



NATIONAL WOMEN'S LAW CENTER

Justice for Her. Justice for All.

APRIL 2021 | FACT SHEET

HOW TO ACCESS YOUR BENEFITS UNDER THE AMERICAN RESCUE PLAN

The American Rescue Plan Act and other COVID relief offer important benefits to help you and your family during the pandemic. This fact sheet can help you find the benefits available this year. More information will be available after May 17 about how to claim additional benefits available next year, including expanded tax credits for workers and for families with child care costs.

DO YOU HAVE KIDS?

- Get a tax credit of up to \$3,000 per child for children ages 6 to 17
- Get a tax credit of up to \$3,600 per child for children under 6 years old

Starting in July, you may be eligible for an advanced payment on these credits (worth up to half). Make sure you can access this money by filing your 2020 taxes here: [IRS.gov](https://www.irs.gov)

If you don't usually file a tax return, help is available here: [IRS.gov/filing/free-file-do-your-federal-taxes-for-free](https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free)

CHECK IN YOUR POCKET- \$1,400 FOR YOU & EACH OF YOUR ELIGIBLE FAMILY MEMBERS

You are eligible if:

- You are single and making less than \$75,000 a year;
- You are the head of a household and make less than \$112,500; or
- You are married and together make less than \$150,000

Access this money by filing your taxes here: [IRS.gov](https://www.irs.gov)

If you don't usually file a tax return, help is available here: [IRS.gov/filing/free-file-do-your-federal-taxes-for-free](https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free)

Find out when your money is scheduled to be sent, or how and when it was sent here: [IRS.gov/coronavirus/get-my-payment](https://www.irs.gov/coronavirus/get-my-payment)

DO YOU NEED HELP BUYING FOOD?

Find free food near you by calling the USDA National Hunger Hotline at **866-3-HUNGRY (866-348-6479)** or 877-8-HAMBRE or visit [findfood.hungerfreeamerica.org/](https://www.findfood.hungerfreeamerica.org/).

If you have children and your school or child care has been fully or partially closed, you may be eligible for the Pandemic Electronic Benefit Transfer (P-EBT) program. **Text "PEBT" to 97779** to learn about benefits that may be available in your state.

NEED HELP FILING YOUR TAXES?

If your income is less than \$72,000, file your taxes for free: [IRS.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers](https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers)

You can also file for free online, with support from trained volunteers: <https://www.getyourrefund.org/en>

DO YOU NEED HELP WITH THE COST OF YOUR HEALTH COVERAGE?

You may qualify for low or no cost health coverage through the Affordable Care Act. Learn more about new, lower costs and sign up for coverage here: healthcare.gov.

Call: **(800) 318-2596**

You can also get help with the cost of COBRA coverage here: DOL.gov/general/topic/health-plans/cobra.

Call: **(800) 318-2596** or **(866) 487-2365**

ARE YOU BEHIND ON YOUR RENT?

Find out if you qualify for federal eviction protections at https://www.cdc.gov/coronavirus/2019-ncov/downloads/EvictionDeclare_d508.pdf.

Find your state or local emergency rental assistance program at nlihc.org/rental-assistance.

If you need advice, contact a housing counseling agency at **(800) 569-4287**.

For the Spanish version: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/Eviction-Declare-esp-508.pdf>

NEED HELP PAYING FOR CHILD CARE?

You may qualify for assistance. Find child care resources in your state here: childcareaware.org/resources/map/

DID YOU LOSE YOUR JOB?

Get an extra \$300 per week in unemployment benefits extended until 9/6/21. Find your state's Unemployment Benefits and sign up here: DOL.gov/general/location.

Call: **(866) 487-2365**

DO YOU NEED A FREE COVID-19 VACCINATION?

You can get the vaccine for free, regardless of health insurance status or immigration status.

Get an appointment for a free shot near you. Go to: VaccineFinder.org

ARE YOU BEHIND ON YOUR MORTGAGE PAYMENTS?

For information about help with your mortgage, visit consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/help-for-homeowners/.

Stay tuned for Homeowner Assistance programs rolling out soon!

NEED HOMELESS ASSISTANCE?

Find your local program at hudexchange.info/housing-and-homeless-assistance/homeless-help/.