

# Steps to Maintain Stability

during the COVID-19 pandemic

## YOU MAY BE ELIGIBLE FOR BENEFITS THROUGH THE STATE:

### Missouri

Unemployment: [uinteract.labor.mo.gov](http://uinteract.labor.mo.gov) or 1-800-320-2519  
Food Stamps: [mydss.mo.gov](http://mydss.mo.gov) or 1-855-373-4636

### Kansas

Unemployment: [getkansasbenefits.gov](http://getkansasbenefits.gov) or 1-800-292-6333  
Food Stamps: [dcf.ks.gov](http://dcf.ks.gov) or 1-888-369-4777

## WORRIED ABOUT PAYING THE BILLS?

While some utilities and programs have paused disconnection, and in some areas, the courts are not processing evictions, it's important to continue to pay what you can toward your rent/mortgage and utility bills to avoid having a large amount due in the future. Resources through nonprofit organizations to help pay bills are very limited.

Consider taking the following steps:

- If you are a renter, contact your landlord if you will have trouble paying rent by the due date. Ask for an extension or payment arrangement (partial payments, weekly installments, etc.).
- If you are a homeowner, contact your lender if you will have trouble paying your mortgage to discuss your options.
- Contact your utility companies if you will have trouble paying your bill by the due date. Ask for an extension or payment arrangement.
- Access other resources to help meet needs - food pantries, food stamp benefits if eligible, etc. so that your money can be used for rent and utilities.
- Contact your other lenders to inquire about what payments can be delayed without penalty. These may include student loans, car payments, etc. Contact your lender to discuss your options.
- **Utilize your stimulus payment and unemployment benefits to continue making payments toward your utilities, rent and mortgage.**

## WONDERING ABOUT THE ECONOMIC IMPACT PAYMENT (STIMULUS CHECK)?

If you have questions about if you qualify for or how to receive your Stimulus check if you have not already, visit [irs.gov/coronavirus/economic-impact-payments](https://irs.gov/coronavirus/economic-impact-payments).

## WORRIED ABOUT HEALTH INSURANCE?

If your health insurance coverage has been impacted, consider the following steps:

- Are you eligible for COBRA through your employer?
- Can you be added to your spouse's plan?
- Visit [healthcare.gov/coronavirus](https://healthcare.gov/coronavirus) to see what options may be available to you.
- Still have questions about health insurance? Visit [localhelp.healthcare.gov](https://localhelp.healthcare.gov) to find a local agent, broker, or assister.

### Do you need medical advice?

Call Mosaic's Community Health line at 816-271-4000 for free professional assistance.

### Unable to afford healthcare?

If you are uninsured or lost your job call the Social Welfare Board for help at 816-233-5188 or call Northwest Health Services at 816-271-8261.

## WORKING AND NEED CHILDCARE?

Call United Way Success By 6 at 816-364-2381 or visit [mo.childcareaware.org](http://mo.childcareaware.org).

## LOOKING FOR WORK?

Visit the Missouri Jobs Center at [jobs.mo.gov](http://jobs.mo.gov) or call 1-888-728-5627.

## WORRIED ABOUT YOUR FINANCES?

FDIC's Money Smart program offers financial education and tools for teens and adults.

Visit [fdic.gov/consumers/consumer/moneysmart](https://fdic.gov/consumers/consumer/moneysmart) for more information.



## OTHER NEEDS? QUESTIONS?

For more information about local resources, call the Help Me Hotline at 816-364-1131. The Help Me Hotline offers a comprehensive list of agencies, programs and services that meet a wide variety of needs within the area.