

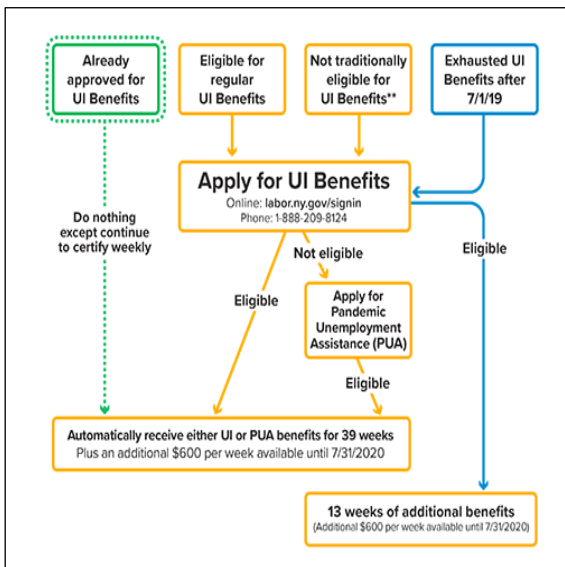
EDUCATIONAL ALLIANCE CAREER ASSISTANCE

Job Search | Resume Help | Workshops | Coaching | Cover Letters | Networking | Interviewing

Meet / Email a Counselor at EmploymentServices@edalliance.org

Our Counselors are available to provide a supportive, empathetic ear especially to those unemployed – it's very hard to grapple with and getting advice from someone who has gone through it is immensely helpful and healthful. Along with having a guiding hand to move forward in job search.

Send them an email to arrange a time to talk.



CARES Act - Unemployment Insurance benefits - For further information [click here \(PDF\)](#)

CARES Act - Student Loans - Under the CARES Act stimulus package, federal student loans will automatically have their interest rates set to 0% for a period for six months and allow borrowers to pause payments. Importantly, this protection only applies to loans held by the Dept. of Education (Direct loan, ED-held FFEL loans, and ED-held Perkins loans). It will not apply for commercially held or school-held Perkins loans. Borrowers should log on to their student loan servicer's website to access their account for further information.

myBenefits - NY State - Find all kinds of Information regarding SNAP, health, housing and other assistance for families at mybenefits.ny.gov

Get Help for Stress, Mental Health - Stress can affect the way you think, feel and act. If you feel you want to talk to someone, you can connect with trained counselors, a free and confidential mental health support service, in more than 200 languages, provided by New York City at [NYC Well](#)

Additionally, there are mental health professionals who have signed up to provide free online mental health services, you can call NY State's hotline at 1-844-863-9314 to schedule a free appointment.

MTA, LIRR, Metro-North, Access-A- Ride, MetroCards and more - MTA service during the virus on many lines are limited. They are operating primarily to get health-care workers, first responders and other essential personnel where they need to go. They're running as much service as possible with the crews who are healthy and available to work. Updates and other useful information can be found [here MTA.info](#)

NYCHA Rent Hardship - A household may qualify for a rent reduction based on Rent Hardship or the Zero income policy if a household experiences a complete loss of income. For more information (in English, Russian, Spanish and Chinese) visit nyc.gov/nycha/Rent-Hardship.pdf

Free Meals - New York City Dept of Education is making three free meals available daily for any New Yorker at more than 400 Meal Hubs across the city. Use this [Meal Hub lookup tool](#) to find a location near you.

And now beginner Yoga to relieve stress. #3 is my favorite, practice makes perfect [3 Simple Yoga poses](#)