

# Help is here.

[monroecounty.gov/hs-covid-19](http://monroecounty.gov/hs-covid-19)



## 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 in the next 90 days. But all your rent is still due, and eviction may start after 90 days 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 are open NOW and can help provide healthy food for your family. Apply online.

### What about my RG&E bill?

Yes. The HEAP program is also open NOW, and can help you pay for heat and electricity. Apply online.

### How about cash assistance?

Yes. You can get temporary cash assistance, too. Call 585-753-6960 to have an application mailed to you.

### Can I get health insurance?

Yes. If you don't have insurance or lost your job, Medicaid and the CHIP program for kids are both open NOW. Apply online.

### Can I get help paying for childcare?

Yes. You can apply NOW for help paying for daycare. Call 585-753-6960 to have an application mailed to you.

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

For an emergency, call Lifeline at 585-275-5151. Find providers to talk to online.

### I need help applying for benefits.

Many local organizations can still help you. You can find one by dialing 2-1-1.

### I need a cell phone.

Safelink Wireless can help you with free service if you qualify. Go to [www.safelinkwireless.com](http://www.safelinkwireless.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.

**APPLY ONLINE**  
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**Need help?**  
**Call 2-1-1**