

While advocates push to expand access to a variety of government services and benefits for immigrants affected by COVID-19, many immigrants are already eligible for various health, food, and other types of assistance. This resource list covers the major programs, how to apply, and where to get questions answered (in various languages), including by The Legal Aid Society. On the last page, you can also learn more about how to get help with benefits questions and questions about an immigration rule called “public charge.”

Health Insurance and Health and Mental Health Care

Health Insurance

New York State of Health Insurance:

The New York State of Health is a website <https://nystateofhealth.ny.gov/> through which you can apply for health insurance in New York State. You do not have to be a U.S. citizen or green card holder to apply. Depending on your situation, including your immigration status, income, and where you live, the New York State of Health will tell you which types of insurance you are eligible for, including: **State-funded Medicaid (free)**, **Essential Plan (no or low-fee)**, **Qualified Health Plans (low fee available)**, **Emergency Medicaid (free)**, and **Federal Medicaid (free)**. If you do not have access to the internet, you can call 855-355-5777 to learn more. All of these types of insurance cover COVID-19 testing and treatment.

Are you 65 years of age or older, receiving Medicare, are certified disabled, and/or receiving Social Security Disability (SSD), Supplemental Security Income (SSI) or Cash Assistance? If yes, then to apply you must submit an application to the New York City Human Resources Administration (HRA). There are two ways to get an application. You can print an application from <https://www.health.ny.gov/forms/doh-4220.pdf>, and if you need to fill out a supplement, you can download it at <https://www.health.ny.gov/forms/doh-4495a.pdf> or you can call the HRA Medicaid Helpline at 888-692-6116 and ask for an application to be mailed to you. Once you complete your application, you can submit it by fax to 917-639-0732 OR mail it to: HRA Medicaid Program, 785 Atlantic Avenue, Brooklyn, NY 11238. There are also drop-boxes outside open HRA Medicaid offices where you can drop off your application.

Low-Cost or Free Health and Mental Health Care

H + H Options (NYC Health & Hospitals):

Call 844-692-4692 (844-NYC-4NYC) to apply. H + H Options is a free or discount payment plan that makes H + H's services more affordable.

NYC Care:

New Yorkers who do not qualify for or cannot afford health insurance are eligible for NYC Care. All NYC Care services are provided through NYC Health + Hospitals. With NYC Care, you can get a unique membership card to access health services, choose your own doctor, and get affordable medications. Call 646-692-2273 (646-NYC-CARE) to apply.

New York City Well (Mental Health Support Line in Many Languages):

Through NYC Well, you can receive free, confidential mental health support via phone, text, or chat, regardless of immigration status. Help is available in more than 200 languages 24 hours a day, 7 days a week, 365 days a year. Receive NYC Well services by calling 888-692-9355.

New York State Office of Mental Health (OMH) COVID-19 Emotional Support Line:

The Emotional Support Helpline provides free and confidential support to New Yorkers, regardless of immigration status. The Helpline is staffed by volunteers, including mental health professionals, and helps callers who are experiencing increased anxiety due to the COVID-19 emergency. You can reach the OMH Emotional Support Line at 844-863-9314.

Food Help and Food Benefits

Free Food Help

Food Pantries & Community Kitchens:

Food pantries and community kitchens throughout New York City provide free food to New Yorkers regardless of immigration status. Hours vary by location. **To locate food pantries and community kitchens:** Visit <https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml> or call 311. You can also call HRA's Emergency Foodline at 866-888-8777

FREE Grab & Go Meals for Anyone Who Needs Help – Parents, Children, & Single Adults:

Any New Yorker, regardless of immigration status, can get free meals for pick-up at more than 400 NYC public school locations. No registration, ID, or documentation is required. All New Yorkers can use this service, including single adults without children. **To find a pick up location:** Text “NYCFOOD” or “COMIDA” to 877-877. You can also visit www.nyc.gov/getfood or www.schools.nyc.gov/school-life/food to find pick up locations.

NYC Food Delivery Assistance Program:

New York City is helping New Yorkers during the COVID-19 crisis by delivering meals to those who cannot access food themselves, regardless of immigration status. If you cannot get food or get food delivered to you otherwise, you may be eligible for this service. You may also ask for delivery of food for family or friends in need. **To learn if you or others may be eligible, go to www.nyc.gov/getfood** and select “NYC Food Delivery Assistance” to apply or call 311.

Food Benefits

Supplemental Nutrition Assistance Program (SNAP):

SNAP, commonly known as Food Stamps, provides benefits to buy food- to low-income people. Only some non-citizens are eligible for SNAP. Parents who are not eligible can apply for eligible household members, such as U.S. citizen children. **To Apply:** You can apply for SNAP online at ACCESS HRA by visiting www.nyc.gov/accesshra. If you do not have access to the internet, call 311 or HRA's Infoline at 718-557-1399 and ask for help applying for SNAP.

Special Supplemental Nutrition Program for Women, Infants and Children (WIC):

WIC helps pregnant women, nursing mothers, and children up to the age of 5 buy food. Participants receive checks or vouchers to purchase specific foods each month. All immigrants, regardless of status, can get WIC if they meet other criteria. **To apply:** Call the Growing Up Healthy Hotline at 800-522-5006. You can also call 311, and ask for help applying for WIC.

