

# TSOY “REDEFINING C.O.V.I.D” RESOURCES

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LMSW | SDA | FOUNDER & PRESIDENT  
| TENDER STEPS OF NEW YORK, INC. |  
[www.Tenderstepsofny.org](http://www.Tenderstepsofny.org)



|CRISIS TEXT LINE |  
**English only | Free 24/7 text line |**  
Text "NAMI" to 741741 to chat with a trained crisis  
counselor

|SAMHSA- STRESS HELP LINE |  
**En Español | (800) 985-5990 | 24/7 counseling**  
Press 2 for Spanish-language support

|NATIONAL SUICIDE PREVENTION LIFELINE|  
**English only | (800) 273-TALK (8255) |24/7**  
If you or someone you know is in crisis—whether they  
are considering suicide or not—please call the toll-free  
lifeline to speak with a trained crisis counselor

|THE TREVOR PROJECT |  
**English only | (866) 488-7381 | text "star" to 678678**  
Call or text "start" to 678678  
The Trevor Project is a national organization offering  
support, including suicide prevention, for LGBTQ youth  
and their friends

|FOOD BANK |  
[https://www.health.ny.gov/prevention/nutrition/hpnap/re  
gional\\_foodbank\\_map.htm](https://www.health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm)

**C**ourageously  
**O**vercoming in a  
**V**iable,  
**I**nnovative &  
**D**etermined way

<https://www.coronavirusnow.com>

| DOMESTIC VIOLENCE |

Call 800-942-6906 | Text 844-997-2121 | Chat @ [www.opdv.ny.gov](http://www.opdv.ny.gov) or 212-335-4308

The text and online services are now staffed 24 hours a day, 7 days a week with OPDV staff who are experts in the area of domestic violence.

| COVID 19 TESTING IN OSSINING AND BRIARCLIFF MANOR |

| 202 South Highland Avenue, Ossining, NY 10562 |  
| 1856 Pleasantville Road, Briarcliff Manor, NY 10150 |

Testing is by appointment only at the drive-through pharmacy windows where a self-swab will be offered. To make an appointment click, [here](#). If you have any questions, you can contact the CVS Pharmacy at either location directly. If you are in need of health insurance or need testing and do not have health insurance, please contact my office.

| REGIONS REOPENING |

| [Speaking With News 12 About Phase 2](#) |

The Capital region is on track to enter Phase 2 of reopening tomorrow, June 3rd, while New York City is on track to enter Phase 1 of reopening on June 8th. Rockland and Westchester Counties, which are part of the Mid-Hudson Region remain in Phase 1. For details on the phases, please click [here](#).

## FREE COVID-19 AND ANTIBODY TESTING AVAILABLE IN SPRING VALLEY

If you think you or someone in your family has COVID-19,  
Please call 1-833-422-7369 to schedule a testing appointment.

COVID-19 Symptoms:

- Temperature greater than 100.5
- Severe shortness of breath
- Not responsive to medications for fever
- Persistent cough

The Martin Luther King Multi-Purpose Center  
110 Bethune Boulevard  
Spring Valley, NY 10977

JUNE 1<sup>st</sup> – JUNE 12<sup>th</sup>  
MONDAY – FRIDAY 9am – 5pm

Call 1-833-422-7369 for further information

ALL ARE WELCOME, REGARDLESS OF INSURANCE OR  
IMMIGRATION STATUS.

**SENATOR DAVID CARLUCCI**

# **Legislation to Prevent Loss in School Funding Due to 180 Day Rule**

- **Safeguards school funding due to COVID-19 closures**
- **Affirms school superintendents' determinations that they could not conduct regular in-school operations safely**
- **No fiscal impact on the state**

