

Emergency Resources for Students

The following is a list of resources for Queens College, CUNY students. It is a work in progress, and should be frequently updated. Check back.

Many of these resources are specific to the COVID-19 pandemic, but most can be used in one form or another in multiple contexts beyond the current situation.

The list was organized with Queens College, CUNY students in mind. However, almost all of these resources are useful for New Yorkers in general.

Lists like this should be a collaborative effort. Please make suggestions. Feel free to circulate, issue corrections, updates, and additions. Revise and distribute to suit your needs.

Feel free to email a trusted professor or mentor if you have trouble getting any messages through. If you are a philosophy student, and even if you are not, please feel free to email the Philosophy Department:

<https://www.qc.cuny.edu/Academics/Degrees/DSS/Philosophy/Pages/default.aspx>

A word of advice, too, for what it is worth. You can expect to run into a lot of red tape and frustration when seeking resources, for example, unemployment insurance. Be prepared to exercise your patience. But persevere and do not give up. Remain undaunted, keep a sense of humor, and seek out as hard as you can the resources that are available to you. Reach out to friends, family, colleagues, and professors as needed.

I. FACTS AND MYTHS ABOUT COVID-19

There is a lot of misinformation circulating about the COVID-19 pandemic. This includes the spread of racist misinformation. To get you started with the facts, please check out the following:

1. Coronavirus factsheet from the CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html>
2. We must combat racism and all forms of discrimination always. Here is information, also from the CDC, about coronavirus and stigma and what you can do to help:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html>
3. Coronavirus myths debunked:
<https://www.nytimes.com/article/coronavirus-myths.html?action=click&module=Spotlight&pgtype=Homepage>

4. What you can actually do to prevent the spread of coronavirus (most of us don't need face masks! Save them for the people working in the hospitals, who are experiencing a critical shortage of resources):
<https://www.nytimes.com/article/prepare-for-coronavirus.html>
5. NYC government guidelines on coronavirus, frequently updated:
<https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>
6. Queens College Coronavirus Website
<https://www.qc.cuny.edu/StudentLife/services/health/Pages/Coronavirus.aspx>
7. *The New York Times* has a free eBook summarizing essential information about the coronavirus and it answers questions about living under lockdown, about testing, and it even offers some support for teens. (Also note that the *Times* is offering free coronavirus coverage.) You can download it here:
<https://www.nytimes.com/article/free-e-book-answers-to-your-coronavirus-questions.html>

II. FINANCIAL HARDSHIP AND UNEMPLOYMENT

1. For international students with employment questions, please see the following webpage, and note that most people are now working remotely. The best option is email.
<https://www.qc.cuny.edu/StudentLife/services/intstudents/employment/Pages/EconomicHardship.aspx>
2. Here is information about emergency grants.
<https://www.qc.cuny.edu/StudentLife/services/Pages/Emergency-Grant.aspx>
3. NY unemployment insurance below. Please note that at the time of writing, New Yorkers don't qualify for enhanced unemployment benefits. But check back frequently; things will probably change.
<https://labor.ny.gov/unemploymentassistance.shtm>
4. *The New York Times* has several very clearly written guides to life under the pandemic. This one is on financial hardship and unemployment:
<https://www.nytimes.com/article/coronavirus-money-unemployment.html>
5. The New York State Leadership Council, a non-profit organization, is issuing grants of up to \$1000, specifically for undocumented immigrants hit hard by the crisis. You can apply and ask questions here: <https://www.nysylc.org/undocufunds>

6. There are companies offering free broadband and Wifi services to students during the pandemic. Charter Communications is an example, but I encourage you to investigate other options too, if they are better suited to your needs.
<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>
7. At this link you will find a variety of resources, conveniently grouped into categories such as health, housing, business, employment, and so forth. It is specific to the COVID-19 crisis in NYC.
<https://citylimits.org/nyc-coronavirus-crisis-resources-for-you/#11>
8. Call 211 for more information about employment, unemployment, utilities, and shelters.

III. PHYSICAL HEALTH DURING THE PANDEMIC

Suddenly, we are all paying attention to symptoms we might have brushed off before. Questions about when and how we should get tested for coronavirus are pressing. The links below should help you navigate these problems.

However, there are difficulties specific to people living with compromised immunity and with underlying conditions, in the wake of the pandemic. We should all be aware of the importance of protecting more vulnerable members of our community, and the concept of herd immunity. The resources below should help orient you in these respects too.

