

# Resources to Help in the Corona Crisis

*This is only a general list to help you get started.  
An excellent online resource is [www.needhelppayingbills.com](http://www.needhelppayingbills.com).  
Specify Montgomery County, MD.*

1. **Housing/Mortgage/Rent:** Speak directly with your mortgage company or your landlord about payment plans.

You may also contact:

- **Health and Human Services Rental Assistance Program** - 240-777-4400.
- **Montgomery County Maryland** Department of Health and Human Services - Telephone number 240-777-1245.
- **HHS Office of Home Energy** - Dial 240-777-4450
- **UMAN** (Upper Montgomery Assistance Network) – they provide small grants to qualified residents 301-962-4422
- **Salvation Army** for emergency financial assistance 301-515-5354.
- **Interfaith Works** – offers a lot of assistance – 301-762-8682

2. **Food:**

- **Manna** Call 301-424-1130 to ask for food. Or learn about the [SNAP program](#).
- **Gaithersburg HELP** Call 301-216-2510 and leave a voicemail message in mailbox 1. Someone will call you back to schedule your food pick-up appointment. There are other resources available through Gaithersburg HELP as well.

3. **For Seniors:**

- **Senior Call Check** is a free state-wide service that does free check-in calls with seniors every day. Visit [aging.maryland.gov/Pages/senior-call-check.aspx](http://aging.maryland.gov/Pages/senior-call-check.aspx)