtual Gatherings](#) - The gatherings are every Friday at 3 pm eastern time. Each week the gatherings will go in depth into the ways the crisis impacts the many intersecting experiences of trans communities. There will be Spanish and ASL interpretation and the videos will be recorded and embedded to the [archive page](#) for those who miss the call. For more information, [visit here](#). To [RSVP for the gatherings, click here](#).
- [Crisis Text Line](#) - If you're thinking about ending your life, text HOME to 741741 to connect with a real human. No judgment. For more information on how to get through the next second, minute, hour, and even a whole day [visit here](#).
- [Trans LifeLine](#) - Trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. Visit the [website here](#) to access the hotline and to learn more about resources and support.
- [VirusAnxiety Online Resource](#) - Visit the [website](#) to access various resources to help cope with the anxiety that comes with facing a pandemic. These sources include: ask an expert, meditations, tips for parents, and articles addressing isolation, financial fears, anxiety, xenophobia, and support.
- [online music festival](#) - Stay at Home Fest created a central hub to find all the fantastic decentralized events that are happening online. If you want to learn more, join the [mailing list](#).
- Violence Intervention Program 24-hour bilingual hotline: **1-800-664-5880**



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Information Relating to COVID's Impact on Public Benefits and Public Charge

- **CoronaVirus: The Impact on Public Benefits.** - This document is a helpful resource to stay up-to-date with how the CoronaVirus impacts federal, state and local public benefits. The document may be accessed [here](#).
- **Public Charge:** USCIS recently posted an alert clarifying that it will **not** consider testing, treatment, or preventive care (including vaccines if a vaccine becomes available) related to COVID-19 in a public charge inadmissibility determination, even if the health care services are provided by Medicaid.
 - USCIS also specified that if an individual lives in a jurisdiction where social distancing is taking place or works for an employer or attends a school or university that shuts down to prevent the spread of COVID-19, the individual can submit a statement with their application about how these policies have affected factors considered in the public charge determination.
 - Receipt of health care services through Medicare, CHIP, state-only-funded health programs, the federal or state marketplaces, or private insurance do **not** count as negative factors. Medicaid for emergency services, services provided to children under 21 years old, or pregnant women (including 60 days of postpartum services) are **not** weighed negatively in a public charge determination.
 - The U.S. State Department's public charge regulations specifically exempt health services for immunizations and for testing and treatment of communicable diseases, as well as emergency services and services for children and pregnant women (including 60 days of postpartum services) in the public charge determinations made by consular officials abroad. For more information visit: [National Immigration Law Center](#).