



## GENERAL INFORMATION

More information about public assistance and the state's response to COVID-19 can be found at

<https://www.maine.gov/dhhs/corona/virus-resources.shtml>.

## NATIONAL SUICIDE HOTLINE

The National Suicide Prevention Lifeline is a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress. Call 800-273-8255 for support or go to <https://suicidepreventionlifeline.org/chat/>.

## DOMESTIC VIOLENCE HOTLINE

The National Domestic Violence Hotline can be reached at 800-799-7233. You can chat online with an advocate at [www.thehotline.org](http://www.thehotline.org) or text LOVEIS to 22522.

## FARMER CRISIS HOTLINE

Farmers who are facing challenges during the pandemic can contact Farm Aid at 800-FARM-AID. More resources can be found at the National Farmers Union's Farm Crisis Center at <https://farmcrisis.nfu.org/>.

# COVID-19 COMMUNITY RESOURCES

## Maine

### UNEMPLOYMENT

Federal legislation has made unemployment benefits available to workers who may not have qualified before. To learn more and to apply, visit <https://www.maine.gov/unemployment/> and click on "Claimant Information" at the bottom of the page.



### SNAP

For more information on Supplemental Nutrition Assistance Program (SNAP) benefits in Maine, visit <https://www.maine.gov/dhhs/ofi/services/snap/faq.html#applying>. To apply for SNAP, call your local Department of Health and Human Services Office for Family Independence. A list of offices is available at <https://www.maine.gov/dhhs/ofi/offices/index.html>.



### UTILITIES ASSISTANCE

For information on the Low Income Home Energy Assistance Program (LIHEAP) in Maine, visit <https://www.mainehousing.org/programs-services/energy/liheap>. The Maine LIHEAP program is administered by local community action agencies. A list of agencies can be found at <https://www.mainehousing.org/programs-services/energy/liheap-agency-contacts>.



### RENT AND EVICTIONS

Federal law has placed a moratorium on evictions from certain properties, including those backed by federal mortgages through Fannie Mae and Freddie Mac. To learn more, visit [https://larsen.house.gov/uploadedfiles/covid\\_toolkit\\_3.30.20.pdf](https://larsen.house.gov/uploadedfiles/covid_toolkit_3.30.20.pdf). This, however, does not apply to most private residences. For rental assistance and housing help, visit <https://www.hud.gov/states/maine>.



### NUTRITION FOR WOMEN, INFANTS AND CHILDREN

Information about WIC, including how to apply, can be found at <https://www.maine.gov/dhhs/mecdc/population-health/wic/>. A list of local WIC offices can be found at <https://www.maine.gov/dhhs/mecdc/population-health/wic/applicants/where-do-i-apply.shtml>. Federal law has waived the requirement for applicants to appear in person. Check with your local office to verify the application process.



### CHILD CARE

Information about child care assistance can be found at <https://healthandwelfare.idaho.gov/Children/ChildCareAssistance/tabid/292/Default.aspx>.



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