

COVID-19 PERSONAL RESOURCES

1. MEDICAL INFORMATION AND SERVICES

- FREQUENTLY ASKED QUESTIONS (GF HOSPITAL) -**
<https://www.glensfallshospital.org/general/novel-coronavirus-covid-19-faq/>
- COVID-19 TESTING SITES -** <https://coronavirus.health.ny.gov/find-test-site-near-you>
- ESSEX CTY PUBLIC HEALTH -** <https://www.co.essex.ny.us/Health/>
- WARREN CTY PUBLIC HEALTH -**
<https://www.warrencountyny.gov/healthservices/coronavirus.php>
- WASHINGTON CTY PUBLIC HEALTH -** <https://washingtoncountyny.gov/1147/Coronavirus-Information>
- SARATOGA CTY PUBLIC HEALTH -**
<https://www.saratogacountyny.gov/departments/publichealth/covid19/>

2. EMOTIONAL SUPPORT AND INFORMATION

- NORTHERN RIVERS GRIEF SUPPORT** – 518-292-5499, M-F 7 AM- 11 PM & Sat/Sun 11 AM–7 PM
- SUPPORTING OTHERS THROUGH GRIEF -** <https://omh.ny.gov/omhweb/grief-infographic.pdf>
- COPING CIRCLES -** <https://rc-1.nyspi.org/surveys/?s=44YWTJMF3T>
- EMOTIONAL SUPPORT HOTLINE** – 1-844-863-9314
- INSIGHT TIMER -** <https://insighttimer.com/meditation-app> (guided meditation)
- HEADSPACE -** <https://www.headspace.com/covid-19> (meditation)

3. COMMUNITY, SOCIAL, GOVERNMENT SERVICES & ASSISTANCE

- TRICOUNTY UNITED WAY - <https://211nenyellis.communityos.org/>
- FAMILY SERVICES ASSOCIATION - <https://www.fsaglensfalls.org/>
- NY STATE HOMELESS SHELTERS & SERVICES -
<https://www.homelesshelterdirectory.org/newyork.html>
- REGIONAL FOOD BANK - <https://regionalfoodbank.net/find-nearest-agency/>
- BACKPACK PROGRAM - <https://opendoor-ny.org/backpack-program/>
- WARREN/HAMILTON COMMUNITY ACTION - <http://wahacaa.org/>
- L.E.A.P. – WASHINGTON CTY COMMUNITY ACTION - <https://www.leapservices.org/about/>
- SARATOGA E.O.C. – COMMUNITY ACTION - <https://saratogaeoc.org/what-is-community-action/>