

# Information from the NYC Mayor's Office of Immigrant Affairs on City Services and Assistance for Residents

## Temporary Cash Assistance

A cash grant that includes money towards housing, energy costs, and other expenses.

- **Learn how to apply** at: <https://www1.nyc.gov/site/hra/help/cash-assistance.page>
- visit a nearby **Human Resources Administration Job Center** at: <https://www1.nyc.gov/site/hra/locations/job-locations.page> to enroll.

### Eligibility

- U.S. citizens or people with certain immigration statuses may be eligible.
- Eligibility is based partly on: your income and family size.
- In many cases, clients receiving temporary cash assistance must either be working or be enrolled in approved work activities.
- For more information Call 311 or 718-557-1399.

## Emergency Help with Expenses

New Yorkers may apply for emergency financial help to prevent eviction, pay your energy or utility bills, or buy health-related items. You can apply to the NYC Human Resources Administration for a one-time emergency grant, also called the "One Shot Deal." Call (718) 557-1399 for more information.

### Eligibility

All New Yorkers, regardless of immigration status may apply. Emergency assistance is provided for, but not limited to, the following situations:

- Homelessness
- Dispossess/Eviction
- Utility disconnected or pending termination
- Fire disaster
- Domestic violence
- Circumstances that affect the health and safety of the individual or family

## Health Care

- NYC Health + Hospitals provides care to all New Yorkers, no matter what your immigration status or insurance status is. NYC Health + Hospitals will help you even if you do not have insurance and cannot pay for health care. **Visit NYC Health + Hospitals**, or call **844-NYC-4NYC (844-692-4692)** or **311** or **NYCCare.nyc**, or call **646-NYC-Care (646-692-2273)**
- Visit **FindaHealthCenter.HRSA.gov** or the **NYC low- to no-cost care option list** to find a location near you.
- If you are feeling anxious, stressed or overwhelmed, connect with trained counselors at NYC Well, the City's free, confidential helpline available in 200+ languages. Call **888-NYC-WELL (888-692-9355)**, text **WELL** to **65173**, or chat online at **NYC.gov/NYCWell**. New

Yorkers can also access ThriveNYC's [resource guide for mental health support at home](#).

## Food Assistance

### General Food Assistance

**The WIC program** provides food, nutrition education, and referrals to low-income pregnant women, breastfeeding women, infants, and children up to age 5. Call (800) 522-5006 for more information. The services listed below are provided for free to all New Yorkers no matter what your immigration status is. Undocumented immigrants can also receive these services.

- New York City's food pantries provide groceries, and community kitchens provide hot meals. There is no income limit. Find locations near you and hours using [FoodHelpNYC](#) or call 311.
- Three meals a day are available for all New York residents at meal hubs citywide. Meals Hubs operate Monday to Friday from 7:30 a.m. to 11:30 a.m. for children and families, and from 11:30 a.m. to 1:30 p.m. for adults. No registration, identification, or documentation is required to pick up these meals. Parents or guardians may pick up meals for their children. No dining space is available, so meals must be eaten outside of meal hubs. Vegetarian and halal options available at all sites. No registration or ID is required. Visit the Department of Education's [free meal location finder website](#) or call 311. You can also text **FOOD** to **877-877** to communicate in English.

**Source:** The NYC Mayor's Office for Immigrant Affairs website on "City Services" at <https://www1.nyc.gov/site/immigrants/help/city-services.page>

More detailed information on city services is available at the webportal: [Resources for Immigrant Communities During COVID-19 Pandemic](#) in the following areas:-

**Covid19 Guidance & Treatment**  
**Covid-19 and Immigration concern**  
**Health Care and Wellbeing**  
**Health Insurance**  
**Food**

**Housing and Utility**  
**Education and Childcare**  
**Worker Support & Financial Assistance**  
**Small Business Support**