



245 East 56th Street
New York City, NY 10022
Phone: 212 752-4340 Fax: 212 752-4945
www.artanddesignhs.org

Maximillian Re-Sugiura, Principal

Dear Students,

We are writing this message to announce that we will be an active pillar of support to you as you navigate the nuances of remote learning and life. We hope that you are encouraged to reach out to us with any concern you may have. We are a point of contact for you. We will provide regular outreach to you through many forms of contact to touch base, answer questions, and provide assistance within areas of concern. This is a live document that will be continuously updated. Please reach out via email as needed!

Take Care of yourself!

Self Care is crucial during these difficult times. You might feel down and isolated. Please take care of yourself.

Here are some useful tips:

- * Maintain a regular sleep schedule.
- * Keep a consistent schedule
- * Work from the same place each day if you can
- * Find an accountability ally
- * Remember to eat and hydrate
- * Take breaks
- * Exercise.
- * Don't be afraid to ask for help
- * Keep a journal
- * Manage time effectively to reduce stress

Here are some websites with great tools to for self care:

*<https://childmind.org/>

*<https://www.nbcnewyork.com/news/coronavirus/covid-19-guide-how-to-manage-stress-and-anxiety/2331439/>

*<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety> (Australian site with helpful hints on how to manage stress)

*[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

What if I am feeling really down, in crisis, or in an emergency?

We know that this time may result in a really strong sense of uneasiness and uncertainty, especially as we navigate not having regular sessions to talk through everything that has been going on. Please use the following resources for more severe or intense feelings:

1. Crisis Text Line: Text HOME to 741-741 to be connected to a counselor
2. NYC Well: Call 1-888-692-9355, text "WELL" to 65173, or chat with a counselor at this link.
3. National Suicide Prevention Lifeline: Call 1-800-273-8255 or chat with a counselor at this link.
4. The Trevor Project: Call 1-866-488-7386 or chat/text with a counselor at this link.
5. **The Covid-19 emotional support hotline 844-863-9314.**
6. 911: IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER, CALL 911
7. The following pages lists resources provided by Women's Justice Now



If you believe you are a victim of child abuse

Child Abuse



Child abuse is when a parent or caregiver, whether through action or failing to act, causes injury, death, emotional harm or risk of serious harm to a child. There are many forms of child maltreatment, including neglect, physical abuse, sexual abuse, exploitation and emotional abuse.

Safe Horizon

1-212-227-3000 (Sexual Assault hotline)
347-328-8110 (Counseling Center)
855-234-1042 (Community Programs)

Provides services for victims of crime and their families, including resources for adults who were abused when they were a child & information about the Child Victims Act 1-year lookback window.

Childhelp USA National Child Abuse Hotline

1-800-422-4453

Staffed 24/7 with professional crisis counselors providing confidential assistance in 170+ languages

New York State Child Abuse Hotline

1-800-342-3720

Reports of child abuse/maltreatment should be made immediately to the hotline, which operates 24/7

Prevent Child Abuse New York

800-244-5373

4 Global View, Troy, NY 12180

Free, confidential, multi-lingual info & referrals for anyone with concerns about a child/family

Unchained At Last

908-481-4673

208 Lenox Avenue #189, Westfield, NJ 07090

Dedicated to ending forced & child marriage in the US through direct services and advocacy

The New York Foundling

888-435-7553

Offers a parental support helpline and a 24/7 care center that enables your child to stay with staff while you get your health/house in order

Children's Safety Project

917-261-4598

210 Canal Street, Suite 403 New York, NY 10013

Counseling/support services to children/families affected by abuse, domestic violence & other crimes

New York Center for Children

212-517-3012

333 E 70th St #1, New York, NY 10021

Provides free, comprehensive evaluation & therapy services to child abuse victims & their families

If you believe you are a victim of Domestic Violence

Domestic Violence



Domestic and Gender-Based Violence is violent or aggressive behavior within the home, typically involving the abuse of a spouse or partner. Further, this violence may be directed towards an individual specifically because of their gender.

National Domestic Violence Hotline

800-799-7233- Hotline

24/7 confidential hotline (200+ languages), live & free online chat service available as well. Can help you come up with a safety plan as well as resources & info. Does not provide legal advice.

Safe Horizon

1-800-621-4673 (DV hotline)- 24/7 Hotline, Counseling, Legal Services, Shelter 1-212-227-3000 (Sexual Assault hotline)

Provides services for victims of crime and abuse, including child abuse, and their families. Includes: legal and court programs, domestic violence shelters, counseling center, and multiple hotlines.

