



Important Family Resources from the District Social Worker, Gina Menendez

April 1, 2020

Dear Irvington School Community,

As we continue to make our way through these difficult times, families are facing more challenges with each day. I am providing a few links to help access county and state assistance. Please know that I am here to support you.

New York State Unemployment:

Here is the link to apply for New State Unemployment Insurance:

<https://labor.ny.gov/unemploymentassistance.shtm>

This is a step by step guide for filing Unemployment Insurance

<https://www.labor.ny.gov/ui/pdfs/Unemployment-Filing-Instructions.pdf>

Westchester County Department of Social Service:

Here is the link for the Westchester County Department of Social Service:

<https://socialservices.westchestergov.com/>

The Westchester County Department of Social Services (DSS) is developing and implementing safety measures, and changing the way the Department provides services to prevent the spread of Coronavirus in Westchester. As a precaution, in-person contact has been eliminated whenever possible, and the DSS is transitioning to offer assistance via phone and telework options to help reduce the potential exposure to the virus. Those in need of benefits should apply online through Mybenefits.com.

DSS District Offices will remain open for emergency walk-in assistance as needed, using appropriate social distancing. For more information, residents can call (914) 995-3333 Monday through Friday, 8:30 am to 5:00 pm

Food Insecurity:

If you have concerns about your ability to provide food for your family, you can contact 2-1-1. They are helping to provide a list of local suppliers of food. 2-1-1 also serves as a confidential, comprehensive and primary entry point into community service information, referral and assistance. The service is available from 9:00 am to 7:00 pm every day of the year with translation services available in over 200 languages. 2-1-1 resources are accessible 24 hours a day through the 2-1-1 Web site at www.hudson211.org.

Mental Health Supports:

These are anxiety-producing days. Please take a moment and read some tips for [Managing anxiety](#). If you are in need, you can access the New York State Mental Health Hotline by calling (844) 863-9314. They will provide you with various avenues of support. Remember to have a pen and paper ready to write down any information that might be relevant to your particular circumstance. If you are looking for assistance with a referral for services, please contact me directly.

Self-Care:

It is important for caretakers to take care of themselves so they can take care of

their children and family members. Please read the following [Care for Caregivers: Tips for Families and Educators](#).

If you have any concerns and/or are in need of support, please do not hesitate to reach out and access the available resources. I am here to support the emotional and physical needs of the Irvington School Community. You can reach me via email gina.menendez@irvingtonschools.org or by telephone at (914) 330-2047.

Sincerely,
Gina Menendez, LCSW
Irvington School District Social Worker

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