

Health

U.S. Dept. of Health and Human Services	877-696-6775
Centers for Disease Control (CDC) Info Line	800-CDC-INFO
CDC Traveler's Health Hotline	800-232-4636
NYS EPIC (Senior Pharmaceutical Insurance)	800-332-3742
NYS Smokers' Quitline	866-697-8487
National Medicare Hotline	800-633-4227
Medicare Rights Center	212-869-3850
American Heart Association	212-878-5900
American Cancer Society	800-227-2345
American Diabetes Association	212-725-4925
Alcoholics Anonymous	212-870-3400
New York Blood Center	212-570-3000
Alzheimer's Caregivers Resource Center	212-442-3086
Callen-Lorde Health Center	212-271-7200
LifeNet Health	800-847-7831
NYC Planned Parenthood	212-965-7000
The Door	212-941-9090

Education

U.S. Dept. of Education - Region 2	646-428-3900
NYS Education Department	718-722-2796
NY's 529 College Savings Program	877-697-2837
The College Board	212-713-8000
College Counseling at Goddard Riverside	212-678-4667
NYC Dept. of Education-student enrollment	212-356-3700

Housing

NYS Homes & Community Renewal (HCR)	718-739-6400
NYS Atty Gen. Real Estate Finance Bureau	212-416-8122
NYC Rent Guidelines Board (RGB)	212-385-2934
NYC Freeze Your Rent Program (SCRIE/DRIE)	Call 311
NYCHA Centralized Call Center	718-707-7771
Council of NYC Co-ops and Condos	212-496-7400
Eviction Intervention Services	212-308-2210
Department of Buildings	212-566-5000
NYC Housing Preservation & Development	212-639-9675
Metropolitan Council on Housing	212-579-0611
Tenants & Neighbors	212-608-4320
Goddard Riverside SRO Law Project	212-799-9638
Housing Conservation Coordinators	212-541-5996
Housing Court Answers	212-962-4795
Harlem PALANTE (People Against Landlord Abuse & Tenant Exploitation)	212-491-2541
Community Voices Heard (CVH)	212-860-6001

Sanitation

NYC Dept. of Sanitation	212-639-9675
Manhattan Solid Waste Advisory Board	212-669-8300

Police & Public Safety

FBI - New York	212-384-1000
U.S. Secret Service - NY	718-840-1000
Terrorism Hotline	888-692-7233
NYC Crime Victims Hotline/Safe Horizon	212-577-7777
Crime Victim's Treatment Center (CVTC)	212-523-4728
NYC Police Department/Non emergency	212-639-9675
NYC Office of Emergency Management	718-422-4800
NYC Civilian Complaint Review Board (CCRB)	212-912-7235
NYC Animal Care & Control	212-788-4000

Social Services

Council of Senior Centers & Services of NYC	212-398-6565
NYC Alliance Against Sexual Assault	212-229-0345
NYC Gay & Lesbian Anti-Violence Project	212-714-1184
NYS Coalition Against Domestic Violence & Sexual Assault English & Espanol	800-942-6906
Youthline	800-846-4646
Food Bank for NYC	212-566-7855
Safe Haven Hotline	877-796-4673

Consumer

NYC Dept. of Consumer Affairs	311
Federal Trade Commission	877-ID-THEFT
Identity Theft Hotline	877-438-4338
Internal Revenue Service	212-436-1000
Social Security Administration	800-772-1213
Fraud Hotline Social Security	800-269-0271
Federal Communications Commission	888-225-5322
U.S. Food and Drug Administration	888-463-6332
NYS Attorney General Consumer Helpline	800-771-7755
NYS Banking Dept.	877-BANK-NYS
NYS Insurance Dept.	800-342-3736
NYS Dept. of Taxation and Finance	518-457-5181
NYS Public Service Commission	800-342-3377
NYS Consumer Protection Board	800-697-1220
Better Business Bureau of Metro New York	212-533-6200
Con Edison	800-752-6633

