

HELPFUL RESOURCES DURING THE CORONAVIRUS CRISIS

This is only a general list to help you get started.

*An excellent online resource is www.needhelp-payingbills.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** – 240-777-1245
- **HHS Office of Home Energy** – 240-777-4450
- **UMAN (Upper Montgomery Assistance Network)** – 301-962-4422 – small grants to qualified residents
- **Salvation Army** – 301-515-5354 – emergency financial assistance
- **Interfaith Works** – 301-762-8682 – several different kinds of assistance

2. **Food:**

- **Manna** – 301-424-1130 – food or information about the SNAP program
- **Gaithersburg HELP** – 301-216-2510 (leave a voicemail message in mailbox 1) – someone will call you back to schedule your food pick-up appointment. Other resources are available as well.

3. **For Seniors:**

- **Senior Call Check** – a free state-wide service that makes free check-in calls to seniors every day. Visit www.aging.maryland.gov/Pages/senior-callcheck.aspx. To register for the program, call 1-866-50-CHECK (1-866-502-0560) Monday–Friday, 8:00 a.m. – 5:00 p.m. or Saturday 9:00 a.m. – 3:00 p.m.