

#BeThe1To

Chanjman travay ak lòt difikilte lajan ka rann ou gen estrès, deprime, viv ak laperèz, sa ka vin kòz ou vin konsome anpil dròg, fimen sigarèt epi bwè alkòl anpil. Sa ka menm fè ou anvi touye tèt ou.
Chanjman sa yo ka rive menm si ou pat janm gen abitud ak pwoblèm sa yo anvan !

Laperèz nan lepriw kapab ranplase ak *Espwa pou fè lajan*

Rele United Way of Rockland County nan [211](tel:211)

Pou ka jwenn swen ou sipò pou pwoblèm lajan ak lòt pwoblèm nan konpòtman w.



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



COVID-19 Resous pou ede moun simonte difikilte ki gen rapò ak lajan

Tout pwogram yo gen kritè pou moun gen aksè ak yo ki diferan – Rele pou plis detay

Lwe kay- vann kay- elektrisite, gaz/ dlo

Si wap fè fas ak pwoblèm lajan, kòmanse pale ak pwopriyete kay la oubyen ak sosyete kredi ki nan lwe kay, Orange et Rockland (877) 434-4100 ou SUEZ (877) 426-8969.

Rockland Housing Action Coalition/ Aksyon Kowalisyon (845) 708 5797 ext. 203

<http://rhachomes.org/>

Aide au loyer disponible jusqu'à 3 mois pour les personnes qui ne peuvent pas payer leur loyer. Conseils hypothécaires et plaider.

Catholic Community Services of Rockland/ Sèvis kominotè katolik Rockland (845) 942-5791 <https://www.ccsrockland.org/>

Lajan pou sekouri moun ki gen pwoblèm kay, elektrisite ak gaz.

Salvation Army

(845) 352-9577 https://www.needhelpayingbills.com/html/rockland_county_salvation_army_.html

Asistans pou moun ki gen ijans nan lwe kay, elektrisite, gaz ak dlo.

Rockland Department of Social Services/ Depatman sèvis sosyal nan Rockland

(845) 364-3100

<https://www.mybenefits.ny.gov/mybenefits/begin>

Yon pil ak pakèt pwogram pou ede moun nan lwe kay, nan achte kay, elektrisite, gaz ak dlo. Li ka yon moun oubyen fanmi.

Home Energy Assistance Program (HEAP)/ Pwogram ki bay èd nan enèji pou kay: (845) 364-3480

<https://www.mybenefits.ny.gov/mybenefits/begin>

Se yon pwogram ki finanse ak lajan gouvènman federal. Yap ba w sipò pou peye elektrisite, gaz. Yap peye direktman founisè sèvis piblik pou moun kip a touche anpil lajan, granmoun nan laj avanse ak moun ki andikape.

Westcop

(845) 262-1987 ext.206 Spring Valley (845) 728-0688 ext.201 Haverstraw <https://westcop.org/cap-programs/rockland-cap/>

Kowòdinasyon nan sipò pou ijans ak chache resous.

Sipò legal pou pwoblèm ka ka kay ak sèvis piblik

Sipò legal nan Rockland (845) 634-3627 www.legalaidrockland.org

Legal Services of the Hudson Valley / Sèvis legal nan l'Hudson

(845) 476-3831

www.lshv.org

Pwogram asistans pou telefòn pòtab

Si w gen pwoblèm lajan, ou ka pale a yon founisè telefòn pòtab.

Services téléphoniques à prix réduit

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/ Depatman sèvis piblik nan NYS

(888)-641-8722

www.fcc.gov/lifeline

Depatman sèvis piblik nan NYS (888) -641-8722 www.fcc.gov/lifeline

Telefòn pòtan gratis, aksè 911 san limit epi minit pou mwa gratis. <https://freegovernmentsmartphones.com/>

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

Asirans san fil (888) 898-4888 <https://freegovernmentsmartphones.com/assurance-wireless/>

Aksè san fil (888) 900-5899 <https://freegovernmentsmartphones.com/access-wireless-lifeline-free-government-smartphones-cell-phones-program/>

Asirans sante

NYS Health Department – Health Plan Marketplace (855) 355-5777 www.nystateofhealth.ny.gov

Child Health Plus (CHP) (800) 698-4543 Rejim asirans maladi pou timoun jiska 19 lane.

Medicaid (845) 364-3103

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

Familywise Prescription Discount Card/ Kat pou redwi òdonans (866) 810-3784

www.familywise.org

Asistans pou manje

List pwogram pou manje: Rockland Community Against Hunger www.rocklandhunger.org

Pwogram manje pou lekòl pandan ete a: United Way of Rockland

https://www.uwrc.org/pdfs/schools_breakfast_lunch_programs.pdf

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

Sipò pou gade timoun

Child Care Resources of Rockland (845) 425-0009

<https://childcarerockland.org/>