National Teen Dating Abuse Hotline

866-331-9474- Hotline, Information

24/7 hotline and online chatting service. Has materials on abusive relationships and how to get out of abusive situations tailored for teenagers.

Sanctuary For Families

212-349-6009- Legal Services, Counseling, Shelter

Service provider & advocate for survivors of domestic violence, sex trafficking & gender violence. Includes: courtroom advocates, family law project, crisis and transitional shelters, and counseling.

Family Justice Centers

- Counseling, Legal Services

Free, confidential assistance for victims/survivors of domestic and gender-based violence. Services include: safety planning, applying for benefits, counseling, legal services, education/job training.

End Abuse 4 Good

212-252-3399- Education, Programming 85 Broad Street 18th Floor New York, NY, 10004

Provide educational programs with the goal of preventing abuse against teens, women, and children. They also put on programs in domestic violence shelters for women and children.

Black Women's Blueprint

347-533-9102/3- Hotline, Direct Services, Education

279 Empire Blvd. Brooklyn, New York 11225

Non-profit that works with black women and girls. Their works includes a hotline, legislative advocacy, healing programs, a mobile reproductive services van, and prevention education.

Safe Homes Project

718-499-2151- Hotline, Legal Advice, Shelter, Immigration

305 7th Avenue, 9th Floor New York, NY 10001

24h hotline provides crisis and short term counseling, referrals to support groups, safety planning, legal assistance, criminal justice and family court advocacy, orders of protection, & a shelter.

Day One

800-214-4150- Legal Advice & Representation, Counseling

Or Text 646-535-3291

Legal advice, information, & representation for youth seeking orders of protection, custody/visitation, child support and/or domestic violence-based immigration help, or counseling.

Womankind

888-888-7702- Hotline, Shelter, Counseling, Legal Advice & Representation

32 Broadway, 10th Floor New York, NY 10004

24/7 multilingual helpline. Their services include: emergency and transitional housing, counseling, assisting survivors with family & immigration law, economic empowerment workshops, wellness groups.

Domestic Violence Project

718-875-5062- Legal Representation, Counseling, Shelter Assistance

40 Rector Street, 9th Floor New York, NY 10006

Free legal representation to victims of domestic violence, including but not limited to family & immigration law. Social workers on staff provide clinical and social services as well.

New York City Anti-Violence Project

212-714-1141- Legal Representation, Counseling

24/7 bilingual hotline. They provide free legal services to LGBTQ & HIV-affected survivors in family, housing, and civil courts, and with immigration matters, as well as counseling and support groups.

Violence Intervention Program, Inc.

800-664-5880- Hotline, Shelter, Counseling

They offer a 24/7 bilingual hotline, a counseling program, emergency shelter housing up to 180 days, transitional housing up to 2 years, financial literacy training, and other economic services.

If you believe you are a victim of Rape and Sexual Assault

Rape and Sexual Assault



Sexual Assault is any unwanted, forced, or coerced sexual act. It includes inappropriate sexual contact or fondling, acquaintance rape, date rape, stranger rape, child sexual abuse, and incest. Sexual assault is not about sex, it is a crime of violence where sex is used as a weapon, motivated by the desire to have power and control over the victim.

RAINN – National Sexual Assault Hotline

800-656-HOPE (4673)- Hotline

A hotline for victims of sexual assault. They work with over 1,000 local sexual assault service providers to offer confidential support services.

Safe Horizon

1-800-621-4673 (DV hotline)- 24/7 Hotline, Counseling, Legal Services, Shelter 1-212-227-3000 (Sexual Assault hotline)

Provides services for victims of crime and abuse, including child abuse, and their families. Includes: legal and court programs, domestic violence shelters, counseling center, and multiple hotlines.

NYC Alliance Against Sexual Assault

212-229-0345

212-514-SAFE (7233)- Hotline

32 Broadway #1101 New York, NY 10004

This organization hosts resources for survivors of sex assault online and via their hotline. Includes crisis counseling, safety planning, assistance with finding shelter & information about resources.

Criminal Justice Navigators

212-627-9895- Legal Assistance

Connects rape survivors with a criminal law attorney who can help you assess the strength of your case, understand the law, weigh your options, and pursue an appropriate law enforcement response.

Crime Victims Treatment Center

212-523-4728- Therapy, Legal Advice, Crisis Help 40 Exchange Place, Suite 510 New York City 10005

Provides free of charge services such as crisis intervention, individual and group trauma-focused therapy, legal advocacy, and psychiatric consultation.

