



Legal Aid Society

of Middle Tennessee & the Cumberland

Working Together. Doing Justice. Restoring Hope.

Help You Can Get During the COVID-19 Pandemic

Information is changing daily. Please check las.org or facebook.com/lastmtc for updates and new information.

Has Your Job Been Affected by COVID 19 after March 11, 2020

You may be able to get between \$500 and \$1,000 per month from the Tennessee Department of Human Services for April and May if:

- You lost a job after March 11 or your pay was cut in half; and
- There is a pregnant woman or a child under age 18 in your home; and
- You have a valid Social Security number; and
- You have less than \$2,000 in savings, checking, or other accounts; and
- You have income below a certain amount.

Number in Household	Monthly Income Limit
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1	\$ 2,696.00
2	\$ 3,526.00
3	\$ 4,356.00
4	\$ 5,185.00
5	\$ 6,015.00

You can apply online at https://tdhs.service-now.com/relief?id=relief_registration. You can also find out more on the DHS website at <https://www.tn.gov/humanservices> or by [Googling TN DHS.](#)

You May Be Able To Get Health Insurance For You And Your Children

If you are a pregnant woman or you have a child under age 18, you may be able to get TennCare Medicaid. Children 18 years old and younger may also be eligible. Your income must be below TennCare's income limits.

You can apply by phone by calling 1-855-259-0701. You can also get a paper application at: <https://www.tn.gov/content/dam/tn/tenncare/documents/TEDSPaperApp.pdf> or Google "How Do I Apply For TennCare" and fax or mail it in. Be sure to keep a copy of your receipt if you mail it in. You can also apply online here: www.tenncareconnect.tn.gov.

Do you have questions about any of this or do you need help? You can call Legal Aid Society at 1-800-238-1443.



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If you need to apply for SNAP:

- Apply online or download a paper application at <https://faonlineapp.dhs.tn.gov/>. You can also Google "Family Assistance Online Application."
- You can find out where to fax or mail a paper application by clicking on the "Local Office Locator" or you can Google "Office Location Family Assistance." Remember to keep your fax confirmation receipt.

If you have children who were getting free or reduced school breakfasts or school lunches, you may be able to get extra SNAP from the Department of Human Services. This has not been set up yet, but you can check Legal Aid Society's website <https://las.org> or call us at **1-800-238-1443** to find out when this is set up.

Are you currently receiving unemployment?

You should still apply for cash assistance through the Tennessee Department of Human Services. You can get both at the same time. **Have questions or need help? You can call Legal Aid Society at 1-800-238-1443.**

You May Be Able To Get More Help To Pay For Food from SNAP (Food Stamps)

If you are eligible for SNAP, you will be able to get the maximum amount for April and May. The amount is:

Household	Maximum per month
1	\$ 194.00
2	\$ 355.00
3	\$ 509.00
4	\$ 646.00
5	\$ 708.00

If you already receive SNAP, you do not need to do anything to increase your benefit amount.

Extra help for pregnant women and children under five

Pregnant women and families with children under the age of five can now apply by phone to get extra food from the WIC program. Usually people have to apply in person to get extra food from WIC. Now you can apply for WIC over the phone by calling your local county health department or **1-800-DIAL-WIC.**



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