



**NJHelps**  
NJHelps.org

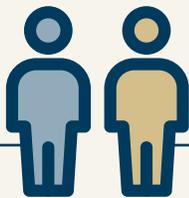
*Supporting Individuals and Families in Need*

## GET HELP WITH **BASIC NEEDS**

If you have no or very low income, you may be eligible for General Assistance or Temporary Assistance for Needy Families. For example, for a single individual, the income limit is \$185 per month. For a family of three, it is \$559 per month. Individuals are not eligible for these benefits while receiving Unemployment Insurance benefits. Once your unemployment benefits end, you may be eligible if you continue to have no or very low income.



If you recently lost your job and need income or housing assistance, we can help.



If you are single or a couple without children, you may be eligible for New Jersey's General Assistance program to help with cash assistance, rental and or utility assistance.



If you are a family, you may be eligible for New Jersey's Temporary Assistance for Needy Families to help with cash assistance, rental and or utility assistance, child care and employment services.

***NJ Human Services has made some important changes to better serve you during the current COVID-19 public health emergency. Here is what you need to know:***

- You can apply online, by phone or mail. A hard copy of your signature is not required to process your application and all steps can be completed remotely.
- Work activities are not required during the emergency for new or existing recipients.
- If you are currently receiving benefits and your case needs to be re-certified in May, the deadline has been extended 60 days and you will continue to receive your cash assistance and other benefits without interruption.

### **TO APPLY:**

Visit **NJHelps.org** to learn more about these programs and to apply. You can also apply by phone by calling your local board of social services or by downloading and mailing an application to your local board of social services. A list can be found at <https://www.nj.gov/humanservices/njsnap/home/cbss.shtml>.



**State of New Jersey**  
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



**Department of Human Services**  
Carole Johnson, Commissioner