

# COVID CAN CAUSE FINANCIAL STRESS

The COVID-19 pandemic has affected many people economically. If you lost your job or have been unable to work, there are several government resources that may be able to help:

**NJ HELPS** can see if you are eligible for food assistance, cash assistance and health insurance. Apply at <https://www.njhelps.org/>

**NJ SAVE** can help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. Apply at <https://www.state.nj.us/humanservices/doas/paad/>

**GET COVERED NEW JERSEY** is the State's official health insurance marketplace that provides access to resources and financial help you need to find the right coverage. Now, new state and federal financial assistance will help drastically lower health insurance costs for many New Jerseyans. If you are already enrolled, you will likely be able to claim additional savings. If you need coverage, you can explore your options. If you received unemployment compensation in 2021, you may be eligible for nearly free coverage. Apply at <https://nj.gov/getcoverednj/>

## FINANCIAL ASSISTANCE FOR FUNERAL COSTS

The pandemic has brought overwhelming grief to many families. The Federal Emergency Management Agency (FEMA) is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020.

See eligibility requirements and assistance information at <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance> or call 1-844-684-6333.

## EMPLOYMENT

If you lost your job and/or are working less than you were working prior to the pandemic, you may be eligible to apply for unemployment insurance benefits. Many provisions have been added to the department of labor and you may qualify.

Learn more at <https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtml> or <https://www.myunemployment.nj.gov/>

While navigating these difficult times, **JEWISH FAMILY SERVICE** is here to help manage the stress and uncertainty. Our staff is dedicated to providing peer support for anyone who needs assistance dealing with COVID related stressors. If you would like to speak with a crisis counselor, please call 973-842-4463.



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Jewish Family Service of Clifton-Passaic in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

