

May-25

Albany County Resource Guide

*These resources are provided as helpful suggestions; they are not intended to displace individuals from any location.

Shelter/Immediate Resources	
Joseph's House Outreach van	(518) 495-0663
For provisions (clothes, blankets, food) 6 AM – 10 PM every day for people experiencing unsheltered homelessness.	
Department of Social Services (DSS)	162 Washington Ave Albany, NY 12210 (518) 447-7595
For connection to services and shelter.	
Homeless and Travelers Aid Society (HATAS)	(518) 463-2124
4PM-12AM call for emergency shelter	
Capital City Rescue Mission	259 South Pearl Street, Albany, New York 12202 (518) 462-0459
Daily meals, Shelter, showers, access to telephone	
Equinox	(518) 432-7865 Drop in: 9am-4:30pm at 526 Central Avenue Albany
24/7 hotline For people experiencing domestic violence. Provides information, crisis intervention, counseling, referral, and/or shelter. Chat: https://www.equinoxinc.org/page/domestic-violence-chat-85.html	
Family Promise of the Capital Region	(518) 650-8895
For families or pregnant people. Family Promise of the Capital Region provides a comprehensive response to Family Homelessness. Our staff and volunteers work with existing social service agencies and faith communities to provide shelter, food and case management services to assist homeless families in securing employment, permanent housing and lasting independence.	
St. Anne Institute Runaway & Homeless Youth Shelter	(518) 437-6523
For youth (under 18) experiencing homelessness. Please drop in at 160 North Main Ave, Albany	

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Code Blue Shelters (November- March)	
Safe Haven	(518) 704-4507 26 South Swan St, Albany, NY 12210
Services include: Shelter, Food, 35 beds. Walk in shelter. Opens at 4:30pm. (Part of IPH)	
Warming Center	(518) 432-4786 45 S Ferry Street in Albany
Open 4pm – 7am. Cold sandwiches/coffee. Referrals should be made through DSS or HATAS On-Call.	
Overflow	(518) 426-1227 110 N Pearl Street in Albany with shelter entrance located at 56 Orange St.
Male shelter, 19 beds. 6pm-8am. Dinner nightly	

Drop-In Centers	
Community Connections	(518) 694-8899 315 Sheridan Ave., Albany NY 12206
Mon - Fri 9am until 3pm. Similar to a drop-in center - Provides daily meal, showers, laundry facilities case management, mailbox, lockers, clothing pantry, access to telephone, computer and fax and opportunity to meet regularly with onsite providers.	
CAPS Community Drop-In Center	354 Central Avenue
Mon.-Fri. 9am-4pm Sat. & Sun. 11:30am-4pm CAPS runs the CDIC, a drop-in center for Mental Health service recipients. Members can drop-in for games, social activities, fitness, arts and music activities, peer-run support, and self-help groups. A simple application is all it takes to become a member.	
Albany Damien Center	(518) 449-7119 728 Madison Avenue
Mon.-Fri. 8am-6:30pm Open to anyone living with or directly affected by HIV who commits to being respectful in a community atmosphere. Programs Include: HIV+ peer-led access to care, Supportive Counseling & Support Groups, Educational Presentations and Support Groups, Opportunities for social and recreational activities, Breakfast. Lunch, and Dinner, Shower, Gym, and Computer Room.	

Case Management Programs	
Safe Options Support SOS	(518) 391-1077 (518) 533-2435: On-call line
<p>Case Management to facilitate housing placements and linkages to support services. Clinical Support to provide assessments, safety planning, and supportive therapy. Peer Support to partner with the individual and provide additional support. To qualify, individuals must be street homeless, in a shelter, or in a motel through DSS.</p> <p>(518) 533-2435: Individuals can call and leave a voicemail with information so that SOS can reach out and engage.</p> <p>Referrals can be sent over to capitaldistrict-sosreferrals@rehab.org</p> <p>**Please note that individuals do need to be experiencing street or shelter homelessness to qualify. If folks are housing insecure/couch surfing, we recommend re-directing to our health homes/ health homes + program, and we can assist with this if you're uncertain of appropriate program or need assistance with this!</p>	
Albany Navigates	(518) 870-3534
For connection to case management services for people experiencing unsheltered homelessness.	
JumpStart	(518) 982-2188
<p>JumpStart services are available to any City of Albany resident with preference given to those needing the most assistance in improving their social determinants of health. JumpStart gives City of Albany residents a boost to break down barriers and meet their immediate needs with food, shelter, accessing public assistance, Medicaid access, transportation, securing IDs, and more.</p>	
The Collaboratory	(518) 694-7712 200 South Pearl Street, Albany
<p>Signature services at The Collaboratory are delivered by ACPHS's Public Health Pharmacy Team (PHPT) and Trinity Alliance's Wellness Advocates Linking Communities (WALC) team. Provides a range of services including: Food Assistance, Health Insurance Navigation, Health and Medication Literacy, Chronic Disease Self-Management Programs, HIV Adherence Monitoring, Housing and Shelter, Medication Review, and Individual and Family Support</p> <p>Also accepts walk-ins, Monday-Friday, from 9 am - 5 pm.</p>	

