



**COVID-19
RESOURCES
FOR RESIDENTS**

COVID-19 RESOURCES FOR RESIDENTS

During these unprecedented times, supporting our residents is more important than ever. As a result, we've compiled the following list of resources to help you navigate the various financial programs, employment resources and more that are available from both the federal and state governments. As always, the health and well-being of our residents remains our top priority. Please reach out with any questions – we are here for you!

>> GOVERNMENT FINANCIAL ASSISTANCE

| AGENCY | PROGRAM |
|--|---|
| The Treasury Department and the Internal Revenue Service | <p>// NEWS RELEASES https://www.irs.gov/newsroom/news-releases-for-current-month</p> <p>// STATE TAX RETURNS Various tax file and pay deadlines extended to July 15, 2020 https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020</p> <p>// ECONOMIC IMPACT PAYMENTS Eligibility and payment obligations. https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know</p> <p>// EMPLOYEE RETENTION CREDIT Credit available to all employers regardless of size. Includes tax-exempt organizations. https://www.irs.gov/newsroom/irs-employee-retention-credit-available-for-many-businesses-financially-impacted-by-covid-19</p> <p>// REFUNDABLE TAX CREDITS FOR PAID LEAVE The Families First Coronavirus Response Act provides refundable tax credits for small to midsize employers for employees on leave related to COVID-19. https://www.irs.gov/newsroom/covid-19-related-tax-credits-for-required-paid-leave-provided-by-small-and-midsize-businesses-faqs</p> |
| CareerOneStop | <p>// STATE-BY-STATE UNEMPLOYMENT BENEFITS https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/unemployment-benefits.aspx</p> |
| U.S. Department of Education (Students) | <p>// FEDERAL STUDENT AID Coronavirus and forbearance info for students, borrowers, and parents: https://studentaid.gov/announcements-events/coronavirus</p> |

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>> ADDITIONAL RESOURCES

| AGENCY | PROGRAM |
|---|--|
| State Labor Office Commissioners, Directors, and Secretaries | // STATE CONTACT INFORMATION https://www.dol.gov/agencies/whd/state/contacts |
| In Need of Public Assistance? | // PUBLIC ASSISTANCE Get information on governmental programs in your state that may help with paying for food, housing, healthcare, and other living expenses. https://www.usa.gov/benefits |
| U.S. Department of Labor – Occupational Safety and Health Administration (OSHA) | // GUIDANCE FOR PREPARING WORKPLACE FOR COVID-19 https://www.osha.gov/Publications/OSHA3990.pdf |
| Customer Financial Protection Bureau | // FEDERAL, STATE AND LOCAL GOVERNMENT ACTIONS https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/ |

>> EMPLOYMENT RESOURCES

FOR PEOPLE WHOSE EMPLOYMENT HAS BEEN AFFECTED BY COVID-19: SICK; QUARANTINED; CAREGIVER FOR A FAMILY MEMBER; REDUCED/LOST WORK HOURS; SELF-EMPLOYED.

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| How to File for Disability or Unemployment Benefits | https://www.dol.gov/general/topic/unemployment-insurance |
| New Guidance on Unemployment Insurance | The U.S. Department of Labor has announced new guidelines of flexibility pertaining to states administering unemployment insurance to assist Americans affected by COVID-19. https://www.dol.gov/newsroom/releases/eta/eta20200312-0s |
| Interim Guidance for Businesses and Employers | https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html |
| U.S. Department of Labor | // FAMILIES FIRST CORONAVIRUS RESPONSE ACT: PAID LEAVE RIGHTS https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave // FAMILIES FIRST CORONAVIRUS RESPONSE ACT: FAQ https://www.dol.gov/agencies/whd/pandemic/ffcra-questions |

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>> FOOD RESOURCES

| AGENCY | PROGRAM |
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| Food Distribution for Children (K-12) | Parents or guardians should visit their child's school district website for information or call 2-1-1 for food resources. http://211.org/pages/about |
| U.S. Department of Agriculture – Food and Nutrition Services | USDA is continuing to offer all available program flexibilities and contingencies to serve program participants across 15 nutrition programs such as the Supplemental Nutrition Assistance Program, Child Nutrition Programs, and USDA Programs. Select your state to find more information. https://www.fns.usda.gov/disaster/pandemic/covid-19/snap-waivers-flexibilities |
| U.S. Department of Agriculture – ChooseMyPlate | MyPlate offers detail information for precautionary measures during the COVID-19 pandemic which contains information on food planning, what and how much to buy, and preparation tips. https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/coronavirus.pdf |

>> FOOD PANTRIES

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| Feeding America | Feeding America offers a nationwide network of food banks, food pantries, and meal programs. Contact your local food bank for more information. https://www.feedingamerica.org/find-your-local-foodbank |
| FoodPantries.org | FoodPantries.org set up a directory of food banks, soup kitchens, and other non-profit organizations. Visit the “Food Pantries by State” to find the nearest food pantries by you. https://www.foodpantries.org/ |

>> MENTAL HEALTH

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| Talkspace | Low cost online therapy with a licensed therapist. \$100 off with code “1004U” https://www.talkspace.com/online-therapy/ |
| Betterhelp | Making professional counseling accessible, affordable, convenient. https://www.betterhelp.com/about/ |

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>> MENTAL HEALTH CONTINUED

| AGENCY | PROGRAM |
|-----------------|--|
| ReGain | ReGain offers private, affordable online counseling when you need it from licensed, board-accredited therapists. https://www.regain.us/ |
| Teen Counseling | Tap into a network of licensed, accredited, and experienced counselors who can help you and your child with a range of issues including depression, anxiety, relationships, bullying, trauma, and more. https://www.teencounseling.com/ |
| MDLIVE | MDLIVE makes it easy to visit a doctor in minutes through our mobile app, online and by phone. Get access to quality healthcare without ever leaving your home. https://www.mdlive.com/ |
| HelpGuide | HelpGuide is a nonprofit mental health and wellness website. Their mission is to provide empowering, evidence-based information that you can use to help yourself and your loved ones. https://www.helpguide.org/ |

This material is for informational purposes only, does not purport to be a comprehensive listing of resources in the subject areas, and does not constitute any endorsement or sponsorship of the services.