



Government Shutdown Resources

The current partial government shutdown has affected hundreds of thousands of federal workers across the country. For some, a delayed paycheck can mean serious financial hardship. Please see a list of resources below to help those furloughed federal workers, unpaid federal contractors, or others facing hardship as the shutdown continues.

Unemployment Assistance

[Washington State Employment Security Department](#) has put together a webpage to help furloughed federal workers understand if they qualify for unemployment benefits and how to go about applying. Furloughed federal employees may apply for benefits online or by phone at 800-318-6022 using the last digit of [their social security number](#).

Nutrition Assistance

[Washington State Department of Health](#) has information on WIC benefits and how to get a hold of a local WIC office for questions. During the federal government shutdown, both the state WIC Office and local WIC clinics will remain open through March. WIC checks can still be used at any authorized grocery store.

DSHS is urging clients who receive February benefits early to budget carefully. Some recipients—those who get their benefits on the 20th of each month, for example—will be going two months between SNAP disbursements. [Read more here](#).

Financial Institutions

The Washington State Department of Financial Institutions offers a [list of Washington banks that are helping members](#) who are assisting federal workers negatively affected as a result of the shutdown.

Housing Assistance

The Federal Housing Authority, along with Fannie Mae and Freddie Mac, has asked mortgage lenders to work with their customers who are furloughed government employees or contractors and have been affected by the shutdown. If you do not have enough money in savings to cover your mortgage payment or rent, contact your lender or landlord immediately. Lenders may work with you to waive late fees, set up a repayment plan or offer loan forbearance.

- [If I Can't Pay My Mortgage Loan, What Are My Options?](#)
Information from the Consumer Financial Protection Bureau.
- [List of Housing Counseling Agencies in Washington](#)
Housing counselors may be able to assist you with your needs.

Federal Student Loan Assistance

If you are a federal employee impacted by the partial government shutdown, there may be options for you to postpone making your payments through the use of a deferment or forbearance. See the information from the Department of Education here: [Student Loan Deferment or Forbearance](#).

Tax Assistance

IRS confirms that despite the government shutdown, Tax Filing season will begin Jan. 28. To find out more information, visit their website [here](#).

Veterans' Assistance

WAServes offers service members, veterans, and their families access to a class-leading continuum of providers that runs the gamut from superior housing and emergency service providers to employment, recreation and fitness, financial capabilities, and more. [Visit their website here](#).

Energy Assistance

Some individual utility companies offer programs for individuals to apply for assistance paying a utility bill. You may contact those individual companies through the links below:

- [Avista](#)
- [Cascade Natural Gas](#)
- [Northwest Natural Gas](#)
- [Pacific Power](#)
- [Puget Sound Energy](#)

Phone/Internet Assistance

Several wireless providers have announced programs to help federal government workers with their bills. Contact your cell phone company to learn more.

- [Verizon: Help for Government Employees](#)
- [AT&T: Helping Those Impacted by the Government Shutdown](#)
- [Sprint Will Assist Those Impacted by the Government Shutdown](#)
- [T-Mobile Ready to Help Those Impacted by Shutdown](#)

School Lunch Assistance

If you are not receiving your paycheck due to the government shutdown, your child may qualify for meal benefits through their school district. To find out more information, contact your local school district directly. [A directory of school districts can be found here.](#)

Food Banks

Northwest Harvest's hunger relief network is comprised of 375 food banks, meal programs and high-need schools. To find a partner food bank in their area, constituents can find a full database [here](#).

Food Lifeline distributes food to more than 300 food banks, shelters, and meal programs throughout Western Washington. To find a partner food bank in their area, constituents can find a full database [here](#).

King County

Hopelink is encouraging all federal employees who are struggling to get by to contact their local Hopelink center to see how they might be able to help. If you need assistance, please call the [nearest Hopelink service center](#).

Snohomish County

United Way of Snohomish County encourages individuals who are affected by the shutdown to reach out for assistance. They are maintaining a list of resources [here](#).

Skagit County

Community Action of Skagit County offers assistance in navigating assistance programs throughout the county, from energy assistance, to veterans' services, to the Women, Infants, and Children (WIC) program. Find out more about their services [here](#).

Whatcom County

Opportunity Council can assist in navigating various public assistance programs; in addition, they maintain a Community Resource Guide for those who need help. Contact Opportunity Council [here](#).

Additional Assistance

Call Washington 2-1-1 or search their [online database](#) and they can help direct you to the resources you need.

Several government agencies are still operational:

- The Federal VA is still offering its benefits and assistance; learn more [here](#).
- Social Security, Medicare and Medicaid are unaffected and will continue without interruption.
- U.S. Citizen and Immigration services and operations are uninterrupted.
- Passport services are still available.
- Mail will continue to be delivered without interruption.