



**Community Resources in the  
Adirondack Region  
For the COVID-19 Impact!**



United Way of the Adirondack Region, Inc., 45 Tom Miller Road, Plattsburgh, NY 12901-Phone:518-563-0028/www.unitedwayadk.org

**Clinton County**

**Food & Basic Needs:**

- ⇒ Catholic Charities-518-300-0272
- ⇒ Dept. of Social Services-518-565-3300
- ⇒ Interfaith Food Shelf-518-562-3663
- ⇒ JCEO-518-561-6310
- ⇒ Office for the Aging-518-565-4620
- ⇒ Red Cross-518-561-7280
- ⇒ Salvation Army-518-561-2951

**Family Needs:**

- ⇒ Child Care Coordinating Council-518-561-4999
- ⇒ JCEO-518-561-6310

**Public Health:**

- ⇒ Dept. of Public Health-518-565-4840/after hrs. 518-565-3270
- ⇒ CVPH-518-561-2000

**Mental Health & Counseling:**

- ⇒ Behavioral Health Services North, Inc.-518-563-8206
- ⇒ Champlain Valley Family Center-518-561-8480
- ⇒ Dept. of Mental Health-518-565-4060
- ⇒ National Alliance on Mental Illness-CV-518-561-2685

**Essex County**

**Food & Basic Needs:**

- ⇒ Adirondack Community Action Programs, Inc.-518-873-3207/877-873-2979
- ⇒ Catholic Charities-518-300-0272
- ⇒ Dept. of Social Services-518-873-3441
- ⇒ Office for the Aging-518-873-3695
- ⇒ Red Cross-518-561-7280
- ⇒ Salvation Army-315-877-6079

**Family Needs:**

- ⇒ Adirondack Community Action Programs, Inc.-518-873-3207/877-873-2979
- ⇒ Child Care Coordinating Council-518-561-4999

**Public Health:**

- ⇒ Adirondack Health-518-891-4141
- ⇒ Dept. of Public Health-518-873-3500
- ⇒ Elizabethtown Community Hospital-518-873-6377

**Mental Health & Counseling:**

- ⇒ Behavioral Health Services North, Inc.-518-563-8206
- ⇒ Dept. of Mental Health-518-873-3670
- ⇒ Mental Health Association-518-962-2077
- ⇒ National Alliance on Mental Illness-CV-518-561-2685

**Franklin County**

**Food & Basic Needs:**

- ⇒ Community Connections of Franklin County-518-521-3507
- ⇒ Dept. of Social Services-518-481-1808
- ⇒ JCEO-518-483-7022
- ⇒ Office for the Aging-518-481-1526
- ⇒ Red Cross-518-561-7280
- ⇒ Salvation Army-315-877-6079

**Family Needs:**

- ⇒ Catholic Charities of Franklin County-518-483-1460
- ⇒ Child Care Coordinating Council-518-561-4999

**Public Health:**

- ⇒ Adirondack Health-518-891-4141
- ⇒ Alice Hyde Medical Center-518-483-3000
- ⇒ Dept. of Public Health-518-481-1709

**Mental Health & Counseling:**

- ⇒ Community Connections of Franklin County-518-521-3507
- ⇒ National Alliance on Mental Illness-CV-518-561-2685
- ⇒ North Star Mental Health-518-483-3261

**Hamilton County**

**Food & Basic Needs:**

- ⇒ Dept. of Social Services-518-648-6131
- ⇒ Office for the Aging-518-761-6347
- ⇒ Red Cross-518-561-7280
- ⇒ Salvation Army-315-877-6079
- ⇒ Warren/Hamilton Community Action Agency-518-793-0636

**Family Needs:**

- ⇒ Warren/Hamilton Community Action Agency-518-793-0636

**Public Health:**

- ⇒ Dept. of Public Health-518-648-6497

**Mental Health & Counseling:**

- ⇒ Dept. of Mental Health-518-648-5355

**Dial 2-1-1 for General Information and Referral**

# United Way of the Adirondack Region, Inc. "Virtual" Week of Caring

Monday, April 20 to Saturday, April 25, 2020



United Way of the Adirondack Region, Inc.

Clinton,  
Essex & Franklin  
Counties



## Opportunities For Virtual Volunteering

### Monday, April 20, 2020

**THANK THE FRONTLINE:** Show your gratitude to medical staff, first responders, law enforcement and essential workers by writing letters, sending messages, posting videos, hanging signs and other ways of giving thanks.

### Tuesday, April 21, 2020

**PROMOTE MENTAL HEALTH AND WELLNESS:** Call or message people who may need your kindness. Share messages of wellness. View the documentary "[Addicted to Hope](#)".

### Wednesday, April 22, 2020

**DONATE OR MAKE PERSONAL PROTECTIVE EQUIPMENT (PPE):** Donate unopened Masks, Gloves, Hand Sanitizers and Disinfectants to your local hospital or County Collection Points (Call for details, if needed). Make your own Face Coverings and other PPE by following [CDC Guidelines](#).

### Thursday, April 23, 2020

**COMPLETE THE CENSUS:** Utilize internet, phone or mail to complete the Census 2020. By doing so, you are helping to ensure critical resources, services and representation for our region. To complete by telephone Dial 844-330-2020, to complete on-line, click [here](#) or return mailer, if received.

### Friday, April 24, 2020

**DONATE NEEDED FUNDS:** Make a monetary contribution of any size to the [Special and Urgent Needs \(SUN\) Fund](#). This fund helps to support Food Programs, Basic Needs, Non-Profits and other initiatives focused on alleviating the community impact of the COVID-19 crisis. **Other Options:** North Country Chamber of Commerce's "[Feed the Frontline](#)", United Way's "[Emily Fund](#)"

### Saturday, April 25, 2020

**FINALE:** Share your good deeds and those of others on social media using [#UWADKWeekofCaring](#). Help to be a role model and to inspire other acts of kindness.

*Please follow Public Health and CDC Guidelines at all times.*

**For More Information: 518-563-0028/ [Kathy@unitedwayadk.org](mailto:Kathy@unitedwayadk.org)**

### Our Partners:



Project H.E.L.P. at SUNY Plattsburgh

