

**RALEIGH WORKERS ASSEMBLY**  
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## **COVID19 CRISIS RESOURCES** **FOR RALEIGH, N.C.**

### **What if I don't have time to read this whole thing?**

> Call 211, a free, confidential service to help you find resources in your community ([nc211.org](http://nc211.org))

### **What if I've been laid off or had my hours reduced?**

> Governor Cooper has loosened the requirements for receiving unemployment benefits. If you've been laid off OR HAD YOUR HOURS REDUCED, apply online: <https://des.nc.gov/need-help/covid-19-information>

For more information: <https://des.nc.gov/apply-unemployment>

>If you lose your employer-sponsored health insurance, or experience a change in your job status, you may be eligible for subsidized plans under the Affordable Care Act: [healthcare.gov](http://healthcare.gov)

**For help applying, contact Healthcare Navigators:** <https://www.ncnavigator.net/>

### **What if I can't pay my rent or mortgage?**

> For homeowners nationwide, foreclosures and evictions have been frozen until the end of April. Many lenders are allowing homeowners to postpone mortgage payments for up to a year.

> North Carolina has ordered a 30-day halt to eviction proceedings for renters, but some previously-filed proceedings are still being carried out. If you are threatened with eviction, call Legal Aid at 1-866-219-5262 or visit their website: [legalaiddnc.org](http://legalaiddnc.org)

***\*We need more help for tenants! We need a rent freeze supported by government payments, not just postponements. Tenants cannot pay huge bills after the crisis passes!***

## What if I can't pay my utility, phone, and internet bills?

> Raleigh Water, Dominion Energy, and Duke Energy have suspended disconnections. Duke is waiving late fees. IF YOUR POWER WAS ALREADY SHUT OFF BY DOMINION, THEY WILL RECONNECT IT. Call 866-366-4357.

> Call 211 to find out if you qualify for longer-term government assistance with energy bills.

> Spectrum/Charter is offering free internet service for 60 days to households with children, who do not have accounts: 1-844-488-8395. Comcast is providing free internet for low-income families and a permanent low-cost (slow) basic service: <https://corporate.comcast.com/covid-19>

***\*We need free internet for everyone, not just families with children. Schools and libraries are closed. In a public health emergency, everyone needs access to information!***

> Verizon and AT&T are suspending terminations for nonpayment and waiving late fees. T-mobile is offering to set up payment plans. All three are expanding minutes for customers on limited plans and offering additional international calling to affected countries.

> Lifeline is a federal program that provides subscribers a discount on monthly telephone service: <https://www.lifelinesupport.org/how-to-get-lifeline>

## What if I can't afford food?

>The following programs and agencies may be able to help you:

\* TANF: Temporary Assistance for Needy Families. (<https://www.acf.hhs.gov/ofa/programs/tanf>)

\* SNAP: Supplemental Nutrition Assistance Program (<https://www.benefits.gov/benefit/361>)

**For help applying,** call Dave Madinger: 984-789-0915 ([dmadinger@foodbankcenc.org](mailto:dmadinger@foodbankcenc.org))

\* EFSP: Emergency Food and Shelter Program (<https://www.efsp.unitedway.org/efsp/website/index.cfm>)

\* Food Bank of Central and Eastern N.C. (<https://foodbankcenc.org/>)

\* Food Pantry at Raleigh Church of Christ, 911 Barringer Rd., open Sat 8:30-12, 919-852-5683

> Here is a statewide list of sites offering **free meals for children**:

[https://docs.google.com/document/d/](https://docs.google.com/document/d/1KQzg3hcEZmm1x7ZJ4TBmkCN7IY3aF36HjRKxBeuA2M0/edit#heading=h.7m7a1m3536r3)

[1KQzg3hcEZmm1x7ZJ4TBmkCN7IY3aF36HjRKxBeuA2M0/edit#heading=h.7m7a1m3536r3](https://docs.google.com/document/d/1KQzg3hcEZmm1x7ZJ4TBmkCN7IY3aF36HjRKxBeuA2M0/edit#heading=h.7m7a1m3536r3)

> Wake County Schools meal pick-up locations: <https://www.wcpss.net/domain/16591>

## What if I need a little money for another expense?

> Modest Needs is offering donations to hourly workers who won't get paid during the COVID-19 outbreak: <https://www.modestneeds.org>

> The North Carolina COVID-19 relief fund is offering grant relief to laid-off workers: <https://donorbox.org/nc-solidarity-fund>

## What if I am helping someone else obtain services?

>Use this bundled site for applying for NC low-income programs including Medical Assistance and food stamps: <https://epass.nc.gov/CitizenPortal/application.do>

