

Care and Health Resources

Addiction

Hyperlinked Title	Description
New York State HOPEline services of OASAS (Office of Addiction Services and Supports)	HOPEline 1-877-846-7369 or text HOPENY The HOPEline is staffed by specially trained and supervised mental health professionals with training in addiction and people with lived addiction experience or peer advocates that are available at the request of the caller.
New York State A.A. Meeting Finder	Find an AA meeting near you.
Capital District Recovery Center	Assists communities in maintaining addiction-free lifestyles and supporting families and children whose loved ones are in recovery. Their recovery center provides social activities, community education, and training for peer support and recovery coaching to help improve the lives of people in recovery through personal development, mindfulness, and spiritual growth.

BIPOC

Hyperlinked Title	Description
In Our Own Voices	Serving the needs of Lesbian, Gay, Bisexual, & Transgender People of Color, our Friends, and Families in Albany. Our mission is to work for and ensure the physical, mental, spiritual, political, cultural and economic survival and growth of the Lesbian, Gay, Bisexual and Transgender people of color communities.
100 Black Men	One Hundred Black Men of the Albany, New York Capital Region, Inc., was formed January 15, 1993. It is an organization of professionals who share a common goal: to give ourselves in a manner that improves the

	quality of life for African American people and other minority citizens of New York's capital area.
Call Blackline	1 (800) 604-5841 Call BlackLine provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folks who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Call BlackLine prioritizes BIPOC (Black, Indigenous, and People of Color).
Reparative Housing Justice Fund	The Reparative Housing Justice Fund (RHJF) offers grants of up to \$10,000 to assist Black, first-time homebuyers purchase a home in the City of Albany, and up to \$5,000 if the home is purchased in the cities of Rensselaer, Schenectady, Troy or Watervliet. RHJF grants may be used to address a variety of financial barriers to homeownership, including down payment and closing costs.
Albany Black Chamber of Commerce	Expanding the economic footprint and advocating for Black and minority-owned business throughout New York's Greater Capital Region.
The Capital Region Chamber's BIPOC Business Growth (BBG) Initiative	The Capital Region Chamber's BIPOC Business Growth (BBG) initiative provides targeted, customized, no-cost assistance and growth acceleration support to small and mid-sized BIPOC-owned businesses in the Capital Region. Chamber membership is NOT required to receive assistance.
Innerbodys' Mental Health Resources for the BIPOC Community	A compiled information and resources for mental health in this guide to help ease that burden for those in the BIPOC community.
Black Men Heal	Black Men Heal is a grassroots nonprofit organization that was created to help focus on the needs of marginalized black and brown communities.

Domestic Violence & Sexual Assault

Hyperlinked Title	Description
Domestic Violence:	1-800-799-SAFE(7233) Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.
Domestic Violence Service Providers	Domestic Violence Service Providers by each county in NY
New York State Coalition Against Domestic Violence	At NYSCADV, our work is to create and support the change necessary to prevent and confront all forms of domestic violence.
Capital Region 24-Hour Sexual Assault Hotline	(518) 447-7716
Unity House Troy	Call (518) 272-2370 Text: (518) 720-6161 Or use web chat online: rc.chat/uhdvs Unity House's 24-hour Domestic Violence Hotline, text line, and web chat feature are anonymous services which provide crisis intervention, information and referrals 24-hours a day, year-round. Collect calls accepted. To talk with an advocate in confidence Unity House has 911 cell phones that are available for victims of domestic violence free of charge. For more information, call Domestic Violence Services at 518.272.5917.
Love is Respect	Domestic & Dating Violence hotline: 1-866-331-9474 Online chat at https://www.loveisrespect.org/
NYS Sexual & Domestic Violence Hotline	Call: 1-800-942-6906 Text: 1-844-997-2121 Call or text any time, available 24/7. Your call is completely free and confidential.
Sexual Violence Service Provider	Sexual Violence Service Providers by each county in NY
National Sexual Assault Hotline	Chat online: online.rainn.org Call 1-800-656-4673

Childcare

Hyperlinked Title	Description
Brightside Up	Provides resources to assist families in finding and affording local child care

Education

Hyperlinked Title	Description
BOCES Adult Education Programs	Capital Region BOCES offers educational programs for adults including free ESL classes, HSE classes, and career help programs.
Learn English (BOCES)	Free English classes for people 21+ through Capital Region BOCES. Call 518-862-4760 to schedule a registration appointment.
High School Equivalency Classes (BOCES)	Free HSE classes through Capital Region BOCES. Call 518-862-4760 to schedule a registration appointment.
Literacy Volunteers of Rensselaer County	Provides ELL & literacy tutoring as well as math, financial, and computer literacy to adults in several local counties including Albany County.

