



# CITY OF PORTLAND COVID-19 RESOURCE GUIDE 2.0

For more information about these and many other local resources visit OEO's COVID webpage: [www.portlandofportunity.com/COVID19](http://www.portlandofportunity.com/COVID19)

Feeling depressed?



Use crisis resources (phone numbers and/or online chat)

Call 1-866-5695 (powered by 211)

Reach out to someone you trust. Verbalize your feelings and/or concerns with a friend, loved one, colleague.

Call 9-1-1



Call 1-866-811-5695 (powered by 211) to learn about available resources for yourself or for others.

If in crisis, call Maine Crisis Line at 1-888-568-1112, the National Disaster Distress Hotline at 1-800-985-5990, or live chat at [www.OpportunityAlliance.org](http://www.OpportunityAlliance.org)



Coping with Stress During Infectious Disease Outbreaks multilingual page: <https://dmh.lacounty.gov/covid-19-information/> For more multilingual mental health resources, visit OEO's COVID webpage

**\*\*all the above resources are available 24/7**

Questions about unemployment?



- File for unemployment at [www.maine.gov/unemployment](http://www.maine.gov/unemployment) or call 1-800-593-7660
- It is highly recommended you apply online

**\*\*As of April 6th, 2020: call based on your last name. If your last name begins with: A-H call on Monday, I-Q call on Tuesday, R-Z call on Wednesday. Thursday and Fridays are open to anyone**

If you need help filing you may reach out to:

- Prosperity Maine (207) 797-7890 (English, French, Swahili, Kinyarwanda, Kirundi, Arabic, Lingala, Kinyamulenge)
- Catholic Charities Refugee and Immigration Services: (207)-650-3939 (any language)
- Maine Access Immigrant Network (MAIN): email [info@maine1.org](mailto:info@maine1.org) (English, Arabic, French, Lingala, Somali)
- In Her Presence: [contact@inherpresence.org](mailto:contact@inherpresence.org) (English, Arabic, French, Portuguese, Spanish)
- Maine Housing Authority: (800)-452-4668 / (207)-626-4600

Questions about economic impact payments? (CARES Act)



\*you will receive money automatically if you filed 2018 or 2019 tax returns, either via direct deposit or check mailed to the address you provided on your return.

\*if you receive Social Security benefits and didn't need to file a return, you will receive money automatically

The CARES Act is a stimulus package passed by the federal government that provides financial relief to some individuals and families during the COVID pandemic.

**You are eligible if:**

- You filed taxes for 2018 or 2019 (you can file for 2019 until July 15th 2020), or you weren't required to file because your income was too low, or was Supplemental Security Income
- You are single with a valid, work-authorized SSN
- You are married **and** you and your spouse have work authorized SSNs

**What do you receive if you are eligible?**

- Single person who makes up to \$75,000/year : \$1200
- Head of household who makes up to \$112,000/year: \$1200
- Married couple who makes up to \$150,000/year: \$2400
- \$500 for each child 16 or under filed as dependent on tax return

**You are not eligible if:**

- You filed taxes using an ITIN (individual taxpayer identification number)
- You are married to someone who does not have a valid, work authorized SSN, unless one of you is in the military. Even if you yourself have a SSN, no one in the family is eligible.
- Anyone aged 17-24 who is listed as a dependent on their parents' tax return, even if they filed their own tax return
- You filed taxes in 2018 or 2019 as a nonresident (using IRS form 1040-NR)
- You have a valid SSN but haven't yet filed your 2018 or 2019 tax return (you can still file for 2019 by July 15 2020)

**\* For non-filers: visit [irs.gov/coronavirus/non-filers-enter-payment-info-here](http://irs.gov/coronavirus/non-filers-enter-payment-info-here) \***

Questions about changes to public benefits?

- For questions to changes to public benefits (GA, TANF, and SNAP), such as more flexibility, more time, and more money, visit [www.maine.gov/dhhs/ofl](http://www.maine.gov/dhhs/ofl)
- For questions about housing (rental relief), visit [mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program](http://mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program)



For statewide resources, call 1-866-811-5695 (powered by 211)

If an interpreter is needed, say your language.

For updates, visit: [portlandmaine.gov/COVID19](http://portlandmaine.gov/COVID19)

Sign up for "Stay Connected" and get alerts via email or text message in any language:

<https://www.portlandmaine.gov/Stay-Connected>