>North Carolina Dept. of Health and Human Services offers a list of low-income service programs including food stamps, housing, health care, child and elder care: <https://www.ncdhhs.gov/assistance/low-income-services>

## Where can I find low-cost medical care?

>HealthWell: Assistance for underinsured patients living with chronic or life altering diseases: <https://www.healthwellfoundation.org/patients/>

>National Association of Free and Charitable Clinics lists 5 in Raleigh: <https://www.nafcclinics.org/find-clinic>

>HRSA: Health Resources and Services Administration lists low-cost clinics, one in Chapel Hill: <https://www.hrsa.gov/get-health-care/affordable/hill-burton/facilities.html>

>NeedyMeds: Helps patients find assistance with the costs of medication: <https://www.needymeds.org/questions-faqs>

>**The Disaster Distress Helpline, 1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Toll-free, multilingual, and confidential. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor, or visit <https://www.samhsa.gov/find-help/disaster-distress-helpline>

>Managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

***\*We need Medicare for All, a single-payer plan that makes quality health care available to everyone free of charge! <https://www.nationalnursesunited.org/medicare-for-all>***

## What if I am a member of a special population?

>Resources for the immigrant community: [https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8\\_I1L4ulIFwzk/edit#](https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8_I1L4ulIFwzk/edit#)

*\*Recursos para Immigrantes sobre COVID-19 en español—[utilice este enlace](#)*

>Relief for Queer/Trans individuals affected by the COVID-19 crisis: [bit.ly/QueerRelief](http://bit.ly/QueerRelief)

>Disability-specific recommendations for COVID-19: [bit.ly/DisabilityRecommendations](http://bit.ly/DisabilityRecommendations)

## How can I help make sure workers have a voice at this critical moment?

>**JOIN RALEIGH WORKERS ASSEMBLY!** send your contact information to [raleighworkersassembly@gmail.com](mailto:raleighworkersassembly@gmail.com)

>**Sign the following petitions.**

**UE150**, protect workers at UNC: <http://bit.ly/3aZQyFQ>

**NC AFL-CIO**, Leave No Worker Behind: [https://actionnetwork.org/letters/leave-no-worker-behind-4/?link\\_id=2&can\\_id=4969c484b2bf68769c11d8f69cb6f794&source=email-leave-no-worker-behind-3&email\\_referrer=email\\_754938&email\\_subject=leave-no-worker-behind](https://actionnetwork.org/letters/leave-no-worker-behind-4/?link_id=2&can_id=4969c484b2bf68769c11d8f69cb6f794&source=email-leave-no-worker-behind-3&email_referrer=email_754938&email_subject=leave-no-worker-behind)

**UNITE HERE URGENT PETITION:** Congress is moving FAST to make deals to combat the COVID-19 crisis, and the airlines look to be first in line for a bailout. Add your name to demand that WORKERS come FIRST over corporate profits.

**North Carolina's People's Platform for Social and Economic Survival and Beyond:** 60+ grassroots organizations have signed on to this 10-point platform demanding that our state government take action to grant paid sick leave for all workers, expand Medicaid, take steps to protect immigrants from ICE, and more: <https://survivalandbeyond.info/>

**Raise Up / Fight for \$15 Give All McDonalds Workers Paid Sick Leave:** Sign [here](#)

**Code Pink:** lift the sanctions on Iran: [https://www.codepink.org/covid19diplomacy?utm\\_campaign=iran\\_coronavirus&utm\\_medium=email&utm\\_source=codepink](https://www.codepink.org/covid19diplomacy?utm_campaign=iran_coronavirus&utm_medium=email&utm_source=codepink)

**Poor People's Campaign:** poverty amidst pandemic: [https://sign.moveon.org/petitions/this-pandemic-demands-a-systemic-response-an-urgent-message-from-the-poor-people-s-campaign?link\\_id=0&can\\_id=272c68e8b0211c916ec951170e08cd56&source=email-a-moral-response-to-pandemic-poverty-join-us-tonight&email\\_referrer=email\\_754157&email\\_subject=a-moral-response-to-pandemic-poverty-nil-join-us-tonight](https://sign.moveon.org/petitions/this-pandemic-demands-a-systemic-response-an-urgent-message-from-the-poor-people-s-campaign?link_id=0&can_id=272c68e8b0211c916ec951170e08cd56&source=email-a-moral-response-to-pandemic-poverty-join-us-tonight&email_referrer=email_754157&email_subject=a-moral-response-to-pandemic-poverty-nil-join-us-tonight)