

COVID-19 (Coronavirus)

Coping with financial stress

Find out what help is available

You may qualify for unemployment benefits, food assistance, cash assistance, and other free or discounted services.



Make a plan

List your current expenses and prioritize.



Explore payment arrangements

Ask your creditors about options for delayed or reduced payments.



Spread the Facts

coronavirus.wa.gov

It is okay to ask for help.



If you or a loved one is having a crisis,
call **866-4-CRISIS**