Food and Shelter

Hyperlinked Title	Description
Guilderland Food Pantry	Provides food to individuals living in parts of Guilderland, Altamont, Voorheesville, Slingerlands, Albany (zip 12203) and Schenectady (zip 12303).
Food Connect Map (The Food Pantries for the Capital District)	A map of soup kitchens and food pantries in the area.
Temporary Shelter (FindHelp.org)	A map of local shelters in the area serving a variety of people.
Albany County Homeless Shelter Providers Reference	Resource guide for homeless shelters in Albany County

Guide	
Capital City Rescue Mission	Provide food, shelter, and clothing to the Albany community
Home Delivered Meals	Setting up home delivered meals in Albany County
Apply for SNAP Benefits	The Supplemental Nutrition Assistance Program (SNAP) issues electronic benefits that can be used like cash to purchase food. SNAP helps low-income working people, senior citizens, the disabled and others feed their families.

Health Services

Hyperlinked Title	Description
Town of Guilderland Senior Services	Offers free durable medical equipment lending to people of all ages as well as services for seniors.

Immigrant & Refugee Services

Hyperlinked Title	Description
RISSE (Refugee and Immigrant Support Services of Emmaus)	Offer language classes, immigration and employment assistance, youth programming, and case management.

LGBTQIA+ Resources

Hyperlinked Title	Description
The Trevor Project Resource Center	The Trevor Project is an organization dedicated to serving LGBTQIA+ young people through a variety of services and resources.
Crisis Counselors (The Trevor Project)	A text, chat, and phone service for LGBTQIA+ folks looking for immediate crisis support.

<p>Trans Lifeline</p>	<p>1-877-565-8860 A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm.</p>
<p>GLBT National Help Center</p>	<p>The GLBT National Help Center provides telephone, online chat, and email peer-support. They speak with callers of all ages about bullying, workplace issues, HIV/AIDS anxiety, coming out, relationships, safer sex, and more. They also have a massive resource database for social and support groups, gay-friendly religious organizations, sports, leagues, student groups, and more.</p> <p>a) Toll-Free National Hotline 1-888-843-4564 Monday – Friday 4 p.m. to 12 a.m. ET Saturday 12 p.m. to 5 p.m. ET</p> <p>b) Youth Talkline 1-800-246-7743 Monday – Friday 4 p.m. to 12 a.m. ET Saturday 12 p.m. to 5 p.m. ET For teens and young adults up to age 25</p> <p>c) Online Peer-Support Chat Monday – Friday 4 p.m. to 12 a.m. ET Saturday 12 p.m. to 5 p.m. ET One-on-one confidential peer support; not for casual chatting. Chat here</p> <p>d) Trans Teens Online Talk Group Weekly moderated group for trans teens ages 12 – 19 Wednesday from 7-9 p.m. ET Join the group here</p> <p>e) The Gay & Lesbian Switchboard of New York 1-212-989-0999 Monday – Friday 4 p.m. to 12 a.m. ET Saturday 12 p.m. to 5 p.m. ET NYC hotline providing peer-support and information on local resources</p>
<p>Pride Center of Capital Region</p>	<p>The mission of the Pride Center of the Capital Region is to promote the wellbeing of all lesbian, gay, bisexual,</p>

	transgender and queer-identified people and those affected by discrimination based on gender identity and expression.
GLSEN	GLSEN Upstate New York is a non-profit all-volunteer GLSEN chapter dedicated to creating and maintaining safe, equitable, inclusive schools for all students, faculty, and staff regardless of sexual orientation, gender identity, and/or gender expression.
Prism Counseling & Advocacy/Rainbow Access Initiative	Since 2000, Rainbow Access Initiative (RAI) has recognized the disparity in health treatment for members of the LGBTQ+ community. The organization has worked to provide accessible, inclusive, and affirming social and clinical services to members of the community and their families. RAI has also worked to create a <u>Directory</u> of LGBTQ+ inclusive resources and healthcare providers within the Capital Region.

Mental Health

Hyperlinked Title	Description
988 Suicide & Crisis Lifeline Phone	In life-threatening situations, call 911 or go to the nearest emergency room. If you are suicidal or in emotional distress, consider using the 988 Suicide & Crisis Lifeline.
Help for Mental Illnesses (National Institute of Mental Health)	The National Institute of Mental Health offers information on where to go for mental illness support and health care services.
988 Suicide & Crisis Lifeline Chat	In life-threatening situations, call 911 or go to the nearest emergency room. 988 Suicide & Crisis Lifeline has a text chat service for people in suicidal or emotional distress.
Crisis Text Line	Text GOT5 to 741741. An anonymous texting service available 24/7. "Starting a conversation is easy"
SAMHSA Disaster Distress Helpline:	1-800-985-5990 Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Reproductive Health

Hyperlinked Title	Description
Planned Parenthood	Planned Parenthood is an American nonprofit organization that provides reproductive and sexual healthcare and sexual education.
Abortion Clinics Near You (Planned Parenthood)	A service provided by Planned Parenthood for finding abortion clinics in your area.
Whitney Young Center - Swinburne Location	Whitney Young Health offers reproductive health services to women of all ages, including teens. Appointments can be scheduled by calling 518-465-4771 or requested through our Patient Portal.
Growing Up Healthy	The Growing Up Healthy Hotline helps pregnant and parenting people in New York State find the help they need
BirthNet	We are a birth justice organization whose mission is to eliminate the inequities in birth outcomes for all childbearing people and to ensure that all birthing families receive respectful and supportive maternity and infant care. (Capital Region)