Environment

NYC Dept of Environmental Protection	718-595-7000
U.S.Environmental Protection Agency	877-251-4575
NYS Dept. of Environmental Conservation	718-482-4900
Natural Resources Defense Council	212-727-2700
Sierra Club New York City	212-791-3600
New York League of Conservation Voters	212-361-6350
Environmental Defense Fund	800-684-3322
Metropolitan Waterfront Alliance	212-935-9831
New Yorkers for Parks	212-838-9410
NYC Parks & Recreation Manhattan Office	212-408-0100
We Act	212-961-1000
GrowNYC/Greenmarkets	212-788-7900

Transportation

U.S. Department of Transportation	202-366-4000
NYS Department of Transportation	518-457-6195
MTA New York City Transit	718-330-1234
NYS Department of Motor Vehicles	212-645-5550
Straphangers Campaign (NYPIRG)	212-349-6460
MTA Permanent Citizen Advisory Committee	212-878-7087
Transportation Alternatives	212-629-8080
Riders Alliance	212-590-9427

Manhattan Community Boards

Community Board 1	212-442-5050
Community Board 2	212-979-2272
Community Board 3	212-533-5300
Community Board 4	212-736-4536
Community Board 5	212-465-0907
Community Board 6	212-319-3750
Community Board 7	212-362-4008
Community Board 8	212-758-4340
Community Board 9	212-864-6200
Community Board 10	212-749-3105
Community Board 11	212-831-8929
Community Board 12	212-568-8500

Employment & Small Business

NYC Small Business Services (SBS)	212-513-6300
NYS Department of Labor	800-447-3992
Unemployment Insurance Hotline	885-598-2077
NYC Workforce1 Career Center	917-493-7000

Business Improvement Districts

34th Street Partnership	212-719-3434
Columbus/Amsterdam	212-666-9774
Grand Central Partnership	212-883-2420
NOHO NY	212-677-4579
47th Street	212-302-5739
Alliance for Downtown NY	212-566-6700
125th Street	212-662-8999
Hudson Square Connection	212-463-9160
SOHO Broadway	212-625-6212
East Midtown Association	212-813-0030
Fifth Avenue	212-265-1310
Lincoln Square	212-581-3774
Flatiron 23rd Street Partnership	212-741-2323
Times Square Alliance	212-768-1560
Lower East Side	212-226-9010
Union Square Partnership	212-460-1200
Madison Avenue	212-861-2055
Village Alliance	212-777-2173
Bryant Park	212-768-4242
Chinatown	212-346-9288
Garment District Alliance	212-764-9600
Columbus Avenue	212-721-5048

Finding help in New York City isn't always easy. Whether the problem is housing, schools, transit or health care, you may not know where to turn. And if you have an idea about how to make life in our city better, getting that idea turned into reality can be hard too.

That's why my staff and I prepared this "Help Guide" to give a starting point for city, state and federal agencies, along with important local nonprofit advocacy groups.

We're committed to getting help to those who need it. If you have a problem that needs solving, please contact one of us below and we'll do our best!


Gale A. Brewer
Manhattan Borough President

MBPO Northern Manhattan Office
431 W. 125th St., New York, NY 10027
info@manhattanbp.nyc.gov

Athena B. Moore, Director	212-531-1609
Rosalba Rodriguez, Deputy Dir.	212-531-1609
Lori Williams, Comm. Coordinator	212-531-1609
Alassane Diop, Constituent Services & Immigrant Affairs Liaison	212-531-1609
Lesly I. Almanzar, Constituent Services Liaison, Community Coordinator	212-531-1609

*Usted puede obtener los servicios
en español, llamando 212-531-3030*

*Vous pouvez obtenir les services
en Français en appelant 212-531-4045*

DIAL 311

for government information and services. All calls are answered by live operators 24/7, and information is provided in over 170 languages.

Outside of NYC, dial (212) NEW YORK
(212) 639-9675
TTY service is..... (212) 504-4115

Whether you're a resident, business owner, or visitor all the resources of New York City are a call away, including:

- If alternate side of the street parking rules are in effect
- Information on services for the aging
- Programs to help small businesses
- To report a pothole or streetlight that needs fixing
- Obtain your local garbage pickup times

DIAL 911

only for emergencies!

MANHATTAN HELP GUIDE

Gale Brewer

Manhattan Borough President

  [galeabrewer](https://twitter.com/galeabrewer) manhattanbp.nyc.gov