

Coping with Job Loss Due to COVID-19

Applying for Unemployment

Please see below the information provided by NY State on how to apply for unemployment:

The fastest and most secure way to apply (file a claim) for Unemployment Insurance benefits is on our website at www.labor.ny.gov/signin. You will need to use an NY.gov ID. Directions for creating an NY.gov ID are on the login page.

You can file online: Monday through Thursday 7:30 am to 7:30 pm; Friday 7:30 am to 5 pm; Weekends from 12:01 am Saturday through 7:00 pm Sunday.

You can also file by phone toll-free at 888-209-8124 from 8:00 am to 5:00 pm Monday through Friday.

The full resource can be found here:

<https://www.labor.ny.gov/formsdocs/factsheets/pdfs/P800.pdf>. Please also refer to the link for a list of the documents that you will need.

Additional Government Assistance

SNAP (Food Stamps): You can apply for SNAP here <https://mybenefits.ny.gov/mybenefits/begin>

TANF (Cash Assistance): Some families may qualify for this resource. You can apply at the Mount Vernon DSS (see information below). Please call ahead as their availability may change due to COVID-19. This link states what you need to bring: <https://otda.ny.gov/programs/temporary-assistance/>

Mount Vernon DSS: (914) 995-3333; 9:00 a.m. to 4:00 p.m. (Monday through Friday); [100 East First Street](https://www.mountvernonny.gov/100-East-First-Street), Mount Vernon, NY 10550-3442

Additional Suggestions

Losing your job can be very stressful, especially when coupled with the Coronavirus. Consider doing the following:

- Asking your former place of employment for any resources that they are able to provide. This can include providing you with health insurance or committing to rehiring you once the pandemic ends.
- Write down a budget. Look at areas where you can cut expenses (i.e. cable).
- Take care of your emotional wellbeing. You can do this by staying connected with family, friends, and engaging in relaxing activities.
- If you have any loans, reach out to the loan provider and ask if they can make any concessions.
- Give yourself space to grieve the loss of your job.