

## Emergency phone lines

- National Suicide Prevention Lifeline:
  - 1-800-273-TALK (8255)
- Trans Lifeline:
  - (877) 565-8860
- National Domestic Violence Hotline:
  - 1-800-799-7233
- Crisis Text Line:
  - Text HELLO to 741741
- Veterans Crisis Line:
  - 1-800-273-8255 and Press 1
- NY Project Hope Emotional Support Hotline
  - 1-844-863-9314
- Trevor Lifeline
  - 1-866-488-7386
- Trevor Text:
  - Text START to 678678

## Government Assistance

- All assistance programs offered by NY State
  - <https://otda.ny.gov/programs>
- All Assistance Programs offered by the federal government
  - <https://www.benefits.gov/>
- File federal taxes for free
  - <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- NY State Benefits
  - <https://mybenefits.ny.gov/mybenefits/begin>
- NY State Supplement Program
  - <https://otda.ny.gov/programs/ssp/>
- NY Office of Unclaimed funds
  - <https://www.osc.state.ny.us/unclaimed-funds?redirect=legacy>
- NY Low Income Household Water Assistance Program (LIHWAP)
  - <https://otda.ny.gov/programs/water-assistance/>
- National Network to End Domestic Violence
  - <https://nnev.org/get-help/>
- HEAP
  - <https://www.ny.gov/services/apply-heating-and-cooling-assistance-heap>
  - <https://www.ny.gov/helping-new-yorkers-keep-heat>
- Cooling assistance

- <https://www.ny.gov/services/apply-heating-and-cooling-assistance-heap>
- ERAP
  - <https://otda.ny.gov/programs/emergency-rental-assistance/>
- HEAP grant programs:
  - <https://www.nationalgridus.com/Upstate-NY-Home/Bill-Help/Grant-Programs>
- Child Tax Credit
  - <https://www.childtaxcredit.gov/>
- How to get missing Stimulus or child tax credit money:
  - <https://www.ssa.gov/coronavirus/eip/>
- Wireless Connectivity Assistance
  - <https://acpbenefit.org/>
- Affordable Connectivity Program
  - [https://www.whitehouse.gov/getinternet/?utm\\_source=getinternet.gov](https://www.whitehouse.gov/getinternet/?utm_source=getinternet.gov)
  - 877-384-2575

## Housing Assistance

- Affordable Housing Partnership
  - <https://ahphome.org/index.html>
  - Louise McNeilly
    - [LMcNeilly@ahphome.org](mailto:LMcNeilly@ahphome.org)
    - 518-434-1730
- Albany Damien Center
  - <http://www.albanydamiencenter.org/>
  - 518-449-7119
    - Shatiqua Pannell-Hyndman
    - 518-449-7119 ext 140
    - [shatiquap@albanydamiencenter.org](mailto:shatiquap@albanydamiencenter.org)
- Albany Department of Social Services 518-447-7300
  - <https://www.albanycounty.com/departments/social-services>
  - Patty McDonnell
    - 518-447-7000
    - [Patty.mcdonnell@albanycountyny.gov](mailto:Patty.mcdonnell@albanycountyny.gov)
  - Tammy D
    - 518-447-7232
  - Maureen (Accounting supervisor)
    - 518-447-7319
  - Terry Gorousingh
    - [Terry.gorousingh@albanycountyny.gov](mailto:Terry.gorousingh@albanycountyny.gov)
    - 518-447-7751
- Albany Housing Authority

- <http://www.albanyhousing.org/>
- Hillary Weed
  - 518-641-7500 ext 454
  - [hweed@albanyhousing.org](mailto:hweed@albanyhousing.org)
- Nancy (Hillary's boss)
  - 518 6417452
  - [nmeus@albanyhousing.org](mailto:nmeus@albanyhousing.org)
- Shameyia bunch-Sanchez
  - 518-641-7459
  - [sbunch@albanyhousing.org](mailto:sbunch@albanyhousing.org)
- Mark Edmonds
  - [Medmonds@albanyhousing.org](mailto:Medmonds@albanyhousing.org)
  - 518-641-7455
- Sabrina Ham
  - [sham@albanyhousing.org](mailto:sham@albanyhousing.org)
  - 518-641-7455 Ext: 462
- Albany Housing Coalition
  - <https://ahcvets.org/>
  - Warren Youngblood
    - 518-694-0648
    - [W.youngblood@ahcvets.org](mailto:W.youngblood@ahcvets.org)
  - Sandra Sutherland
    - 518-505-4031
    - [S.sutherland@ahcvets.org](mailto:S.sutherland@ahcvets.org)
- Alliance for positive health
  - <https://www.allianceforpositivehealth.org/>
  - Kelly Desposito
    - [KDesposito@alliancefph.org](mailto:KDesposito@alliancefph.org)
    - 518-434-4686
  - Ifeachor Potts
    - Tel: (518) 346-9272, ext 3209
    - [ipotts@alliancefph.org](mailto:ipotts@alliancefph.org)
  - Jess Gruss
    - [jgruss@alliancefph.org](mailto:jgruss@alliancefph.org)
    - Tel: (518) 434-4686 Ext. 2214
  - Ray Sokol
    - [rsokol@alliancefph.org](mailto:rsokol@alliancefph.org)
    - 518-343-4686 ext 2328
  - Tammy Martin
    - [Tmartin@alliancefph.org](mailto:Tmartin@alliancefph.org)

