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College Access

Access ~ Opportunity ~ Success

COVID-19 Resources and Support

4/17/2020

College Admissions & Test Updates

- ACCEPT: [List of Colleges that Have Changed Deposit Deadlines](#)
- Urban Assembly: [List of testing policies for the Class of 2021 and beyond.](#)
- [NACAC College Admissions Status Update - Coronavirus](#)

College Virtual Visits

- Listing of [College Virtual Tours](#)
- www.campusreel.org
- <https://www.youniversitytv.com/>
- <https://www.youvisit.com/collegesearch/>

Official Updates and Information

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [New York City Department of Health](#)
- [COVID-19 Fact Sheet](#)
- [NYT Coronavirus FAQ & Advice](#)
- [Center for Disease Control \(CDC\) Coronavirus Update](#)
- [New York State Department of Health website](#)
- [Westchester County Department of Health Coronavirus page](#)
- [Westchester County Resources for Wellness and Mental Well Being During Covid-19](#)

Wellness Resources

- [Surviving Social Distancing with Depression & Anxiety](#)
- [NYC Guide for Coping with Stress During Infectious Disease Outbreaks](#)
- [COVID-19/At-Home Mental Health Resource List](#)
- [Caring for your Coronavirus Anxiety Toolkit](#)
- [Free Online Exercise and Movement Classes](#)
- [Resources to Do Art at Home](#)
- [Headspace](#) (free meditation and mindfulness resources for New Yorkers)

Mental Health Resources

- **Westchester County's Department of Community Mental Health**
Information, support, and referral line: **(914) 995-1900 or text (914) 461-7281**
Monday-Friday 8 am – 8 pm; voicemails/texts left after hours or on weekends will be followed up usually within 24 hours.
- The National Alliance on Mental Health Illness has developed a **Resource and Information Guide** to help individuals who are dealing with higher levels of anxiety, stress, and loneliness as a result of the COVID-19 pandemic.

Resources for the Undocumented

- **InformedImmigrant.com** is dedicated to increasing access to resources and knowledge for the undocumented immigrant community across the U.S. The following resources will be updated on an ongoing basis. **English** and **Spanish**