Mount Sinai Sexual Assault and Violence Intervention Program

212-423-2140- Counseling, Legal Advocacy One Gustave L. Levy Place Box 1670 New York, NY 10029

Provides free services to victims of sexual assault. Has a general counseling program as well as one for Orthodox Jewish survivors. They also provide legal and emergency room advocacy.

Male Survivors

Offers services for male survivors of sexual trauma such as online healing conversations, support groups, and events.

Know Your IX

- Advocacy & Education

Aims to empower students, especially student survivors, to end sexual & dating violence in schools. This is done through education programs, trainings, and advocating for policy change.

Black Women's Blueprint

347-533-9102/3- Hotline, Direct Services, Education

279 Empire Blvd. Brooklyn, New York 11225

Non-profit that works with black women and girls. Their works includes a hotline, legislative advocacy, healing programs, a mobile reproductive services van, and prevention education.

End Rape On Campus

202-281-0323- Legal Assistance, Mental Health

They provide free, direct assistance to all survivors with filing federal complaints and connecting you to mental health professionals and legal counsel. They also work on policy reform and education.

Me Too Movement

- Advocacy & Education

Aims to reframe & expand global conversation on sexual violence to meet needs of broad spectrum of survivors. They have survivor resources, conduct policy advocacy, and organize research.

New York State Coalition Against Sexual Assault

518-482-4222- Rape Crisis Centers Referral

1-800-942-6906- Hotline

28 Essex Street Albany, NY 12206

24/7 hotline, answered by trained advocates. Provide referrals to local rape crisis programs, which provide: crisis intervention, counseling; support groups, and help through medical/legal systems.

National Sexual Violence Resource Center

717-909-0710 - Directory, Information

Hosts a directory of sexual assault-related organizations, as well as a directory of state coalitions against sexual assault. Provide information for survivors, friends/family, & educators/advocates.

Abuse Prevention & Intervention Resources

ACS – Parent's and Children's Rights Unit (Hotline – Mon-Fri 10am-4pm)	1-212-676-9421
ACS – Safety First (Ombudsman Office)	1-718-KID-SAFE (543-7233)
Child Abuse Prevention Program (CAPP)	1-212-660-1375
Child Protection Center – Montefiore Medical Center (Bronx)	1-718-920-5833
Columbia Presbyterian – Child Advocacy Center (Manhattan)	1-212-305-6474
Covenant House	1-212-613-0300
Crime Victims Hotline (Domestic Violence)	1-212-577-7777
<u>GEMS (Girls Education & Mentoring Services) webpage link</u>	
<u>Helpline: Professionals & Parents</u>	1-800-342-7472
HOPE (Domestic Violence)	1-800-621-4673
Jacobi Medical Center – Family Advocacy Program (Bronx)	1-718-918-4183
Jane Barker Brooklyn Child Advocacy Center (Brooklyn)	1-718-330-5400
Love Our Children USA	1-888-347-KIDS (5437)
Lifenet (Suicide Prevention, Info. & Referral for Mental Health & Substance Abuse Services)	1-800-543-3638
Lincoln Hospital – Child Advocacy Center (Bronx)	1-718-579-5446
Manhattan Child Advocacy Center (Manhattan)	1-212-517-3012
National Child Abuse Hotline	1-800-4-A-CHILD (22-4453)
National Center for Missing & Exploited Children	1-800-843-5678
Youth Connect (Abuse, Suicide, etc.)	1-800-246-4646

NY Foundling Parent Helpline	1-212-472-8555
New York City Mayor's Office to Combat Domestic Violence	1-212-788-3156
New York State Domestic & Sexual Violence Hotline (English)	1-800-942-6906
NYS Missing Persons Clearinghouse	1-800-FIND-KID (346-3543)
Prevent Child Abuse New York	1-800-CHILDREN (244-5373)
Prevent Child Abuse America	1-312-663-3520
Queens Child Advocacy Center (Queens)	1-718-575-1342
Safe Horizon	1-800-621-HOPE (4673)
Staten Island Child Advocacy Center (Staten Island)	1-718-556-0874
The Committee for Hispanic Children and Families, Inc.	1-212-206-1090
The Door	1-212-941-9090
The New York Foundling Crisis Nursery	1-212-886-4000
The New York Society for the Prevention of Cruelty to Children	1-212-233-5500
The Samaritans (Suicide Prevention)	1-212-673-3000

WHAT PEOPLE SAY

“It is during our darkest moments that we
must focus to see the light.”

— *Aristotle*