Additional Resources	
Healthy Capital District	(518) 462-7040 175 Central Ave, Albany
<p>NYS Certified Navigators: We meet with you to provide free information and assistance to applicants without pressure or obligation. Healthy Capital District staff work directly with individuals to complete applications through the NY State of Health Marketplace and apply for Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans. Insurance subsidies are available for people who make up to 400% above the poverty line. You can walk into Healthy Capital District at 175 Central Avenue, 5th floor, Albany NY, Monday-Friday, between 9am and 3pm and be seen by the next available navigator. For faster service, please call ahead to schedule an appointment: (518) 462-7040</p>	
Unite Us	Website: https://uniteus.com/networks/new-york/get-help/
<p>Are you a community member looking for food, housing, transportation, peer support, or other services? Fill out the secure form below. Filling out this form means you're asking to be connected to services in your area. Once completed, a staff member will contact you within two business days. The information you enter is completely confidential and there is no cost for this service.</p> <p>Website: Unite New York</p>	

Veteran Services	
Albany Stratton VA Medical Center	(518) 626-5000 113 Holland Ave., Albany, NY 12208
Veterans who need access to medical care enrollment, issues or questions	
Albany Stratton VA Medical Center (Housing)	(518) 626-5332
Veterans who are homeless or at risk of becoming homeless	
Soldier On	1-866-406-8449
Veterans who are homeless or at risk of homelessness	
Albany Housing Coalition (AHC)	(518) 465-5251
Veterans who are homeless or at risk of becoming homeless.	
Veterans Crisis Line	988, Option #1
Veterans when coping with mental health crisis.	

Temporary Shelter	
Sheriff's Homeless Improvement Program (SHIP)	(518) 869-2763
Call for more information on referral process	

Mental Health Support	
Mental Health Hotline	988
The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.	
Mobile Crisis for Mental Health	(518) 549-6500
24/7 Call and ask for mobile crisis	
Albany County Department of Mental Health	(518) 447-4555 175 Green St Albany, NY 12202
The Department of Mental Health offers a wide range of services to people living within Albany County, including treatment for mental illness and substance abuse. It is our mission to ensure that persons living with mental illness, substance and alcohol use challenges, or developmental disabilities are provided a full range of services that promote stabilization, rehabilitation and recovery for the purpose of enhancing or improving their lives. You can also call us at (518) 447-4555, or fax (518) 447-4661.	
CARE Line Phone Line (CAPS)	(518) 427-5056
Daily 5pm-1am Provides a safe, comfortable atmosphere for recipients of mental health services to confide in peers in a mutually supportive manner, greatly reducing the need for traditional crisis services and resultant hospitalizations. Telephone support is available. *Not a crisis line	

Health Homes	
St. Peters Health Partners: Health Home Care Coordination	518) 271-3301 (518) 271-5009 Fax referrals to
Those eligible for Health Home services must have active Medicaid and one of the following conditions: <ul style="list-style-type: none"> • Two or more chronic conditions • OR a serious mental illness • OR HIV/AIDS • OR Sickle Cell Disease If eligible, someone on our team may be able to help the member: Stay out of the hospital, obtain a doctor, find transportation to doctor appointments, ensure the member's care team communicates with each other, help manage member's conditions to be healthier, and make sure members have what they need after being in the hospital. Care Coordinators build relationships outside of office walls and can meet with Members in the community.	

