

Help is available.

www.myBenefits.ny.gov



HERE ARE THE FACTS:

Should I pay my rent?

Yes, your rent is still due. It has not been cancelled. If you cannot pay your rent or mortgage right now, you will not be evicted right now. But all your rent is still due, and eviction may start when the ban is lifted if you have not caught up on your rent.

Can I get more help with food?

Yes. You can still apply for SNAP or for WIC benefits. Both programs can help provide healthy food for your family. Apply online at www.myBenefits.ny.gov.

What about my RG&E bill?

The HEAP program can help you pay for heat and electricity. Apply online at www.myBenefits.ny.gov.

How about cash assistance?

You can get temporary cash assistance. Call 585-396-4433 or 315-789-1767 for information.

Can I get health insurance?

Yes. If you don't have health insurance or lost your job, Medicaid and the CHIP program for kids are both open. Apply online at www.myBenefits.ny.gov.

Can I get help paying for childcare?

Yes. You can apply now for help paying for daycare. Call 315-789-1767 for information or go to www.co.ontario.ny.us/217/Child-Day-Care

I need help with mental health or substance abuse. Where do I go?

Call Lifeline at 585-275-5151 or go online to 211lifeline.org.

I need help applying for benefits.

Office for the Aging (585-396-4040) for those 60 and over and Veterans Services (585-396-4185) can help you apply. Other agencies may also be able to help. Call Lifeline at 585-275-5151 or go to 211lifeline.org

I need a cell phone.

Safelink or Assurance Wireless can help you if you qualify. Go to www.safelinkwireless.com or www.assurancewireless.com.

I need help staying sober.

This is a very stressful time. If you have a smartphone, you can download the free Connections app that is proven to help people in recovery.

Are you working but having a hard time making ends meet?

Check your eligibility for a range of benefits and apply for food assistance at:

myBenefits.ny.gov

It's quick, easy and confidential!



NYDocSubmit

It's as easy as 1-2-3!

1. Take a Photo of a Document
2. Enter Identifying Information
3. Upload the Document

Now available for download on Google™ Play and the Apple™ App Store.

For a list of social services programs and counties that are currently participating, please see the description in the app store.



Pub-5126 (Rev. 09/18)