Other Assistance for People Who Have Lost Income

Tax Refund for 2019: You Don't Have to Wait to File!

The deadline for filing 2019 income taxes has been extended to July 15, 2020, but if you think the government owes you a refund, you can file now, and get your refund before the deadline. Filing sooner may also help you access your Federal CARES Act Assistance payment more easily. Call 311 and ask for tax preparation assistance.

Federal CARES Act One-time Cash Payments:

Anyone with a valid Social Security Number (SSN) is eligible for a one-time cash payment from the government if they have income under certain amounts. The payment amount depends on the household composition, income, and the way taxes are filed:

- One adult household: up to \$1,200 as long as adjusted gross earnings are less than \$99,000.
- Two adult household: up to \$2,400, as long as combined adjusted gross earnings are less than \$198,001 (where file taxes jointly).
- Heads of tax households: up to \$1,200 as long as adjusted gross earnings are less than \$126,501.
- Children in household: \$500 each.

To Apply: Some people who filed taxes in 2018 or in 2019 will receive the payment automatically; others will need to supply information to get the assistance. To find out more, go to: <https://www.irs.gov/coronavirus/get-my-payment>

Unemployment Insurance & Pandemic Unemployment Assistance:

If you have work authorization and lost your job because of COVID-19, you may be eligible for unemployment assistance. The maximum amount of New York State Unemployment Insurance and Pandemic Unemployment Assistance (PUA) is \$504 per week. Workers who receive unemployment insurance, or the 13-week federal extension of unemployment benefits (PEUC), or benefits under the federal PUA program will also receive an additional special \$600 per week payment through July 31, 2020 called Pandemic Unemployment Assistance (PUC).

To Apply: Go to <https://labor.ny.gov/unemploymentassistance.shtm>. to learn who is eligible and how to file online (better than calling). If you do not have internet access or need assistance in a language other than English or Spanish, call the State Department of Labor at 888-209-8124.

Cash Assistance from the New York City Social Services District/Human Resources Administration (HRA):

Certain immigrants and/or their family members are eligible for Cash Assistance from HRA. Cash Assistance is a low, monthly grant that helps pay for basic expenses.

To Apply: You can apply online for cash assistance at ACCESS HRA at www.nyc.gov/accesshra. If you do not have access to the internet, call 311 or HRA's Infoline at 718-557-1399 and ask for help applying for cash assistance. **Note:** For those immigrants who are subject to the immigration rule called "public charge," receiving Cash Assistance is a negative. See Page 4 for information about public charge and where to get answers to questions.

Other Help

Internet Access: Beginning on March 16, 2020, Spectrum is offering free broadband and Wi-Fi access to households with K-12 and/or college students who do not already have Spectrum broadband subscriptions. Installation fees are waived. Public Wi-Fi hot spots are also accessible to the public. There are no immigration requirements to qualify for this program. To sign up, call 844-488-8395. Xfinity Wi-Fi hot spots throughout the city are also free to the public.

Remote Learning: Families, regardless of immigration status, can access information on remote learning, activities for students, and iPad distribution online at <https://www.schools.nyc.gov/learn-at-home>.

Need Help with Access to Benefits and Public Charge Questions?

Access to Benefits

The Legal Aid Society provides free assistance in getting, keeping, and using government benefits and public assistance such as SNAP, SSI, SSD, Medicaid, Medicare and other health insurances. **You can call the Access to Benefits Helpline (A2B) at 888-663-6880 Monday through Friday 10AM – 3PM.**

Public Charge Help

Worried about how using any of the benefits in this flyer will affect your immigration status/ Have “public charge” questions? “Public charge” is an immigration rule that generally applies to people seeking to get lawful permanent resident (“LPR” or “green card” status) through a family member. Many non-citizens are not subject to Public Charge. Many public benefits and resources, including most of those included in this resource sheet, do not count under the public charge rule. (see chart below). *If you are uncertain about whether you are subject to the Public Charge rule or whether certain benefits or resources count under the rule, please call The Legal Aid Society’s Immigration Helpline at 844-955-3425 Monday to Friday 9AM – 5PM.*

****If you need testing and treatment for COVID-19, seek medical care.**

Testing and treatment for COVID-19 will NOT raise your risk for being found a public charge.**

Type of Benefit	Benefits and Services that do NOT Count for Public Charge	Benefits and Services that do Count for Public Charge
Health Insurance and Health Care	<ul style="list-style-type: none"> • State-funded Medicaid • Essential Plan • Child Health Plus • Qualified Health Plans • Emergency Medicaid • H+H Options • NYC Care 	<p>Federal Medicaid</p> <p>BUT, Federal Medicaid does NOT count for children under 18 or individuals who are pregnant or who have had a baby in the past 60 days.</p>
Food Help and Benefits	<ul style="list-style-type: none"> • Food Pantries • Grab & Go Meal • NYC Food Deliver • WIC 	SNAP or Food Stamps
Assistance for People Who Lost Income	<ul style="list-style-type: none"> • Tax refunds • NYC CARES payments • Unemployment Insurance • Pandemic Unemployment Insurance 	Cash Assistance from HRA