

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
- \Rightarrow 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 Heath-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

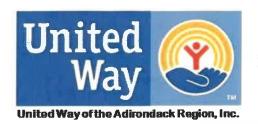
Mental Health & Counseling:

⇒ 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



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 <u>CDC Guidelines</u>.

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 <u>Special and Urgent Needs (SUN) Fund</u>. 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. <u>Other Options:</u> 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

Our Partners:





