



Updated: February 2022

The Center for Anti-Violence Education **Resource List**

Greetings! We hope you find this resource list helpful. This is a living document so please [contact us](#) if we're missing any resources or need to update our information!

Mutual Aid

[Mutual Aid NYC](#) - A directory of mutual aid projects in all boroughs, citywide, Long Island, New York State, New Jersey, and nationally

Mental Health Resources

[NYC Well](#) - NYC Well is New York City's free, confidential support, crisis intervention, and information and referral service for anyone seeking help for mental health and/or substance misuse concerns, available 24 hours a day, 7 days a week, 365 days a year.

[Asian American Mental Health Directory](#) - From the Asian American Federation

[Heal from Hate](#) - The Heal From Hate program by Soar Over Hate provides free therapy to victims of anti-Asian hate incidents needing financial assistance for therapy.

[Rainbow Heights Club](#) - Support and advocacy program for lesbian, gay, bisexual and transgender consumers of mental health services

[Eustress](#) - Eustress is focused on bringing greater awareness to the importance of mental health in the Black community, allowing individuals to identify and overcome challenges to achieve a healthy, productive lifestyle.

[Call BlackLine](#) - The mission of BlackLine is to provide hope and promote social justice for individuals, families and communities through immediate crisis counseling and collecting information on negative police and vigilante contact in the United States of America.

Resources for Victims of Violence

[National Domestic Violence Hotline on staying safe during COVID-19](#) - For any victims and survivors who need support, we are here for you, 24/7. Call 1-800-799-7233 or if you're unable to speak safely, you can log onto thehotline.org or text 88788

[Futures Without Violence COVID-19 Resource List](#) - Master list of national resources for organizations, communities, and survivors of domestic and sexual violence

[Domestic and Other Violence Emergencies Program \(DOVE\)](#) - Offers free care services to victims of violence ages 12 and up, a 24/7 hotline, and prevention education

<http://bit.ly/CoronavirusResourceKit>

[Various Groups' Resource Kits](#)

Safe Horizon on ["How to Create a Safety Plan"](#)



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[Know Your Rights for Trans* & NonBinary people during COVID-19](#) (Nationwide)

[Know Your Rights for Trans* & NonBinary NEW YORKERS during COVID-19](#) (New York State)

Call [Anti-Violence Project](#)'s 24/7 hotline 212-714-1141, other hotlines, or contact service providers from a separate room.

[Family Justice Center](#) (FJC) staff remain available by phone to provide immediate crisis support and advocacy.

[Peaceful Families Project](#) is geared toward ending all types of abuse in Muslim families

[Asian Pacific Institute on Gender Based Violence](#) aims to address needs of Asian and Pacific Islanders

Food Access

[Food Bank for NYC](#) - Map of all food distribution centers in NYC including churches, food banks, soup kitchens, and food pantries. Many have altered their hours or switched to grab-and-go, but remain open.

[Food Access Initiative](#) - If you or someone you know is in need of assistance with getting food delivered, please call the Helpline at 347.493.2787.

Wellness

[New York City #BikeMatch](#) - Sign up to donate a bike you don't need or be matched with someone who has an extra bike to donate!

[The Healing Center](#) - Conducting phone intakes, (718) 238-5138

- distributing non-perishables, toiletries, and food cards
- continuation of the Daughters of the Lotus program (teen program) groups (remotely) on a weekly basis
- continuing to assess clients' individual needs to make appropriate referrals, etc.
- Crisis Intervention

The following list of wellness services from women, BIPOC, and LGBTQ people was compiled by [@Worn_Ware](#) on Instagram

[@liberatemeditation](#) - Meditation app designed by and for Black people and members of the African Diaspora

[Alex Rodriguez Yoga](#) - Donation-based online WOC-led yoga classes

[Edyn Loves Life](#) - Youtube yoga led by Edyn Jacks

[Hyperbody](#) - Online fitness classes

[Pony Sweat](#) - Free hour-long dance aerobics Youtube classes

[The Underbelly Yoga](#) - Yoga classes from Jessamyn Stanley

[@livinginthisqueerbody](#) - Embodiment podcast from queer psychotherapist and facilitator

[Everybody Los Angeles](#) - QTPOC-led fitness classes



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[@rachelvosseyoga](#) - Free and fair-cost yoga classes

[@blackgirlinom](#) - Holistic wellness content platform for and by Black women

[@mysticlivingschool](#) - Latina healers providing online sound baths and other healing rituals

Giving & Receiving

[Emergency Covid Relief for Sex Workers](#) - Relief fund providing monetary aid to sex workers in the NYC area

[One Fair Wage Emergency Fund](#) - Relief fund for tipped workers and service workers impacted by the pandemic

[Farmworkers COVID-19 Pandemic Relief Fund](#) - Relief fund for farmworkers, who often do not have access to healthcare and are still working through the pandemic

Hotlines

[Mobile Crisis](#) - Speak to counselor via phone, text or chat 24/7: Call **1-888-NYC-WELL**, chat, text "WELL" to **65173**. Mobile Crisis Team staff provides a range of services including assessment, crisis intervention, supportive counseling, information and referrals, linkage with appropriate community-based mental health services for ongoing treatment, and follow up.

[Day One](#) - **800.214.4150**. Free & confidential individual and group support, legal assistance, advocacy around relationship violence, for youth ages 13-24.

[Trevor Hotline](#) - **1.866.488.7386**. A 24-hour hotline for crisis & suicide prevention for LGBT youth.

[National Suicide Prevention Lifeline](#) - **1.800.273.8255**. A free 24-hour hotline for resources & support if you are in crisis, thinking of hurting yourself, or if you are concerned that someone else may be suicidal.

[The Samaritans Hotline](#) - **212.673.3000**. A 24-hour, NYC-based suicide prevention hotline.

[Anti-Violence Project \(AVP\)](#) - **212.714.1141**. NYC-based, 24-hour bilingual hotline offering support for LGBT people in crisis regarding domestic violence, rape/sexual assault, bias & pick-up crimes, or HIV related violence.

[National Domestic Violence Hotline](#) - **1.800.799.SAFE** or text **88788**. The Hotline provides highly-trained, expert advocates who offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

[Safe Horizon](#) - **1.800.621.HOPE**. Safe Horizon is the nation's leading victim assistance organization, operating a network of programs across New York City communities and systems. Survivors of domestic violence rebuild their lives through counseling, short term housing, legal and court help and safety planning.

Other Resource Lists

[Coalition for the Homeless](#) - Coalition for the Homeless advocated for unhoused individuals in NYC, providing food, crisis services, housing, and more.



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[Cypress Hills Local Development Corps](#) - Cypress Hills community organization; lists housing, health, mental health, food, and small business assistance resources

[The Door](#) - Youth services organization in Manhattan; lists high school and college access resources, health, legal services, work, and arts and recreation resources

[Coronavirus Resources Aggregate List](#) - NIA is a youth a community services program in Brooklyn; this resource list focuses on volunteer, mutual aid, and giving opportunities

[NYC United Against Coronavirus Resource List](#) - Extremely comprehensive needs-based resource list; covers food, bill assistance, healthcare, mental healthcare, etc.

[Bushwick Community Partnership](#) - Family and children support services in Bushwick; includes master list of community resources including info on tenants' rights

[Arab-American Family Support Center](#) provides culturally specific services for multigenerational immigrants and refugees