*Health and Wellness Resources During The COVID-19 Pandemic:

The following list is a summary of resources developed to assist GC students, staff and faculty navigate this new pandemic world and to help with the broad spectrum of problems and issues that have emerged or worsened during this crisis.

*For Individual Health Information Consultation, telephone appointments are available with Wellness Center Health Services; for further information, contact: healthednp@gc.cuny.edu (further information also available on our website, under “health services” at www.cuny.is/wellness)

1) Updated general coronavirus resources:

https://www.gc.cuny.edu/News/Coronavirus-Guidance-and-Updates
https://docs.google.com/document/d/1Rcan4C_e6OBFB15bUn7MtYK74Ab-WarxyJmDwZUI_YA/mobilebasic?usp=gmail
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

2) If you feel ill or have an injury (NYSHIP Insurance and Medicaid accepted):

https://www.mountsinai.org/appointment/telehealth-ms-now
https://nyulangone.org/locations/virtual-urgent-care
https://weillcornell.org/telehealth-express-care-service
https://www.gohealthuc.com/nyc/virtual-visits (Northwell Health)

3) Testing for COVID-19:

Hotline: 1-888-364-3065
https://www.nychealthandhospitals.org/covid-19-testing-sites/ (New York City)
https://coronavirus.health.ny.gov/covid-19-testing (New York State)

4) Mental Health/Counseling

GC Wellness Center Student Counseling Services: Virtual visits, via video/telephone:
The Wellness Center’s Virtual Front Desk: available to meet with students via Zoom platform on Mondays & Tuesdays 10am-5pm, Wednesdays 8am-5pm, Thursdays & Fridays from 8am-4pm. Click here to reach our Virtual Front Desk via Zoom and use Meeting ID: 212 817 7020, Password: 6422 or, by phone dial-in: 1 646 876 9923 US (New York), or find your local number.

In addition to the Virtual Front desk, students may email us at wellness@gc.cuny.edu, or call main Wellness Center number at, 212-817-7020. For further information and additional outside providers see Counseling Services at www.cuny.is/wellnesscenter

Mental Health/National Hotline Numbers

Suicide Prevention Lifeline: 800-273-8255
SAMSHA (Substance Abuse and Mental Health Services): 800-662-4357
Trevor Lifeline (LGBTQ and ages 13-24): 866-488-7386

5) Food Insecurity:

https://hungrsolutionsny.org/covid-19/
https://www.foodbanknyc.org/covid-19/

6) Housing Resources in NYC during COVID19:

https://www1.nyc.gov/site/hpd/services-and-information/covid-19-updates.page

7) Domestic Violence:

https://www1.nyc.gov/site/ocdv/programs/family-justice-centers.page

Survivors can also access free, safe immigration legal help by calling the ActionNYC hotline: 1-800-354-0365

Call the City’s 24-hour Domestic Violence Hotline: 800-621-HOPE (4673) for immediate safety planning, shelter assistance, and other resources, TTY: 800-810-7444

8) Travel:

COVID-19 has limited where and when you can travel. Stay in place is the mandate at this time.

In the US, the State Department has advised citizens to avoid international travel until further notice. Similarly, domestic travel is inadvisable. However, if an emergency requires domestic travel during the pandemic, refer to the CDC information at: https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html
9) Sexual and Reproductive Health:

For Sexually Transmitted Infection and Treatment

Avoid routine testing at this time. If you have been exposed to an STI (sexually transmitted infection) and/or have developed symptoms, there are telehealth options; in-office options are available, if absolutely necessary:

- If you have used a provider for sexual health in the past, contact that provider first.
- If you do not have a provider, there are many services available, including:
  www.plannedparenthood.org
  NYC Sexual Health Clinic Hotline: 347-396-7959
  https://ryanhealth.org/

For Reproductive Health/Contraceptives

Avoid routine testing and in-office visits at this time. Most providers, have telehealth arrangements at this time, including:

- www.plannedparenthood.org
- https://twentyeighthalth.com/ (remotely provides birth control pills and emergency contraception)