

#BeThe1To

Changes to employment or other financial hardships can leave people feeling stressed, depressed, or anxious, which could lead to increased use of drugs, cigarettes, or alcohol. It can even lead to thoughts of suicide.  
*Even if you never experienced these issues before!*

# Financial Hardship can be replaced with *Financial Hope*

Call the United Way of Rockland County at [211](tel:211) for financial and behavioral health care supports



**New York HOPEline - Call 24/7**

If you or someone you care about needs help for Drugs, Alcohol or Gambling, Call 1-877-8-HOPENY (1-877-846-7369) or Text HOPENY (467369). There is hope and help. All calls are toll-free, anonymous and confidential.

**Need to talk?**

We've got time to listen  
Text "Got5" to 741741 to start a conversation

CRISIS TEXT LINE

Free, 24/7, Confidential Crisis Support



845-517-0400  
[www.RocklandHelp.org](http://www.RocklandHelp.org)



## **COVID-19 Resources to assist with Financial Hardships**

All programs have different eligibility requirements – call for details

### **Rent/Mortgage/Electric & Gas/Water**

If you are experiencing financial hardship, always start by speaking with your landlord, mortgage company, Orange and Rockland (877) 434-4100, or SUEZ (877) 426-8969.

**Rockland Housing Action Coalition** (845) 708 5797 ext. 203 <http://rhachomes.org/>  
Rent assistance available for up to 3 months for individuals who are unable to pay their rent. *Mortgage* guidance and advocacy.

**Catholic Community Services of Rockland** (845) 942-5791 <https://www.ccsrockland.org/>  
Relief funds to assist those facing a housing or *electric/gas* crisis.

**Salvation Army**  
(845) 352-9577 [https://www.needhelpayingbills.com/html/rockland\\_county\\_salvation\\_army\\_.html](https://www.needhelpayingbills.com/html/rockland_county_salvation_army_.html)  
Emergency assistance with *rent, electric/gas and water*.

**Rockland Department of Social Services**  
(845) 364-3100 <https://www.mybenefits.ny.gov/mybenefits/begin>  
A variety of federal and state *rent, mortgage, electric/gas and water* assistance programs for individuals and families.

**Home Energy Assistance Program (HEAP)** (845) 364-3480 <https://www.mybenefits.ny.gov/mybenefits/begin>  
A federally-funded program that provides a *electric/gas* payment benefit directly to the utility service provider for low income, elderly and/or disabled consumers.

**Westcop**  
(845) 262-1987 ext.206 Spring Valley (845) 728-0688 ext.201 Haverstraw <https://westcop.org/cap-programs/rockland-cap/>  
Emergency benefits coordination and advocacy.

### **Legal Assistance with Housing and Utility Issues**

**Legal Aid of Rockland** (845) 634-3627 [www.legalaidrockland.org](http://www.legalaidrockland.org)

**Legal Services of the Hudson Valley** (845) 476-3831 [www.lshv.org](http://www.lshv.org)

### **Cell Phone Assistance Program**

If you are experiencing financial hardship always start by speaking with your telephone/cell provider.

*Discounted* phone services.

**Verizon** (800) 837-4966 <https://www.verizon.com/solutions-and-services/lifeline/>

**AT&T** (800) 288-2747 <https://www.att.com/wirelesslifeline/>

**NYS Department of Public Services** (888)-641-8722 [www.fcc.gov/lifeline](http://www.fcc.gov/lifeline)  
*Free* cell phone, unlimited 911 access and monthly minutes of free talk-time. <https://freegovernmentSMARTphones.com/>

**Safelink Wireless** (800) 723-3546 <https://freegovernmentSMARTphones.com/safelink-wireless/>

**Assurance Wireless** (888) 898-4888 <https://freegovernmentSMARTphones.com/assurance-wireless/>

**Access Wireless** (888) 900-5899 <https://freegovernmentSMARTphones.com/access-wireless-lifeline-free-government-smartphones-cell-phones-program/>

### **Health Insurance**

**NYS Health Department – Health Plan Marketplace** (855) 355-5777 [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)

**Child Health Plus (CHP)** (800) 698-4543 Cost effective health insurance plan for children up to age 19

**Medicaid** (845) 364-3103

**Elderly Pharmaceutical Insurance Coverage Program (EPIC)** (845) 364-2118 (800) 332-3742

**Familywize Prescription Discount Card** (866) 810-3784 [www.familywize.org](http://www.familywize.org)

### **Food Assistance**

List of all feeding programs: Rockland Community Against Hunger [www.rocklandhunger.org](http://www.rocklandhunger.org)

School summer feeding programs: United Way of Rockland [https://www.uwrc.org/pdfs/schools\\_breakfast\\_lunch\\_programs.pdf](https://www.uwrc.org/pdfs/schools_breakfast_lunch_programs.pdf)

SNAP (formerly food stamps) <https://www.mybenefits.ny.gov/mybenefits/begin>

### **Child Care Assistance**

Child Care Resources of Rockland (845) 425-0009 <https://childcarerockland.org/>