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Substance Use Support	
Project Safe Point <i>Catholic Charities Care Coordination Services</i>	(518) 449-3581 Hotline 1-866-930-4999 100 Slingerlands St Albany NY 12202
Project Safe Point (PSP) conducts street outreach activity in the City of Albany and Schenectady, Monday through Friday between the hours of 10:30am and 3:30pm. Participants can enroll in our SEP program for access to harm reduction supplies, including hygiene kits, wound care supplies, Narcan, sharps containers and Fentanyl/Xylazine test strips. We facilitate entry into various forms of substance use treatment, provide advocacy for entitled benefits through DSS and Social Security, identify resources for food insecurity, clothing and limited housing assistance. PSP collects and dispose of syringe debris reported through the agency's 24/7 hotline 1-866-930-4999.	
M.O.T.O.R program	(518) 447-2067
M.O.T.O.R provides face-to-face outreach and engagement services with expert staff. The program helps to navigate the many local services available, follow-up with overdose survivors, and provides a connection to peers in recovery for guidance and support.	
Second Chance Opportunities Program	(518) 489-1929
Will respond to connect individuals to substance use treatment specifically inpatient services.	
COAST	(866) 518-4991
Coordinated Opioid and Stimulant Treatment (COAST) is a service for people with opioid and stimulant use who need immediate medication and recovery help. 24/7, 365 days a year.	
Never Use Alone Hotline	(877) 696-1996
For 24/7 support if you use drugs alone and need help. Never Use Alone is a peer-operated service that offers no shaming, no judgment, and just love.	
Hive of Hope	(518) 650-8951 161 Central Ave, Albany NY 12206
Hive of Hope is the place to go for sober entertainment in the Capital Region. Become a member today and start living your best life. Hive of Hope is a safe haven for those committed to living their best life in sobriety. Through fellowship, recreation, exercise, nutrition, and service, those in recovery live more fulfilled lives and help one another overcome addiction.	
Capital District Recovery Center	(518) 487-4617
The Capital District Recovery Center is the Capital Region's premier recovery center, providing support services to help individuals and families overcome addiction and rebuild their lives.	
Fusion Recovery	1-866-936-2290
At Fusion Recovery, we offer outpatient treatment with evidence-based therapy to facilitate long term recovery. At our addiction treatment center, we offer medical and clinical outpatient treatment with a second chance at the life you deserve.	
IPH Harm Reduction Specialist	OFFICE: (518) 992-7959 CELL: (518) 386-9751 EMAIL: HANNAHMO@IPHNY.ORG 315 Sheridan Avenue, Albany, NY 12206
Hannah provides harm reduction supplies & support for drug/alcohol users in Albany County. Mon-Fri, Hours Vary, Call to Confirm Located at IPH Community Connections Drop-In Center	

Healthcare	
Koinonia Primary Care	(518) 689-0282 553 Clinton Avenue, Albany NY 12206
Striving to eliminate health disparity within NY's Capital Region by providing compassionate, high quality, patient-centered healthcare to the underserved in a faith-based environment. Includes Primary Care, Behavioral Health, Lab Work, Non-Medical Services.	
Whitney Young	(518) 465-6330 900 Lark Drive Albany NY 12207
Services in Albany, Troy, & Watervliet. Services include Primary Care, Care Coordination, Behavioral Health, Addiction Treatment Services, Dental Care.	
City Mission	(518) 462-0459 x 233 88 Trinity Place Albany NY
Basic primary care for uninsured adults, limited specialty services as recommended by the clinic, limited prescription medications as prescribed by the clinic. Tue/Fri: 8:45-3pm (Walk-Ins Welcome) Thursday by Appt: 5:00-7:00pm	
Planned Parenthood	(518) 434-5678 855 Central Ave. Albany, NY 12206
Multiple healthcare services offered: prescriptions available, insurance not required, walk-ins welcome, walk in to get emergency contraception, quick appointments. You can fill your birth control prescriptions at our health center instead of the pharmacy. You can fill prescriptions in Albany during all hours clinic the is open. You can come to us for services that don't require a medical exam. For example, birth control education and supplies; emergency contraception (AKA the morning after pill); pregnancy testing and counseling; STD testing, and testing and treatments for urinary tract infections. If you need emergency contraception (AKA the morning after pill), you can walk in anytime we're open. You are welcome to walk in any time the Health Center is open to make an appointment or see if there is a same day appointment available. If you have the time to wait, we will make every effort to fit you in the same day. If we can't see you, we will give you the first priority appointment available. PLEASE NOTE: Technology is imperfect. Not seeing an online appointment that fits your needs? Call us, at 518.434.5678 and a representative can help. To make an appointment for Menopause Care, please call 518.434.5678.	
Alliance for Positive Health	(518) 434-4686 Website: www.allianceforpositivehealth.org
Services include free & confidential testing for HIV and STIs, HIV/STI prevention and care, substance use and addiction, LGBTQ+ health, and housing.	