- 518-434-4686 x 2216
- American Red Cross
  - <https://www.redcross.org/local/new-york/eastern-new-york/about-us/locations/northeastern-new-york.html>
  - Kim Walker
    - [Kim.walker3@redcross.org](mailto:Kim.walker3@redcross.org)
- Bethesda House
  - <https://www.bethesdaahs.org/>
  - 518-374-7873
- Better neighborhoods
  - <http://www.better-neighborhoods.org/>
  - 518-372-6469
- Better Community Neighborhoods
  - (518) 372-7616
  - <https://bcnihousing.org/>
  - Brenda Badger-Ryan
  - Mitch Grossman
  - Jennica Huff
- Catholic Charities
  - <https://www.ccreda.org/>
  - (518) 453-6650
- Capital District Center for Independence
  - <https://cdciweb.com/>
  - Paul Andrew Hackett
    - [Peer3@cdciweb.com](mailto:Peer3@cdciweb.com)
    - 518-459-6422
- Capital District Women's Employment and Resource Center
  - <https://www.cdwerc.org/>
  - Elizabeth Miller Guthier
    - [Bmiller@cdwerc.org](mailto:Bmiller@cdwerc.org)
    - 518-225-3131
- Captain community Human services
  - <https://captaincares.org/>
  - 518-371-1185
  - Mindy
    - [Melinda@captaincares.org](mailto:Melinda@captaincares.org)
  - Bonnie Nelson
    - [Bonnie@captaincares.org](mailto:Bonnie@captaincares.org)
- Care Design New York
  - <https://caredesignny.org/>

- Amy Micko
  - 518-235-1888
  - [amicko@caredesignny.org](mailto:amicko@caredesignny.org)
- Robyn Reynolds
  - 518-949-7800
  - [rreynolds@caredesignny.org](mailto:rreynolds@caredesignny.org)
- City Mission of Schenectady
  - <https://citymission.com/>
  - 518-346-2275
- Dept. of Veterans Affairs
  - <https://www.albanycounty.com/departments/veterans-service-bureau>
  - Walter Clark
    - 518-626-5160
    - [Walter.clark2@VA.gov](mailto:Walter.clark2@VA.gov)
  - Christina Mead
    - [Christina.mead@va.gov](mailto:Christina.mead@va.gov)
  - Michelle Chavarria
    - [Michelle.chavarria@va.gov](mailto:Michelle.chavarria@va.gov)
  - Danielle Mackey
    - 518-410-0735
    - [Danielle.mackey@va.gov](mailto:Danielle.mackey@va.gov)
  - Nikki Holt
    - 518-526-4117
    - [Nikki.holt@va.gov](mailto:Nikki.holt@va.gov)
  - Kelsey Whittington
    - [Kelsey.Whittington@va.gov](mailto:Kelsey.Whittington@va.gov)
- Equinox- Domestic Violence Services
  - <https://www.equinoxinc.org/page/domestic-violence-services-15.html>
  - 24-hour hotline: 518-432-7865
- Feed Albany
  - <https://www.feedalbany.com/>
- Food Pantries for the Capital District
  - <https://www.thefoodpantries.org/our-member-food-pantries-.html>
- Grassroots givers
  - <https://www.grassrootgivers.org/>
- Healthy Families Albany County
  - <https://www.healthyfamiliesnewyork.org/>
  - Mi-Lyn Dolan
    - Phone 518-447-7534
    - [Mi-lyn.dolan@albanycounty.com](mailto:Mi-lyn.dolan@albanycounty.com)

