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Helping Hands for People in Need



Check your eligibility
for a wide range of economic
and work supports at

myBenefits.ny.gov



Office of Temporary
and Disability Assistance

otda.ny.gov

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**Economic and work supports
available to strengthen your household
and make ends meet.**

Nutrition Programs

Supplemental Nutrition Assistance Program (SNAP) benefits help eligible New Yorkers and working families purchase food. Eligibility and benefit levels are based on household size, income, certain expenses and other factors. Anyone eligible for SNAP can receive free nutrition education through Eat Smart New York to learn how to eat healthier and shop smarter. To see if you may qualify and to apply, visit myBenefits.ny.gov. For more information, call **800-342-3009**. If you have a food emergency, contact your local department of social services for a food pantry in your area.

School Breakfast and Lunch Programs provide nutritionally-balanced meals to all New York State school children grades pre-k through 12. To apply for free or reduced-priced school meals, families may obtain a Household Income Application from their school and submit it to the school for processing. If you currently receive SNAP benefits, then your children are eligible to receive free school meals under the National School Lunch Program and/or School Breakfast program. If you have not been notified by your school that your children are eligible for free meals, contact your school administrator.

Women, Infants and Children (WIC) is a supplemental food program that provides nutrition education, breastfeeding promotion and support, and nutritious foods, including milk, whole grains, fruits and vegetables, to low-income pregnant, postpartum or breastfeeding women, and infants and children up to age 5. For more information, call the Growing Up Healthy hotline at **800-522-5006**, or visit health.ny.gov/wic.

Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) helps low-income New Yorkers meet the cost of heating their home. HEAP payments vary depending on household income and the type of heat used. You may be eligible for a regular HEAP benefit even if you have money in the bank or other financial resources. To see if you may qualify and to apply, visit myBenefits.ny.gov or your county department of social services. For more information, call **800-342-3009**, or visit otda.ny.gov/programs/heap.

Tax Credits

The Federal and State Earned Income Tax Credits (EITC) are tax credits for working people with low or moderate incomes. Even if they owe no taxes, taxpayers may qualify to receive a combined Federal and State EITC of up to \$8,115 if their income is less than \$53,267 (based on 2015 income levels). New York City residents may qualify for an additional City credit. **The New York State Noncustodial Parent EITC** provides a refundable tax credit to noncustodial parents who are current in their child support for the tax year.

The Federal Child Tax Credit and Additional Child Tax Credit are tax credits offered by the Federal Government for taxpayers raising dependent children under the age of 17. **The Empire State Child Tax Credit** is a credit for full-year New York residents, even if they owe no taxes, with children ages 4-16.

The Federal Child and Dependent Care Credit is a tax credit offered by the federal government. **The New York State Child and Dependent Care Credit** helps more low-income families because, unlike the federal credit, they may receive the credit even if they owe no taxes. New York City residents may qualify for an additional refundable City credit.

For more information, call the U.S. Internal Revenue Service at **800-829-1040**, or visit irs.gov; or call the New York State Department of Taxation and Finance at **518-457-5181**, or visit tax.ny.gov or myBenefits.ny.gov.

Health Insurance Affordability Programs

NY State of Health, The Official Health Plan Marketplace, is where New Yorkers can shop for, compare and enroll in health insurance coverage. It's the only place to get financial assistance to reduce the cost of coverage. You also can enroll in Medicaid or Child Health Plus through the Marketplace.

Health insurance offered in the Marketplace includes a comprehensive set of benefits.

Experts are available to guide you through the enrollment process, help you find the right health insurance based on your unique needs and work with you to determine if you can get financial assistance to reduce the cost of coverage. Support is available online, in person in your community, and by phone – you pick what works best for you. Assistance is available in multiple languages.

To learn more, visit nystateofhealth.ny.gov or call **855-355-5777**.

Job Placement Services

New York State Career Centers provide services through a network of local centers and affiliate sites. To find the location nearest you, visit labor.ny.gov/career-center-locator/.

Additional information about finding a job and career development can be found on the New York State Department of Labor's home page labor.ny.gov.

In New York State, the *Supplemental Nutrition Assistance Program (SNAP) Employment and Training Program* provides work preparation and support services for recipients of SNAP benefits to help them gain skills necessary for becoming self-sufficient. All local departments of social services offer job search help. Other services that may be available include: on-the-job training, vocational training, job skills training, and job readiness and education. Employment services are also available for all recipients of public assistance. For more information contact your local department of social services.

Housing Assistance

If you are homeless and need assistance, please contact your local department of social services.

Contact the public housing agency in your city or county for local guidelines regarding affordable housing. For more information, visit hud.gov. To find available permanent housing call **877-428-8844**, or visit nyhousingsearch.gov.

Domestic Violence

Domestic violence affects the entire community. If you or someone you know is being abused and would like more information on what can be done to keep yourself, your family or neighbors safe, call **800-942-6906**, or visit opdv.ny.gov.

Social Security Disability Insurance and Supplemental Security Income

The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs are administered by the U.S. Social Security Administration, and only people who have a disability and meet medical criteria may qualify for benefits under these programs. To apply for SSDI or SSI benefits, call **800-772-1213**, or visit ssa.gov.

Child Support Enforcement

The child support program helps strengthen families by placing the responsibility for the economic support of children on those parents with the financial resources to provide such support. The program assists parents in establishing paternity, and obtaining, modifying and enforcing financial and medical support obligations. For more information, call **888-208-4485**, or visit childsupport.ny.gov.

Child Care

New York State offers child care subsidies to low-income working families and families receiving Temporary Assistance to make safe, quality child care accessible and affordable. Child care subsidies are provided by local social services districts to help: a parent or caretaker to work or engage in other work-related activities; a teen parent to attend high school or equivalent training; a parent or caretaker to attend educational programs. For more information about the child care subsidy program, contact your local social services district or visit ocfs.ny.gov.

Refugee and Immigrant Assistance

OTDA provides services and assistance to certain immigrant populations, including refugees, asylees, and victims of human trafficking. The agency also provides repatriation services for U.S. citizens. To find a list of refugee service providers, visit otda.ny.gov/programs/bria.

Veterans' Benefits

If you ever served on active duty in the U.S. Armed Forces you may be entitled to State or Federal benefits. You may be eligible for monetary benefits in the form of service-connected compensation and/or non-service connected disability pension payments through the U.S. Department of Veterans Affairs. In addition, you may be entitled to health care benefits, educational benefits, employment assistance, substance abuse and mental health services, and burial benefits. If you know someone who served who may be entitled to benefits please have them contact the NYS Division of Veterans' Affairs. To reach the NYS Division of Veterans' Affairs for the Veterans Counselor nearest you, please call **888-838-7697**, or visit veterans.ny.gov.