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Homelessness Prevention Assistance	
If funding is available, may be able to assist with: short-term rental assistance/security deposit/1st month rent/arrears assistance and other small needs	
Department of Social Services	(518) 447-7595
United Tenants of Albany	(518) 436-8997
Albany Community Action Partnership (ACAP)	(518) 463-3175
Trinity Alliance	(518) 449-5155
The Legal Aid Society	(833) 628-0087
In Our Own Voices	(518) 432-4188

Meal Resources	
The Food Pantries for the Capital District	(518) 458-1167
<p>A coalition of 71 food pantries in Albany, Rensselaer, Saratoga, and Schenectady Counties working together to feed the hungry. Our mission is to address hunger in the capital district through our member food pantries.</p> <p>To find a pantry call: (518) 458-1167 x1 or utilize the map: The Food Pantries Food Connect Map to search for food pantries, community meals/soup kitchen, mobile food resources, WIC/SNAP assistance and period pantries.</p> <p>See The Food Pantries for the Capital District Basic Needs Resource Guide for more information and resources: Albany-Basic Needs Resource Guide (MVP Logo) updated 1.2024.pub</p>	
Focus Churches	See below for details
<p>Hot egg sandwiches, coffee and more! Join us 7 AM–8:30 AM every Tuesday, Wednesday and Thursday at Westminster Presbyterian Church, 85 Chestnut Street. All are welcome! Local community organizations are here to serve our guests with information about housing, healthcare and job training.</p> <p>The FOCUS Interfaith Food Pantry is open five days a week (Mondays through Fridays) from 10 AM–12:30 PM. It is located at Emmanuel Baptist Church, 275 State Street.</p> <p>To place an order, please call: 518-443-0460, ext. 1.</p> <p>Links: Albany Resource Guide.indd</p>	
IOOV Food Pantry: Project iSano!	(518)432-4188 245 Lark Street, Albany, NY 12210
<p>Available to all community members, you can call/ walk in for any required forms. An appointment will be set for a pick up, can accommodate allergies. We attempt to supplement with gift cards to local stores if we do not have food available.</p>	
Capital City Rescue Mission	(518) 462-0459 259 S. Pearl St, Albany, NY
<p>Monday – Saturday: Breakfast – 6:30 a.m. Lunch – 11:30 a.m. (bag lunches available) Chapel/Dinner – 6:00 p.m. Sunday: Breakfast – 6:30 a.m. Lunch – 11:30 a.m. (bag lunches available) Chapel/Dinner – 4:00 p.m.</p>	
Sister Maureen Joyce Center Food Pantry & Soup Kitchen	Food pantry: (518) 347-9546 Food pantry: 315 Sheridan Ave. Albany, NY 12206 Soup kitchen: 369 Livingston Ave., Albany, NY 12206
<p>The Sister Maureen Joyce Center operates a food pantry and soup kitchen for community members in the Upper Arbor Hill/West Hill of the City of Albany, NY. Services provided include hot meals at the soup kitchen, food and information at the pantry, referral services, emergency assistance, back to school and holiday assistance. The SMJ Soup Kitchen operates on Mondays and Thursdays, 11:30am - 1:15pm, and is operated by Temple Beth Emeth on Sundays from 1:00-2:00pm. SMJ Food Pantry operates Tuesdays, Wednesdays and Fridays.</p>	

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Free Meals List (Provided by Joseph's House & Shelter)

Breakfast

DAY	TIME	ADDRESS	ORGANIZATION
Everyday	6:15 -7:00AM	259 S.Pearl st.	City Mission
Monday and Friday	9:00 am- 10:30am	315 Sheridan Ave Albany NY 12206	Community Connections
Tuesdays and Thursdays only	November until April 7:00 -9:00AM	275 State St. Albany NY 12210	Westminster Presbyterian Church <i>Focus Winter Breakfast</i>
Tuesday and Wednesday	May until October 7:30-8:30AM	262 State st	Westminster Presbyterian Church <i>Focus Breakfast Express</i>