- House of Precise
  - <https://www.thehouseofprecise.com/>
  - 718-801-6881
- Homeless Aid and Travelers Society
  - <http://hatas.org/>
  - Joseph Montepagani
    - [jmontepagani@yahoo.com](mailto:jmontepagani@yahoo.com)
    - 518-729-0926
  - Maryann Kuranovich
    - 518-463-2124 ext 202
    - [mkuranovich@hatas.org](mailto:mkuranovich@hatas.org)
  - Katie Walsh
    - [kwalsh@hatas.org](mailto:kwalsh@hatas.org)
    - 518-463-2124 ext. 221
  - Rachel Alexander
    - [ralexander@hatas.org](mailto:ralexander@hatas.org)
    - 518-463-2424 ext 209
- Home Furnishings at SEAT Center Service
  - [https://www.seatcenter.org/homefurnishings/?fbclid=IwAR3u\\_xaEiOFXbBx2ZvAsNJ4CvTH9VQeMwSLeoqAtSnUnxhkh0KwkDK2X0N4](https://www.seatcenter.org/homefurnishings/?fbclid=IwAR3u_xaEiOFXbBx2ZvAsNJ4CvTH9VQeMwSLeoqAtSnUnxhkh0KwkDK2X0N4)
- In Our Own Voices
  - <http://www.inourownvoices.org/>
  - 518-432-4341
- Independent living center of the Hudson valley
  - <https://www.ilchv.org/>
- Interfaith Partnership for the homeless
  - <https://www.iphny.org/>
  - (518) 434-8021
  - Francene
    - [franceneg@interfaithpartnership.com](mailto:franceneg@interfaithpartnership.com)
  - Destiny
    - [destinym@interfaithpartnership.com](mailto:destinym@interfaithpartnership.com)
  - Isabella Franzese
    - 518-268-5070
    - [isabellaf@interfaithpartnership.com](mailto:isabellaf@interfaithpartnership.com)
- Joseph's House Emergency Shelter
  - <https://www.josephshousetroy.org/>
  - 518-272-2544
- Living Resources
  - <https://www.livingresources.org/>

- Susanne Bernier
  - 518-414-4305
  - [sbernier@livingresources.org](mailto:sbernier@livingresources.org)
- John Breitenbach
  - [jBreitenbach@livingresources.org](mailto:jBreitenbach@livingresources.org)
- Beccy Reyes
  - 315-793-1673
  - [rreyes@rcil.com](mailto:rreyes@rcil.com)
- National Alliance on Mental Illness of New York State
  - [www.naminys.org](http://www.naminys.org)
  - [info@naminys.org](mailto:info@naminys.org)
  - 518-462-2000
- National Coalition for Homeless Veterans
  - <https://nchv.org/>
  - 24/7 Hotline: 1-877-424-3838
- New Choices Recovery Center
  - <https://www.newchoicesrecovery.org/>
  - Tricia Le
    - Office: 518-346-4436 x 7248
    - Direct: 518-709-1188
    - [tle@newchoicesrecovery.org](mailto:tle@newchoicesrecovery.org)
- Northern Rivers Northeast Parent and Child Society Home and Community Based Services
  - <https://www.northernrivers.org/>
  - Katie Kessler
    - [Katie.Kessler@northernrivers.org](mailto:Katie.Kessler@northernrivers.org)
    - 519-477-9085
- NY Association of Independent Living - Olmstead Housing Subsidy Housing Program
  - <https://ilny.us/programs/olmstead-housing-subsidy-ohs>
  - Shannon DeMayo
  - 518-459-6422
- Mental Health Association of NYS
  - <https://mhanys.org/>
  - Joelle Monaco
  - [Jmonaco@mhanys.org](mailto:Jmonaco@mhanys.org)
  - 518-434-0439 x 236
- Mohawk Opportunies Inc.
  - <https://mohawkopportunities.org/>
  - Kelly Nutter
    - 518-836-3980

