



Local 600
International Cinematographers Guild

Eastern Region Resources

Maine

- Maine AFL-CIO <https://maineaficio.org/>
- Maine Dept of Health <https://www.maine.gov/dhhs/>
- Maine Unemployment Insurance <https://www.maine.gov/unemployment/>
- Catholic Charities Maine <https://www.ccmaine.org/get-help>
- Maine United Way <https://www.unitedway.org/local/united-states/maine>
- Maine Food Pantries <https://www.foodpantries.org/st/maine>
- Maine Red Cross <https://www.redcross.org/local/maine.html>
- Northern New England Salvation Army <https://nne.salvationarmy.org/nne/maine>

New Hampshire

- United Way NH: Provides Community Assistance or individuals who have been out of work or are disabled <http://www.graniteuw.org/>
- New Hampshire Department Of Health And Suman Services: <https://www.dhhs.nh.gov/>
- New Hampshire Employment Security: <https://www.nhes.nh.gov/>
- Catholic Charities NH: Food Pantries, Homeless Services, Housing & Financial Counseling, Caregiver Relief <https://www.cc-nh.org/>

New Hampshire Food Pantries

- Gather: Assisting Seacoast Residents <https://www.gathernh.org/>
- Nh Food Pantries.Org: https://www.foodpantries.org/st/new_hampshire

Vermont

- Vermont AFL-CIO <https://vt.aficio.org/>
- Vermont Unemployment Insurance <https://labor.vermont.gov/unemployment-insurance>
- Vermont Dept of Health <https://www.healthvermont.gov/>
- Food Bank <https://www.vtfoodbank.org/>
- Vermont United Way <https://www.unitedway.org/local/united-states/vermont>
- Salvation Army <http://easternusa.salvationarmy.org/use/contact-the-salvation-army>
- Red Cross <https://www.redcross.org/local/new-hampshire-vermont.html>

Massachusetts

- AFL-CIO <https://www.massaficio.org/>
- MA Dept of Health <https://www.mass.gov/orgs/department-of-public-health>
- MA Unemployment Insurance <https://www.mass.gov/unemployment-insurance-ui-online>
- Catholic Charities Boston <https://ccab.org/basic-needs>
- MA United Way <https://www.unitedway.org/local/united-states/massachusetts>
- MA Food Pantries <https://www.foodpantries.org/st/massachusetts>
- MA Red Cross <https://www.redcross.org/local/massachusetts.html>
- MA Salvation Army <https://massachusetts.salvationarmy.org/>

Rhode Island

- Department of Labor and Training Rhode Island <http://www.dlt.state.ri.us/>

Rhode Island Food Banks

- RI Community Food Bank <https://rifoodbank.org/>
- RI United Way <https://www.uwri.org/>
- Food Pantries.Org Providence, Rhode Island <https://www.foodpantries.org/ci/ri-providence>

Connecticut

- CT AFL-CIO <https://www.ctaficio.org/>
- CT Dept of Health <https://portal.ct.gov/dph>
- CT Unemployment Insurance <http://www.ctdol.state.ct.us/UI-online/index.htm>
- CT United Way <https://www.ctunitedway.org/>
- CT Food Banks <http://www.ctfoodbank.org/>
- CT Rhode Island Salvation Army <https://ctri.salvationarmy.org/>
- CT Red Cross <https://www.redcross.org/local/connecticut.html>

New York

- NY State AFL-CIO <https://nysaficio.org/>
- NY State Dept of Health <https://coronavirus.health.ny.gov/home>
- NYC Dept of Health <https://www1.nyc.gov/site/doh/index.page>
- NY Unemployment Insurance <https://labor.ny.gov/unemploymentassistance.shtm>
- United Way NY State <https://uwnys.org/>
- Catholic Charities <https://catholiccharitiesny.org/find-help>
- Greater NY Red Cross <https://www.redcross.org/local/new-york/greater-new-york.html>
- Food Bank NYC <https://www.foodbanknyc.org/>
- City Harvest NYC <https://www.cityharvest.org/>
- Food Bank Westchester <https://feedingwestchester.org/>

- [Rockland County United Way](https://www.uwrc.org/) <https://www.uwrc.org/>
- Rockland County Food Pantry <http://www.sunyrockland.edu/campus-life/services/connection-center/rockland-county-food-pantry-list>

