

Free Available COVID-19 Resources

Just **click**, **call**, or **text** away. Find COVID-19 information, updates, and resources from MTA, Long Island Rail Road, Federal, State, and Local agencies:

MTA	<ul style="list-style-type: none">➤ Click: MTA COVID-19 Update Center Web Page http://mtahq.org/covid-19/➤ Call: MTA COVID-19 24/7 Hotline: 1-646-252-1010
LIRR	<ul style="list-style-type: none">➤ Click: LIRR Corporate Safety Intranet Web Page http://www.lirr.org/CorporateSafety/➤ Call: LIRR Employee Assistance Program (EAP): 1-516-248-3434
Federal CDC	<ul style="list-style-type: none">➤ Click: Centers for Disease Control and Prevention (CDC) Web Page https://www.cdc.gov/coronavirus/2019-nCoV/index.html
State NYS DOH	<ul style="list-style-type: none">➤ Click: New York State Department of Health (NYS DOH) Web Page https://coronavirus.health.ny.gov/home Sign up for e-mail updates➤ Call: COVID-19 Hotline: 1-888-364-3065➤ Call: COVID-19 Emotional Support Hotline: 1-844-863-9314
Local NYC DOH	<ul style="list-style-type: none">➤ Click: New York City Department of Health (NYC DOH) Web Page https://www1.nyc.gov/site/doh/covid/covid-19-main.page Sign up for e-mail updates➤ Text: Sign up for text updates by texting COVID to 692-692
Local NYC Well	<p>For free and confidential mental health support 24/7 in over 200 languages</p> <ul style="list-style-type: none">➤ Click: NYC Well 24/7 Chat https://nycwell.cityofnewyork.us/en/➤ Call: 1-888-NYC-Well (1-888-692-9355)➤ Text: WELL to 65173
Local Nassau County	<ul style="list-style-type: none">➤ Click: Nassau County Web Page https://www.nassaucountyny.gov/4946/Coronavirus-COVID-19➤ Call: Nassau County Corona Hotline: 1-516-227-9570➤ Call: Crisis Hotline: 1-516-227-TALK (8255)➤ Text: Sign up for text updates by texting COVID19NC to 888777
Local Suffolk County	<ul style="list-style-type: none">➤ Click: Suffolk County Web Page https://suffolkcountyny.gov/Departments/Health-Services/Health-Bulletins/Novel-Coronavirus➤ Call: Suffolk County Hotline for Questions or Concerns about Travel and Symptoms: 1-888-364-3065➤ Text: Sign up for text updates by texting COVIDSUFFOLK to 67283

Note: you must be signed into the MTA Intranet, through Citrix or the LIRR VPN, to open the MTA and LIRR links.