

Fighting a Financial Fever?

Resources to Protect Your Financial Health During COVID-19

Work schedules and/or working conditions have changed for many due to the COVID-19 pandemic causing increased financial stress.

It's important to remember that you're not alone in this situation. Employees just like you are looking for ways to cope with the complexity of this crisis and are finding the support and guidance they need through their IMPACT EAP to overcome the numerous challenges in front of them.

Listed below are resources to assist you with managing your finances during this uncertain time.

FREE Financial Counseling through your IMPACT EAP: 800-227-6007

- Comprehensive financial counseling to assist with debt management
- Guidance on how to approach your creditors/loan providers regarding payment adjustments
- Housing counseling to assist with mortgage delinquency and foreclosure prevention

Additional Financial Resources:

The Coronavirus Aid, Relief and Economic Security (**CARES**) Act provides assistance to [Individuals](#)

Help with Bills:

[usa.gov/help-with-bills](https://www.usa.gov/help-with-bills)

Provides information about government programs that help with bill payment, temporary assistance, jobs/unemployment, credit, etc. Website and Helpline also offered in Spanish.

[Needhelppayingbills.com](https://www.needhelppayingbills.com)

Provides information on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent and governmental assistance).

Unemployment:

Ohio Job and Family Services: Provides information on the updates to unemployment law to help Ohio workers who are impacted by this pandemic. [jfs.ohio.gov](https://www.jfs.ohio.gov)