New Jersey

- NJ Dept of Health <https://www.nj.gov/health/>
- NJ Unemployment Insurance <https://myunemployment.nj.gov/>
- NJ Food Bank <https://cfbnj.org/>
- United Way NJ <https://www.nj211.org/united-ways-new-jersey>
- NJ Health and Human Services Programs <https://www.nj.gov/humanservices/dfd/programs/njsnap/>
- NJ Red Cross <https://www.redcross.org/local/new-jersey.html>

Pennsylvania

- PA AFL-CIO <http://www.paaflcio.org/>
- PA Dept of Health <https://www.health.pa.gov/Pages/default.aspx>
- PA Unemployment Insurance <https://www.uc.pa.gov/unemployment-benefits/Pages/default.aspx>
- Philadelphia Dept of Health <https://www.phila.gov/departments/department-of-public-health/>
- PA United Way <https://www.uwp.org/>
- General Assistance <https://www.jewishrelief.org/>
- Food Banks Central PA <https://www.centralpafoodbank.org/>
- PA Food Pantries <https://www.foodpantries.org/st/pennsylvania>
- PA Red Cross <https://www.redcross.org/local/pennsylvania/greater-pennsylvania.html>
- Salvation Army of Eastern PA and Del <https://pendel.salvationarmy.org/>

PA Local Community Organizations

- **Food Pantries** – Department of Human Services list of food pantries operating in Pennsylvania listed by county
- **Free Clinic Association of Pennsylvania (FCAP) - (freeclinicspa.org)** – Free and charitable healthcare clinics in Pennsylvania.
- **Utility Assistance Programs | PA PUC** – Utility assistance programs in Pennsylvania listed by utility company.
- **Just Harvest**
Just Harvest is a non-profit that has served Allegheny County for over 30 years. Their mission is to end hunger through public policy and sustainable programs. They provide a number of resources our members have found helpful including assistance applying for food stamps.
- **The Greater Pittsburgh Community Food Bank**
An excellent resource for accessing food assistance in the Pittsburgh Area including benefits and food pantries.
- **PA Dept of Human Services Food Bank Directory**
“Feeding Pennsylvania” and “Hunger-Free Pennsylvania” member food banks offer food assistance services in each county through a network of nearly 3,000 local charitable partners — including food pantries, soup kitchens, feeding programs, and shelters.
- **The Low Income Home Energy Assistance Program (LIHEAP)**
LIHEAP helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants.

- **PA 211**
PA 211 helps with a variety of needs including rent/mortgage, food, utilities, medication/healthcare and transportation.
- **PA Unemployment**
IATSE is not on strike. You can and should apply for unemployment at this time. Click to learn about the requirements and how to apply for unemployment in Pennsylvania.
- **Medicare/Medicaid**
Medicaid is a joint federal and state program that, together with the Children's Health Insurance Program (CHIP), provides health coverage to over **72.5 million** Americans, including children, pregnant women, parents, seniors, and individuals with disabilities. Medicaid is the single largest source of health coverage in the United States.
- **Pennsylvania Mental Health Resources**
No matter your challenges, there are options to help you. Use this guide to find the support that works for you and your loved ones.
- **Crisis Center North**
Provides services to victims of domestic violence and their loved ones in Northern and Western Allegheny County via counseling, therapy, case management, legal and medical advocacy, and economic empowerment services. In addition, the Center provides community training on topics related to intimate partner violence and teen dating violence.
- **Women's Health Assistance**
A search engine provided by the United Way linking you to women's health resources.
- **Cancer Bridges**
Cancer Bridges supports those impacted by cancer through a variety of free programs and services and is based locally in Pittsburgh.

Delaware

- Delaware AFL-CIO <http://delawareaflcio.com/about/>
- Delaware Unemployment Insurance <https://ui.delawareworks.com/>
- Delaware Dept of Health <https://dhss.delaware.gov/dhss/>
- Delaware United Way <https://uwde.org/>
- Red Cross <https://www.redcross.org/local/maryland-delaware.html>

D.C.