Lunch

DAY	TIME	ADDRESS	ORGANIZATION
Everyday	11:30 - 12:30PM	259 S.Pearl st.	City Rescue Mission
Sunday	1:00 - 2:30PM	369 Livingston Ave	Beth Emeth
Monday to Friday	1:00 - 3:00PM	315 Sheridan Ave	Community Connections
Monday and Thursday	11:30 - 1:00PM	369 Livingston Ave	St.Maximilian Kolbe (Sister Maureen Joyce Center)
Monday to Friday	12:00 - 1:00PM	300 Ontario St (Cohoes)	Salvation Army
Tuesday and Saturday	11:30 - 1:00PM	88 Fourth Ave	St.John's St.Anne's Welcome Table

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Wednesday	11:30 - 12:30PM	33 Walter st	Sacred Heart Church
Wednesday	12:00 - 1:00PM	281 Hamilton st	First Israel AME Church

Dinner

DAY	TIME	ADDRESS	ORGANIZATION
Sunday	4:00 - 5:00PM	259 S.Pearl st.	City Rescue Mission
Monday to Saturday	6:30 - 7:30PM	259 S.Pearl st.	City Rescue Mission
Monday to Friday	4:00 - 4:30PM	260 N Pearl St Ida Yarborough Apts	Salvation Army Mobile Canteen
Monday to Friday	4:30 - 5:00PM	Corner of Henry Johnson and Orange st	Salvation Army Mobile Canteen
Monday to Friday	5:00 - 6:00PM	500 Clinton ave	Salvation Army Mobile Canteen
Monday to Thursday	4:00 - 5:30PM	498 1st St.	JC Club
Saturday and Sunday	3:00 - 5:00PM	498 1st St.	JC Club
Wednesday	4:00 - 5:30PM	1401 1st Ave, Watervliet	The Open Table
Friday	4:30 - 6:00PM	49 Johnston ave, Cohoes	Good Ground Church

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24 Hour Emergency Hotline & Resources	
Addiction Helpline	1-877-235-0400
Albany County Crime Victims & Sexual Assault Hotline	(518) 447-7716
Albany County Crisis Services	(518) 549-6500
National Institute on Drug Abuse	1-800-662-HELP (4357)
National Suicide Prevention Lifeline	1-800-273 TALK (8255)
New York Project Hope Emotional Support Helpline	1-844-863-9314
New York State Domestic Violence Hotline	1-800-942-6906
SAMHSA's National Helpline	1-800-622-HELP (4357)

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GENERAL MEDICAL PRACTITIONERS

Albany Family Medicine

Brigid Mack, M.D.
Elena Rosebaum, M.D.
391 Myrtle Avenue,
Albany, NY 12208
(518)207-2273

Albany HIV Medicine Group

Cynthia Miller, M.D.
1 Clara Varton Drive,
Albany, NY 12208
(518)262-4043

Daniel Arenos, M.D.

2 Executive Park Drive,
Albany, NY 12203
(518)456-4200

Braverman-Panda Medical Group

1375 Washington Ave, #202,
Albany, NY 12206
(518)482-0007

Delmar Family Medicine

Peter Forman, M.D.
1499 New Scotland Road,
Slingerlands, NY 12159
(518)320-7517

Mark Olendorf, M.D.

407 Albany Shaker Road,
Albany, NY 12211
(518)435-1300

St. Peter's Health Partners: Albany 1

Adam Lammy, M.D.
5 Palisades Drive, Suite 200
Albany, NY 12205
(518)438-0019

Physical health care options that are trained in and support gender and sexuality affirming care –
Provided by In Our Own Voices

St. Peter's Health Partners: Albany 2

Stefan Swicker, M.D.
400 Patroon Creek Blvd,
Albany, NY 12206
(518)618-1100

St. Peter's Internal Medicine: Albany

Sherry Sherman, P.A.
1444 Western Avenue, Suite B
Albany, NY 12203
(518)458-2611

PEDIATRICIANS

Schoolhouse Pediatrics

Caitrin Navarro, M.D.
Brian Sheridan, M.D.
81 Schoolhouse Road,
Albany, NY 12203
(518)456-1211

DENTISTS

Barats Family Dentistry

319 S. Manning Blvd, Suite #102
Albany, NY 12208
(518)405-5349

Dental Wellness of Albany

Robert Herzog, M.D.
651 Delaware Ave,
Albany, NY 12209
(518)427-2447

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Additional resource guides:

Basic Needs:

[Albany-Basic Needs Resource Guide \(MVP Logo\) updated 1.2024.pub](#)

[Albany Resource Guide.indd](#)

City of Albany Community Resource Guide:

<https://www.albanyny.gov/DocumentCenter/View/11216/CPRB-Community-Resource-Guide-May-2024---digital>