- [Knutter2@mohawkopportunities.org](mailto:Knutter2@mohawkopportunities.org)
- Mom Starts here
  - <https://momstartshere.org/>
- OPWDD
  - <https://opwdd.ny.gov/>
  - Leon Dukes
    - 518-473-1973
    - [Leon.dukes@opwdd.ny.gov](mailto:Leon.dukes@opwdd.ny.gov)
- Pride Center of the Capital Region
  - 518-462-6138
  - <https://www.capitalpridecenter.org/>
    - Tora Stringfield
      - 518-462-6138
      - [tstringfield@capitalpridecenter.org](mailto:tstringfield@capitalpridecenter.org)
- Raindrops Closet for Homeless Families
  - <http://raindropscloset.com/>
  - 518-417-9284
- Rebuilding Together Saratoga County
  - <https://www.rtsaratoga.org/>
    - Michelle Larkin
    - [Michelle@RTSaratoga.org](mailto:Michelle@RTSaratoga.org)
- 
- Rent Relief Foundation
  - <https://residentrelieffoundation.org/>
- Rehab Support Services
  - <https://rehab.org/>
  - Kim Wagner
    - 518-462-1094 ext. 224
    - [kwagner@rehab.org](mailto:kwagner@rehab.org)
  - Henry McLaughlin
    - [Hmclaughlin@rehab.org](mailto:Hmclaughlin@rehab.org)
  - Mary Oill
    - [moill@rehab.org](mailto:moill@rehab.org)
  - Asia Bace
    - 518-275-2942
    - [abace@rehab.org](mailto:abace@rehab.org)
  - Alexandra St. Martin
    - 518-703-4413
    - [ast.martin@rehab.org](mailto:ast.martin@rehab.org)
  - Julie Fournier



- 518-698-2151
  - [Jfournier@rehab.org](mailto:Jfournier@rehab.org)
- RSS - Supported Housing MRT Schenectady - Comm. Svcs
  - <https://nyconnects.ny.gov/services/rss-supported-housing-mrt-schenectady-comm-svcs-omh-pr-143707144669>
  - Summer Rudolph
    - 518-390-1997
  - Sha-te Knox
    - 518-478-1479
- Rensselaer County DSS
  - <https://www.rensco.com/departments/social-services/>
  - Terri Jackson
    - [Theresa.Jackson@dfa.state.ny.us](mailto:Theresa.Jackson@dfa.state.ny.us)
- Rensselaer Housing Authority
  - <https://rensselaerhousing.org/>
  - 518-436-0230
  - Rosa Kelly
    - [Rkelly@rensselaerhousing.org](mailto:Rkelly@rensselaerhousing.org)
- Safe Inc. Schenectady
  - <https://www.safeincofschenectady.org/>
- Saratoga County Section 8
  - <https://saratogaspringspha.org/>
  - Margaret Hersh
    - [MHersh@jeminc.com](mailto:MHersh@jeminc.com)
    - 518-372-8846 ext 132
    - fax: 518- 372-8467
  - Terri Ray
    - [TRay@jeminc.com](mailto:TRay@jeminc.com)
    - 518-372-8846 ext 115
  - Danielle Reilly
    - 518-372-8846 ext 113
  - Stacy or Tom (inspections)
    - 518-372-8846 ext 121
- Schenectady Community Action Program
  - <https://www.scapny.org/>
  - Kate Miechkowski
    - [kmiechkowski@scapny.org](mailto:kmiechkowski@scapny.org)
    - 518-374-9429
  - Olga Diaz
    - 518-374-9181, Ext. 1222

- [ODiaz@scapny.org](mailto:ODiaz@scapny.org)
- Schenectady Department of Social Services
  - <https://www.schenectadycounty.com/dss>
  - (518) 388-4470
- Schenectady County Section 8
  - <http://www.smhal.org/>
  - Erin Miller
    - [emiller@jeminc.com](mailto:emiller@jeminc.com)
    - 518-372-8846 ext 113
  - Danielle Tanner
    - 518-372-8846 ext 151
    - [dtanner@jeminc.com](mailto:dtanner@jeminc.com)
  - Corrine Robarge
    - 518-372-8846 ext 139,
  - Caitlin Millington (waitlist manager)
    - 518-372-8846 ext 152
- Schenectady Greenmarket
  - Foodbox Program
    - <https://www.schenectadygreenmarket.com/foodbox>
  - EBT/ SNAP Double-Up Program
    - <https://www.schenectadygreenmarket.com/shoppingresources>
- Schenectady Safe Space
  - [Www.Schsafespace.org](http://Www.Schsafespace.org)
  - Justice Dazzle
    - 518-698-6980
    - [schenectady.safe.space@gmail.com](mailto:schenectady.safe.space@gmail.com)
- Schenectady Foundation
  - <https://www.schenectadyfoundation.org/>
  - (518) 393-9500
  - [info@schenectadyfoundation.org](mailto:info@schenectadyfoundation.org)
- Street Soldiers
  - <https://streetsoldiers.community/>
- Silverman, Silverman & Seligman PC, Workers compensation Legal Assistance
  - <https://www.thesilvermanfirm.com/>
  - Amanda Frechette
  - 518-374-3373
  - [Abf@thesilvermanfirm.com](mailto:Abf@thesilvermanfirm.com)
- SOTA- NYC, Special One Time Assistance Program NYC
  - <https://www1.nyc.gov/site/hra/help/sota.page>
  - Jocelyn Zapata