- DC Metro AFL-CIO <https://www.dclabor.org/>
- DC Metro Dept of Health <https://dchealth.dc.gov/>
- Expanded unemployment insurance: https://does.dc.gov/sites/default/files/dc/sites/does/publication/attachments/Unemployment%20Insurance%20Guidance_r0B.pdf
- DC Mayor's Office Resource Info <https://coronavirus.dc.gov/>
- DC Area Food Bank <https://www.capitalareafoodbank.org/>
- DC Area Catholic Charities <https://www.catholiccharitiesdc.org/>
- DC United Way <https://unitedwaynca.org/>
- Salvation Army [salvationarmyusa.org/usn/](http://www.salvationarmyusa.org/usn/)
- Red Cross <https://www.redcross.org/local/washington-dc.html>

Maryland

- Maryland United Way <https://www.unitedway.org/local/united-states/maryland>
- Maryland Salvation Army <https://salvationarmydm.org/>
- Maryland Red Cross <https://www.redcross.org/local/maryland-delaware.html>

Virginia

- United Way: Provides Community Assistance or individuals who have been out of work or are disabled <https://www.unitedway.org/local/united-states/virginia/united-way-of-virginia>
- Southeastern Virginia And The Eastern Shore <https://foodbankonline.org/covid-19/>
- Blue Ridge Area-Food Bank <https://www.brafb.org/>
- VA Chamber Resource Center <https://www.vachamber.com/covid-19/>
- Catholic Charities, Richmond VA <https://www.cccofva.org/>
- Federation of Virginia Food Banks - Federation of Virginia Food Banks (vafoodbanks.org) – Seven foodbanks in Virginia and Washington, D.C.
- Free Health Clinics in Virginia | Serving the Uninsured | VAFCC (vafreeclinics.org) – Free and charitable healthcare clinics in Virginia.
- Energy Assistance (EA) - Virginia Department of Social Services – Department of Social Services utility assistance programs.

Information on: Food Pantries, Homeless Services, Housing & Financial Counseling, Caregiver Relief

- West Virginia Financial Aid And Assistance Programs https://www.needhelppayingbills.com/html/west_virginia_assistance_progr.html
- Virginia Employment Commission <http://www.vec.virginia.gov/>

West Virginia

- West Virginia AFL-CIO <https://www.wvafclcio.org/>
- West Virginia Unemployment Insurance <https://workforcewv.org/unemployment>
- West Virginia Dept of Health <https://dhhr.wv.gov/Pages/default.aspx>

- Food Pantries https://www.foodpantries.org/st/west_virginia
- Salvation Army <https://www.salvationarmymwv.org/>
- Red Cross <https://www.redcross.org/local/west-virginia.html>

North Carolina

- Food Bank of Central & Eastern North Carolina: Non-Profit organization that provides food in 34 counties in central and eastern North Carolina. The food bank is affiliate member of Feeding America, the nation's leading domestic hunger relief charity <https://foodbankcenc.org/>
- North Carolina Center for Non-Profits: Members can find information on Financial Resources available, Employee Benefits and Human Resources, Health and Safety <https://www.ncnonprofits.org/resources/pandemicresources>
- United Way NC: Provides Community Assistance or individuals who have been out of work or are disabled <https://www.unitedwaync.org/>
- NC Department of Commerce Division of Employment Security <https://des.nc.gov/>
- <https://nc211.org/> - This is a referral source run by the United Way of North Carolina.
- <https://www.ncdhhs.gov/> - The department of health and human services in NC.
- <https://www.hud.gov/northcarolina> - HUD's webpage for housing-related resources in NC

South Carolina

- South Carolina- United Way: Provides Community Assistance or individuals who have been out of work or are disabled <https://www.uwasc.org/>
- Sc-Food Pantries.Org https://www.foodpantries.org/st/south_carolina
- South Carolina Department of Employment: <https://dew.sc.gov/>
- <https://sc211.org/> - This is a similar resource for South Carolina.
- <https://dss.sc.gov/> - Department of Social Services in SC.
- <https://www.hud.gov/southcarolina> - HUD's webpage for housing-related resources in SC

Puerto Rico

- Banco De Alimentos <http://bancodealimentoopr.org/>
- United Way-Puerto Rico <https://www.unitedway.org/local/united-states/puerto-rico>
- FEMA Assistance <https://www.fema.gov/disaster/3452>
- Departamento De Trabajo

