



NATIONAL WOMEN'S LAW CENTER

Justice for Her. Justice for All.

JULY 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 recover from the pandemic. This fact sheet can help you find the benefits you and your families are eligible for this year and next year, including when you file your taxes in early 2022. These tax benefits will not affect your other public benefits, such as Medicaid, nutrition assistance, Social Security disability benefits, rental assistance, or other income supports.

DO YOU HAVE KIDS?

Most families with children are eligible for up to \$3,000 per child (\$3,600 per child under 6) in 2021 from the Child Tax Credit. You can get advance payments every month between July 2021 and December 2021:

- Up to \$250 per child ages 6 to 17
- Up to \$300 per child under 6 years old

Follow these steps to get your money:

- If you filed taxes your 2020 taxes this year or your 2019 taxes last year or used the IRS Non-Filer Portal to get a stimulus check, you will get your payments automatically!
- If you didn't file taxes in the last two years, sign up for monthly payments through the IRS Non-Filer Portal: <https://www.irs.gov/credits-deductions/child-tax-credit-non-filer-sign-up-tool>. Find more information at childtaxcredit.gov or GetCTC.org.
- The advance payments will only be half of your total credit—file your taxes in early 2022 to get the rest. And you may be eligible for other tax credits as well.

NEED HELP FILING YOUR TAXES IN EARLY 2022?

- You can get free tax help here, even if you don't usually file a tax return: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers> or [IRS.gov/filing/free-file-do-your-federal-taxes-for-free](https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free).
- 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>.

DID YOU LOSE YOUR JOB?

Find your state's Unemployment Benefits and sign up here: [DOL.gov/general/location](https://www.dol.gov/general/location). Call: **(866) 487-2365**.

Because of the ARP, in some states, you can get an additional \$300 per week until **September 6th**.

NEED HELP PAYING FOR CHILD CARE?

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

If you have **out-of-pocket child care expenses**, including for day care, babysitters, and summer camps, you can receive up to **\$8,000** when you file your taxes next year.

- Keep track of the child care expenses you pay for each child this year. Find out more about what expenses qualify here: IRS.gov/newsroom/child-and-dependent-care-tax-credit-faqs.
- File your taxes in early 2022 to receive the credit.

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

NEED HOMELESS ASSISTANCE?

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

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 visit 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 WITH INTERNET ACCESS?

You may qualify for a discount on your broadband service. Learn more at Getemergencybroadband.org or call **833-511-0311** for a mail-in application.

ARE YOU BEHIND ON YOUR RENT?

- Find out if you qualify for federal eviction protections, currently available through **July 31**, 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**.

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 through 8/15 at: 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 MORTGAGE PAYMENTS?

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