

COVID-19 FINANCIAL WELLNESS RESOURCES

The below resources have been compiled by the FERM Program Work Team to provide you and your family with pertinent financial management resources to assist you during this challenging time.

Resources available at the Federal level

The **Consumer Financial Protection Bureau (CFPB)** has information ranging from what to do if you have trouble paying your bills, are facing income loss, or have a problem with a financial service.

<https://www.consumerfinance.gov/coronavirus/>

Visit **The Internal Revenue Service (IRS)** for all your tax-related needs.

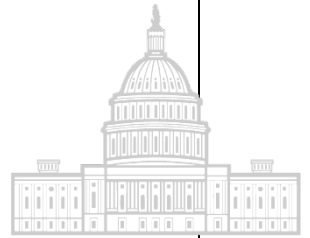
<https://www.irs.gov/coronavirus>

IRS Free File

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Payment Deadline Extended

<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>



The **Federal Deposit Insurance Corporation (FDIC)** provides information linking banks, technology and consumers.

<https://www.fdic.gov/>

The **Federal Trade Commission (FTC)** provides regular consumer alerts regarding scams along with tips and advice for consumers on a variety of financial and consumer related topics.

<https://www.ftc.gov/>

The **Federal Communications Commission (FCC)** has information on scams and a list of cell phone providers who have pledged not to terminate service for 60 days under the Keep Americans Connected initiative.

<https://www.fcc.gov>

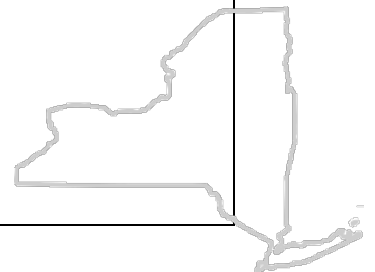
New York State Resources

The **Attorney General of New York State** has detailed information on Coronavirus resources and warnings on current consumer scams.

<https://ag.ny.gov/>

Link to all NYS programs and services through the **NYS Governor**.

<https://www.governor.ny.gov/>



The **NYS Comptroller's** office has a financial toolkit on their website that covers a variety of personal finance concerns that New Yorkers may be dealing with as a result of the coronavirus.

<https://www.osc.state.ny.us/covid-19/financial-toolkit.htm>

The site www.mybenefits.gov allows you to research and prescreen your eligibility for benefits such as HEAP, SNAP, Assistance programs, health insurance and tax credits.

The **New York WIC** program provides food, information on health and nutrition, education and support for low-income women and children up to age five.

www.health.ny.gov/prevention/nutrition/wic

Find helpful **Cornell Cooperative Extension** resources and the **NY Extension Disaster Education Network** information.

<https://eden.cce.cornell.edu/>

Resources from Extensions throughout the United States

North Dakota State University Extension

<https://www.ag.ndsu.edu/publications/money>

University of Wisconsin-Madison Extension

Managing Your Personal Finances in Tough Times

<https://fyi.extension.wisc.edu/toughtimes/>

Financial Resources to Help Get Through COVID-19

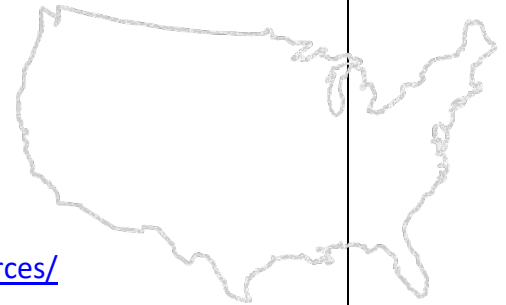
<https://fyi.extension.wisc.edu/toughtimes/covid-19-financial-resources/>

North Dakota State University Extension – Facebook: @NDSUExtension

Blogs:

Breathing Room: A Space to Take a Breath & a Step Towards Wellness

<https://breathingroom.umd.edu/2020/03/19/coronavirus-covid-19-protect-your-health-and-find-help-for-financial-stress/>



April 13, 2020

FERM is a statewide effort by Cornell Cooperative Extension to help individuals and families to adopt management behaviors which lead to more secure financial situations and affordable use of resources through education and practice, including:

- *Enhancing financial literacy skills of consumers*
- *Increasing consumer awareness of energy resource choices*
- *Encouraging and augmenting professional development for extension educators*
 - *Documenting and reporting program impact*