

# SOCIAL CLASS



## Helpful Tips

- **Become familiar with available resources.** If you are in a tough situation financially, your resources may vary depending on where you live. Make sure you consider the options available for your state or county of residence.
- **Apply for aid as soon as possible.** If you are laid off or furloughed for your job, apply for assistance as soon as you can. Many systems are understaffed and backed up with the number of requests that are coming in.
- **Advocate for yourself.** If your employer is not providing safe working conditions, consider advocacy options for yourself, your coworkers, or the wider field that you work in.
- **Remember that you are not alone.** Millions of people around the world are facing added financial difficulties because of the pandemic.
- **Be an ally.** If you are not facing financial trouble during the pandemic, consider assisting those who are. Many grocery stores are collecting food donations, and you can also donate directly to local non-profits and organizations in your community.

## Resources for Consideration

- **New York Times:** ["F.A.Q. on Stimulus Checks, Unemployment and the Coronavirus Plan"](#)
- **Fedloan Servicing:** Information on federal student loan relief programs on the [COVID-19 Relief for Student Loan Borrowers](#) page
- Federal Student Aid: Find options for consolidating federal student loans on [this page](#)
- **Business Insider:** ["25 private student loan lenders that may help you with payments during the COVID-19 outbreak"](#)