

Social Services in Your Community (Manhattan)

This is a list of places where you can get free legal, financial, and food and nutrition help.

Due to COVID-19, offices may be closed for in-person visits. Please call, email or visit organization's website for more information.

Immigration Advocacy and Legal Services

LegalHealth, a division of New York Legal Assistance Group (NYLAG), provides immigration-focused legal services to address matters like residency, citizenship, visas, asylum, and concerns related to the pending federal "public charge rule" proposal.

NYC Health + Hospitals/Bellevue – NYLAG (LegalHealth)

462 1st Ave., Room G1027, NY, NY 10016 | Hours: Wed: 9:30 a.m. – 2 p.m.; Thurs: 12:30 p.m. – 5 p.m.
929-333-2264 | www.legalhealth.org

NYC Health + Hospitals/Gotham Health – Gouverneur – NYLAG (LegalHealth)

227 Madison St., Rooms 4.159 and 4.170, NY, NY 10002 | Hours: Tues – Thurs: 9:30 a.m. – 2 p.m.
929-333-2264 | www.legalhealth.org

Action NYC

City Hall Park, NY, NY 10007 | Hours: Mon – Fri: 9 a.m. – 6 p.m.
800-354-0365 | www1.nyc.gov/site/immigrants/help/legal-services/actionnyc.page

General Legal Assistance

LegalHealth, a division of NYLAG, offers patients legal help with housing, public benefits, health insurance, advance planning, family law, employment, and other issues.

NYC Health + Hospitals/Bellevue – NYLAG (LegalHealth) – Legal Services at Mezzanine Ambulatory Care Cancer Center

462 1st Ave., Room G1027, NY, NY 10016 | Hours: Fri only: 9:30 a.m. – 2 p.m.
929-333-2264 | www.legalhealth.org

NYC Health + Hospitals/Metropolitan – NYLAG (LegalHealth)

1901 1st Ave., Room 7C2, NY, NY 10029 | Hours: Thurs only: 12:30 p.m. – 5 p.m.
929-333-2264 | www.legalhealth.org

NYC Health + Hospitals/Harlem – NYLAG (LegalHealth)

540 Lenox Ave., 4th Fl., Yellow Waiting Room, NY, NY 10037 | Hours: Wed only: 9:30 a.m. – 2 p.m.
929-333-2264 | www.legalhealth.org

Food and Nutrition: SNAP Enrollment

The Supplemental Nutrition Assistance Program (SNAP), formerly known as "food stamps", provides food assistance for low-income New Yorkers. SNAP enrollers at several sites help you with enrollment and referrals to partners for food pantries, soup kitchens, medically tailored food delivered to your home, WIC, and congregate meals. Call 311 and say "GetFood" or visit nyc.gov/getfood for information about the closest food pantry or to determine eligibility for free meal delivery.

NYC Health + Hospitals/Bellevue – Public Health Solutions – Manhattan Food Resource Table

462 1st Ave., NY, NY 10016 | Hours: Mon – Fri: 9 a.m. – 5 p.m.

646-565-8592 | www.nychealthandhospitals.org/bellevue

NYC Health + Hospitals/Gotham Health – Gouverneur – WIC Program

227 Madison St., 3rd Fl., Room 3002, NY, NY 10002 | Hours: Tues only: 10 a.m. – 1 p.m.

212-238-7145 | www.nychealthandhospitals.org/gouverneur

NYC Health + Hospitals/Metropolitan – Public Health Solutions – Manhattan Food Resource Table

1901 1st Ave., NY, NY 10029 | Hours: Tues, Thurs and Fri: 9 a.m. – 4:30 p.m.

646-629-1599 | www.nychealthandhospitals.org/metropolitan

NYC Health + Hospitals/Harlem – Public Health Solutions – Manhattan Food Resource Table

506 Lenox Ave., NY, NY 10037 | Hours: Mon and Wed: 9 a.m. – 4:30 p.m.

646-629-1599 | www.nychealthandhospitals.org/harlem

WIC Enrollment

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides free, healthy foods for pregnant or breast-feeding women and children under the age of 5. You can enroll and receive services in a site near you, such as nutrition services, breastfeeding counseling, and checks.

NYC Health + Hospitals/Bellevue – WIC Program

462 1st Ave., Ground Fl., NY, NY 10016 | Hours: Mon – Fri: 8:30 a.m. – 4:30 p.m.

212-562-6124 | www.nychealthandhospitals.org/bellevue/health-care-services/wic

NYC Health + Hospitals/Gotham Health – Gouverneur – WIC Program

227 Madison St., 3rd Fl., Room 3002, NY, NY 10002 | Hours: Mon – Fri: 9 a.m. – 5 p.m.;

Sat: 8:30 a.m. – 12:30 p.m.

212-238-7145 | www.nychealthandhospitals.org/gouverneur

NYC Health + Hospitals/Metropolitan – WIC Program & SNAP Enroller

1901 1st Ave., Room 1D31, NY, NY 10029 | Hours: Mon – Fri: 8:30 a.m. – 4:30 p.m.

212-423-7395 | www.nychealthandhospitals.org/metropolitan

NYC Health + Hospitals/Gotham Health – Sydenham – WIC Program

264 W 118th St., NY, NY 10026 | Hours: Mon, Tues and Thurs: 8:30 a.m. – 4:30 p.m.

212-932-6589 | www.nychealthandhospitals.org/sydenham

NYC Health + Hospitals/Harlem – WIC Program

506 Lenox Ave., Ron Brown Bldg, Room 46-137, NY, NY 10037 | Hours: Mon – Thurs: 7:30 a.m. – 6 p.m.;

Fri: 7:30 a.m. – 5 p.m.

212-939-2730 | www.nychealthandhospitals.org/harlem/services

Financial Assistance

Single Stop connects people to the resources they need to put food on the table, get higher education, and achieve financial stability.

West Side Campaign Against Hunger – Public Benefits Application Assistance

263 W 86th St., Basement, NY, NY 10024 | Hours: Mon: 8 a.m. – 12 p.m. and 1 p.m. – 6 p.m.;
Wed – Fri: 8 a.m. – 12 p.m. and 1 p.m. – 3 p.m.
212-362-3662 | www.wscah.org | info@wscah.org

Henry Street Settlement – Neighborhood Resource Center – Single Stop

281 East Broadway, NY, NY 10002 | Hours: Mon – Fri: 1 p.m. – 5 p.m.
212-471-2400 ext 212 | www.henrystreet.org/programs/primary-behaviorial-health/neighborhood-resource-center | info@henrystreet.org

Center for Urban Community Services (CUCS) – East Harlem Benefits Center

198 E 121st St., 5th Fl., NY, NY 10035 | Hours: Mon – Fri: 9 a.m. – 5 p.m.
212-801-3300 | www.cucs.org/financial-stability/singlestop | singlestop@cucs.org

Goddard Riverside Community Center – Single Stop

140 W 140th St., NY, NY 10030 | Hours: Mon, Wed, Thurs and Fri: 9 a.m. – 5 p.m.; Tues: 9 a.m. – 6 p.m.
212-234-3481 | www.goddard.org | info@goddard.org

Important Numbers and Websites

Emergency Services

911

NYC Well

888-692-9355 (NYC-WELL)

Suicide Prevention Lifeline

800-273-8255 (TALK)

Poison Control

800-222-1222

National Runaway Safeline

800-786-2929 (RUNAWAY)

Sexual Assault Hotline

800-656-4673 (HOPE)

City Services

311

Substance Use Referral

800-662-4357 (HELP)

Child Abuse Hotline

800-422-4453 (4-A-CHILD)