- 646-527-0548
- [JZapata@winny.org](mailto:JZapata@winny.org)
- Solider on
  - <https://wesoldieron.org/>
  - Geoff Raiti
    - (413) 882-8364
    - [Grait@wesoldieron.org](mailto:Grait@wesoldieron.org)
  - Adam Schnopp
    - (413) 770-2276
    - [aschnopp@wesoldieron.org](mailto:aschnopp@wesoldieron.org)
- St. Catherine's Center for Children
  - <https://www.st-cath.org/>
  - Taylor Mastroianni
    - 518-407-9304
    - [tmastroianni@st-cath.org](mailto:tmastroianni@st-cath.org)
- St. Vincent Depauls
  - <https://ssvpusa.org/>
  - 518-526-6731
  - Gabriel Ettles
- St. Paul's Center
  - <https://stpaulscenter.com/>
  - Shavina Richardson
    - 518-434-2910
    - [srichardson@stpaulscenter.com](mailto:srichardson@stpaulscenter.com)
  - Jason Chaplain
    - [JChaplin@stpaulscenter.com](mailto:JChaplin@stpaulscenter.com)
    - Office: 518-434-2910
    - Fax: 518-689-2083
- Things of my very own
  - <https://thingsofmyveryown.org/>
  - 518-630-5143
- Trinity Alliance
  - <http://www.trinityalliancealbany.org/>
  - Andre Lewis
    - [A.lewis@ta-cr.org](mailto:A.lewis@ta-cr.org)
    - 518-449-5155 xt 125
- United Way - Northeast Region
  - <https://www.unitedwaygcr.org/>
  - [https://linktr.ee/community.resources?utm\\_source=linktree\\_profile\\_share&ltsid=0c078bb6-17bf-4b87-8235-f88aa1b70c6b](https://linktr.ee/community.resources?utm_source=linktree_profile_share&ltsid=0c078bb6-17bf-4b87-8235-f88aa1b70c6b)

- Phone: 211
- Unity House
  - <https://www.unityhouseny.org/>
  - 518-272-2370
  - Totia Harris
    - 518- 274-2607
    - [THarris@UnityHouseNY.ORG](mailto:THarris@UnityHouseNY.ORG)
  - Demaxia Wray
    - [dwrap@unityhouseny.org](mailto:dwrap@unityhouseny.org)
    - 518- 274-2607
- US Committee for Refugees and Immigrants
  - <https://refugees.org/>
  - Rebecca Alberti
    - 518-459-1790
    - [RALberti@uscrimail.org](mailto:RALberti@uscrimail.org)
  - Queenie Garrison
    - [QGarrison@uscrimail.org](mailto:QGarrison@uscrimail.org)
  - 518-459-1790 x8022
- Veterans & Community Housing Coalition
  - <https://www.vchcny.org/>
  - 518-885-0091
  - Ashley Borden
    - 518-885-0091 x 113
    - [aborden@vchcny.org](mailto:aborden@vchcny.org)
  - Karen Follett
    - SSVF Director
    - [kfollett@vchny.org](mailto:kfollett@vchny.org)
- Wellspring of Saratoga
  - <https://www.wellspringopensdoors.com/>
  - 24/7 Hotline: 518-584-8188
  - Office: 518-583-0280
- Workforce Development Institute Childcare subsidy
  - <https://wdiny.org/Explore-Our-Work/Child-Care-Subsidy-Program>
  - [capitalchildcare@wdiny.org](mailto:capitalchildcare@wdiny.org)
  - 518-272-3530
- YWCA Rapid Rehousing
  - <https://www.ywca-neny.org/housing/>
  - Ashley Roberts
  - [Aroberts@ywca-neny.org](mailto:Aroberts@ywca-neny.org)
  - 518-374-3394

- 24 hour Domestic violence Hotline: 518-374-3386

#### Assistance with Pets

- The Animal Support Project
  - <http://www.theanimalsupportproject.com/get-help-here/>
  - 518-727-8591
- Animal protective foundation
  - <https://www.animalprotective.org/>
  - (518) 374-3944
- Mohawk Hudson Humane Society
  - <https://mohawkhumane.org/lovedforlife>
  - 518-434-8128
- Pet Food Pantry
  - <https://mohawkhumane.org/pet-food-pantry>