1. A *Times* article from 2018 that explains the concept and importance of herd immunity:
<https://www.nytimes.com/2018/01/15/upshot/flu-shot-deaths-herd-immunity.html>
2. What to make of symptoms today? This article helps you deliberate and directs you, in cases, to reach out to a physician:
<https://www.nytimes.com/2020/03/13/health/coronavirus-symptoms-flu-allergies.html?action=click&module=Spotlight&pgtype=Homepage>
3. Council Member Daniel Dromm has posted information about testing for coronavirus: who should get tested and where:
<https://mailchi.mp/council/9r37scoyl6-76196?e=8d69a5b481>
4. You can receive free enrollment counseling for health insurance:
<https://www1.nyc.gov/site/doh/health/health-topics/health-insurance.page>
5. A fabulous resource for those with primary immunodeficiencies, with COVID-19 updates. (I love that their March 20th post references the beautiful "bank run" scene in *It's a Wonderful Life*).

<https://primaryimmune.org/coronavirus>

6. Information for people with primary and secondary immunodeficiencies, and how to take special care during the pandemic:

<https://www.allergy.org.au/patients/immunodeficiencies/covid-19-and-immunodeficiency>

IV. EMOTIONAL HEALTH, DOMESTIC VIOLENCE, AND FAMILY ABUSE

We are all suffering difficult emotions and realities under the pandemic. But the situation affects each of us differently.

For those of us who are already daily impacted by trauma and mental health issues, symptoms and hardship can be compounded. And those struggling in situations of domestic violence (broadly defined) have new challenges to face when the pandemic is restricting our movement and flexibility.

Many of the following resources have updated their sites to give support specifically under the lockdown conditions of the current outbreak.

Even if you think these resources don't apply to you, please check them out. At the very least, you can share them with a friend in need.

1. **Safe Horizon.** The link includes a 24/7 hotline and online chat for victims of domestic violence, including information about shelters. Includes COVID-19 updates.
<https://www.safehorizon.org/emergency/>
2. **Love is Respect.** This is for those experiencing intimate partner violence and emotional abuse. Chat with advocates 24/7 via chat, text, or phone. Advocates are advised about helping people on lockdown and can direct you to resources to aid you in your specific situation.
<https://www.loveisrespect.org/>
3. **United We Dream.** For immigrant youth, regardless of status, to provide them with resources and support. It is not specifically geared towards domestic violence victims, but you are encouraged to call the hotline.
<https://unitedwedream.org/>
4. **Northwest Network.** This is especially geared towards LGBTQ+ community.
<https://www.nwnetwork.org/>

5. **National Domestic Violence Hotline.** Here is an excellent guide to staying as safe as possible under the pandemic, if you are in a situation of domestic violence. You can also call the hotline.
<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>
6. Free and secure legal counseling and other resources for immigrants, regardless of status, facing domestic violence and other interpersonal abuse:
<https://www1.nyc.gov/site/ocdv/press-resources/immigrants.page>
7. The Gothamist has a succinct article with a list of resources at the end, including resources for those concerned about child abuse and elder abuse. The message is that resources are available and will remain available, even during the pandemic:
<https://gothamist.com/news/resources-domestic-violence-abuse-victims-during-covid-19>
8. **Warm Line.** You can call a warm line to be connected to a peer advocate, if you want someone to talk to during an emotionally difficult time. Organized by state.
<http://warmline.org/#new-york>

V. RECREATION

One thing it is especially good to know as we are essentially in lockdown mode is that we are, all things being equal, free to think, write, read, breathe, exercise and enjoy our bodies, and partake of the beauty of the world.

But here is a list of things you might be able to do now, from your home, online. You can continue to develop your interests and plan trips to museums and theaters, through these suggestions.

1. NPR has compiled a list of things you can do now for free that you couldn't do before (as far as "free" goes...):
<https://www.npr.org/2020/03/20/818670715/getting-bored-heres-a-list-of-free-things-that-werent-free-before-coronavirus>
2. *The New York Times* entertainment section clearly outdid themselves. It's almost horrifying!
<https://www.nytimes.com/article/coronavirus-quarantine-what-to-watch.html>
3. Join **nonsenseny**, which has been around for quite a while, for a list of weekly "underground" events. For those who like things a little off the beaten track. This week they published a list of virtual events, including slumber, burlesque, and dance parties.
<http://www.nonsenseny.com/>

4. The beautiful bank run scene (The Great Depression) from *It's a Wonderful Life* (in my opinion a popularly misrepresented and underrated movie). The \$2000 is their honeymoon money. There's a lovely echo of this scene at the end of the movie. "We can get through this thing alright; we've got to stick together."
<https://youtu.be/iPkJH6BT7dM>