



# Managing Your Finances During COVID-19



## Talk to a free financial coach

Free financial coaching is available to help Connecticut residents manage their finances during this challenging time. Trust Plus, a program of Neighborhood Trust Financial Partners, has financial coaches ready to talk with you over the phone or on a video chat at a time convenient to you. **To schedule a session, text AliceSaves to 646-349-5959.**



## Apply for unemployment

If you have been laid off or furloughed, you may be eligible to receive unemployment benefits from the state. Some requirements have been waived and benefits have been extended to some individuals not eligible for regular unemployment compensation (such as self-employed). **Learn more or begin the online filing process by clicking [here](#).**



## Call your creditors

If you are not able to pay your bills on time, contact your lenders, loan servicers or other creditors as soon as possible. Many creditors have expanding their hardship assistance programs to help during the COVID-19 crisis and will be willing to talk with you about payment options. Taking this action can provide relief and protect your credit score. **For more information, click [here](#).**



## Contact your student loan provider

Federal student loans have been suspended through September 30, 2020. Servicers of these loans will suspend payments without any action required from borrowers. Some private lenders are postponing payments or waiving late fees, as well. However if you have a private loan, you should contact your lender as soon as possible to discuss the options available to you. **More information can be found [here](#).**



## Find free community resources

There are many community-based programs that can help you during this time. Accepting help that you might not normally receive will help you protect your income for things that you cannot can help with. **Call 2-1-1 or visit [United Way of Connecticut's 2-1-1 website](#).**



For the most up to date information about COVID-19, visit Connecticut's [Coronavirus information site](#)  
For information on what to do if you are experiencing COVID-19 symptoms, click [here](#).