

COPING WITH COVID-19 FINANCIAL STRESS

The COVID-19 outbreak may affect many aspects of your military life, including financial readiness.

Here are some things you can do to support yourself:

CONSIDER INSTITUTING AN EMERGENCY BUDGET

Focus on essentials, leave out or minimize discretionary spending.

MANAGE EXPENSES

Figure out what you can cut and then divert that money to savings.

- Can subscriptions be cut? Cheaper phone, cable or internet plan? Limit spending

AVOID HIGH COSTS

If things do get rough, avoid high-cost alternatives to get cash. (High interest credit cards, pay day loans or withdrawing retirement funds.) You may also reach out to your service specific relief society for assistance.

CONTACT YOUR LENDERS AND LOAN SERVICERS

Financial regulators have encouraged financial institutions to work with their customers to meet their community needs. Your lender may have options that will help.

ASK FOR HELP

If you are already feeling the pinch financially, ask for help. You can arrange to speak with a **Personal Financial Management Specialist** by contacting your local Fleet and Family Support or Military and Family Support center. They are standing by to discuss your individual situations.

CHECK YOUR CREDIT REPORTS

Your credit reports and scores play an important role in your future financial opportunities.

FOR MORE INFORMATION ON COVID-19 PLEASE VISIT: WWW.CDC.GOV/COVID19



Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



NSA Annapolis | Phone: (410) 293-2641

NSA Bethesda | Phone: (301) 319-4087

NSA South Potomac | Phone: (540) 653-1839

JB Anacostia-Bolling | Phone: (202) 767-0450

NAS Patuxent River | Phone: 301-342-4911

NSA Washington | Phone: (202) 685-0229

FFSC Fort Meade | Phone: (301) 677-9014

**MILITARY
ON-SOURCE**

Military Crisis Line at 800-273-8255, then press 1,
or access online chat by texting 838255



Consumer Financial
Protection Bureau
www.consumerfinance.gov



www.tsp.gov



Connect with a Chaplain
1-855-NAVY-311 - Text: navy311@navy.mil

TO STAY UP TO DATE ON COVID-19 -- VISIT WWW.CDC.GOV/COVID19