

Mark R. Warner

US Senator from the Commonwealth of Virginia



COVID-19 Resources for Gig Workers

There are several programs and relief initiatives in the Coronavirus Aid, Relief, and Economic Security (CARES) Act. This guide can serve as a starting point to guide you in the right direction.

Unemployment Insurance

The CARES Act both establishes a new Pandemic Unemployment Assistance Program and expands the existing UI program to provide additional financial support in the form of adding an additional \$600 to every weekly unemployment benefit through July 31, 2020, and extending unemployment compensation to 39 weeks total (of which only the first four months are at the increased benefit level).

Who can apply?

Unemployment assistance is now expanded to include: part-time, self-employed, and gig workers and freelancers. Eligibility lasts through December 31, 2020, if unemployment is related to COVID-19.

Where can I apply?

You can apply for unemployment insurance and the new Pandemic Unemployment Assistance Program through the Virginia Employment Commission by calling: 1-866-832-2363 2363 (Monday through Friday 8:15am – 4:30pm and Saturday 8am – Noon) or visiting <http://www.vec.virginia.gov/unemployed>. There may be long wait times by phone as a result of high volume.

Cash Assistance

Who can apply?

The Virginia Department of Social Services have programs that provide temporary cash assistance. You may check your eligibility by visiting CommonHelp here: <https://commonhelp.virginia.gov/access/accessController?id=0.07086812039556101>.

Where can I apply?

You can apply for cash assistance here: <https://commonhelp.virginia.gov>. You can also call 1-855-635-4370.

Food Assistance

Who can apply?

Eligibility for food assistance depends on the size of your household and income. Check here for your eligibility by visiting:

https://www.dss.virginia.gov/files/division/bp/fs/intro_page/income_limits/Income_Chart.pdf.

Where can I apply?

You may apply for food assistance with the Virginia Department of Social Services by visiting: <https://www.dss.virginia.gov/benefit/snap.cgi> or calling: 1-855-635-4370.

Energy Assistance

Who can apply?

To check if you are eligible for assistance with your heating or cooling bill you may visit the Virginia Department of Social Services by calling: 1-855-635-4370 or visiting:

<https://commonhelp.virginia.gov/access/accessController?id=0.4926896785420307>.

Other Resources for Virginians in need

For a **statewide directory** of additional resources, call: 211 or visit: <https://211virginia.org/>.

For the **National Suicide Prevention Hotline**, call: 1-800-273-TALK or visit:

<https://suicidepreventionlifeline.org/>.

For the **Federal Substance Abuse and Mental Health Administration Disaster Distress**

Helpline, please visit: <https://www.samhsa.gov/find-help/disaster-distress-helpline> or call: 1-800-985-5990.

For the **National Domestic Violence Hotline**, please visit: <https://www.thehotline.org/help/> or call: 1-800-799-7233.

Additional Assistance

Senator Warner's office stands ready to assist with any coronavirus and non-coronavirus federal issues. **If you or a loved one is currently experiencing an issue with a federal agency**, please contact Senator Warner's office by calling: (202) 224-2023 or visiting: <https://www.warner.senate.gov/>.