



Services and Resources

- **The Disaster Distress Helpline** – 1 (800) 985-5990 – is a national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- **National Domestic Violence Hotline** – <https://www.thehotline.org> or 1 (800) 799-7233 or TTY 1 (800) 787-3224 – is a confidential hotline for anyone experiencing domestic violence, looking for information, or questioning unhealthy aspects of their relationship. If you can't speak safely on the phone, text LOVEIS to 1 (866) 331-9474 or visit the website to start an online chat.
- **211** – Dial 211 from any phone or visit 211.org and search by zip code – is a hotline that can connect you to emergency assistance and other supportive services in your community. All calls are confidential, can be made anonymously, and callers can request translations services for 180 languages.
- **Unemployment Insurance** – www.usa.gov/unemployment – Find out if you are eligible for unemployment benefits. New federal law provides unemployment benefits for self-employed and gig workers, adds an additional \$600 to weekly benefits, and adds an extra 13 weeks of benefits to the number of weeks a state currently provides. Plus, states are allowed to provide unemployment benefits related to COVID-19, such when a person leaves employment due to a risk of exposure or infection or to care for a family member; an employer temporarily stops operations due to COVID-19, which means employees can't go to work; or a person is quarantined but expects to return to work after the quarantine is over.
- **Career One Stop Unemployment Benefits Finder** – www.careeronestop.org/LocalHelp/UnemploymentBenefits – Find out how to apply for unemployment benefits in your state.
- **Economic Impact Payments** – <https://www.irs.gov/coronavirus/get-my-payment> – Find out if you are eligible for an Economic Impact Payment ranging from \$1,200 to \$2,400 (even more with qualifying dependents).
- **Free Tax Preparation** – <https://irs.treasury.gov/freetaxprep> – Get free help filing your taxes, provided by trained volunteers.
- **Community Action Agency** – <https://communityactionpartnership.com/find-a-cap/> – Contact your local Community Action Agency to find out what services they might offer, such as emergency payment assistance for rent or utilities.
- **Help with Bills** – www.usa.gov/help-with-bills – Learn about government programs to help pay for home energy bills and other expenses.
- **Temporary Assistance for Needy Families (TANF)** – <https://www.benefits.gov/benefit/613>
- **Childcare** - <https://www.childcare.gov/covid-19> - provides information about childcare resources in your state, including help finding childcare.
- **Immediate jobs available due to COVID-19** – <https://needajobnow.usnlx.com> – is a web site listing jobs from verified employers looking to fill positions now.