

## **COVID-19 RESOURCES**

### **FINANCIAL ASSISTANCE**

- **Monroe County Department of Human Services COVID-19 Information**  
Click [here](#) to learn more about resources and assistance available if your income has been cut due to the COVID-19 outbreak and the New York State shutdown. Resources include SNAP benefits, HEAP benefits, emergency assistance, emergency housing, and more.
- **New York State Unemployment Insurance Application**  
Apply [here](#) for Unemployment through the New York State Department of Labor.
- **Unemployment and Paid Leave Legal Help Line**  
People in New York who have lost their job or are seeking Emergency Paid Sick and Family and Medical Leave in response to the COVID-19 crisis can call **1-800-724-0490 ext. 5827** to be connected with an attorney.
- **Rochester Financial Empowerment Center (FEC)**  
FEC offers free, professional, confidential one-on-one financial counseling. The counseling team is prepared to help you navigate your finances during this challenging time. All sessions will be held over the phone and will not take more than an hour. To learn more and schedule an appointment visit: [www.rochesterfec.org/](http://www.rochesterfec.org/).

### **ADDITIONAL COVID-19 RESOURCES**

- City of Rochester: [COVID-19 Resources](#)
- Foodlink: [Rochester Meal Distribution Sites for School-age Children](#)
- Empire Justice Center: [COVID-19 Resources and FAQs](#)
- Facebook Group: [COVID-19 Resources-Monroe/GLOW and Surrounding Counties](#)
- Democrat & Chronicle: [Coronavirus resources for Rochester's deaf and hard of hearing community](#)