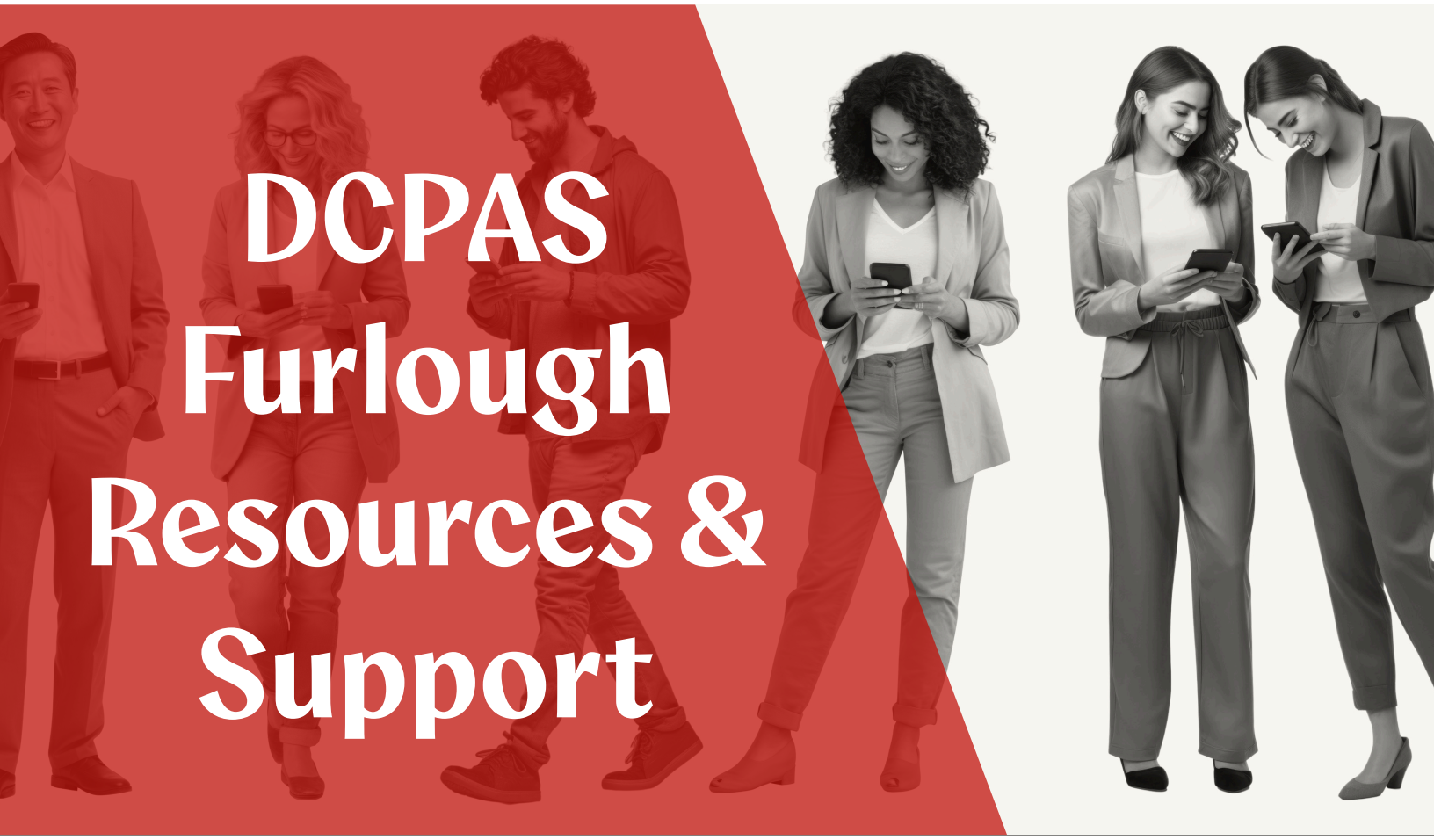
The resources listed in this flyer were gathered from multiple public and private sources to support furloughed employees. Availability of services, offers, or assistance may vary and is subject to change. We encourage individuals to contact the listed organizations directly to confirm current eligibility, access, and details. The Defense Civilian Personnel Advisory Service (DOPAS) does not endorse or guarantee any specific service, nor is it responsible for expired offers or changes made by external providers.



DCPAS Furlough Resources & Support

Federal Employee Education and Assistance Fund

This non-profit offers emergency hardship loans for federal employees facing a personal crisis and may activate a shutdown grant program for furloughed employees if a shutdown extends long enough for them to miss a paycheck. **Phone: 202-554-007** **https://www.feea.org**

National Credit Union Administration and Banks

Many financial institutions offer special assistance programs. These can include: zero-interest or low interest loans; payment deferrals on existing loans; no-penalty withdrawals from savings accounts; and waiving fees on checking accounts and credit cards. **Contact your serviced financial institution.**

United Way 211

Call 211 or visit http://www.unitedway.org/ to connect with local health and human services resources in your community, including food, housing, and utilities and other financial assistance.

Unemployment Compensation for Federal Employees (UCFE)

Furloughed employees can apply for UCFE through their state workforce agency. While federal employees are typically guaranteed back pay after a shutdown, any unemployment benefits received during that period must be repaid. **Contact your local office.**

Food Banks

A nationwide network of food banks provide free meals and groceries to furloughed employees. Find your local food bank. **https://www.feedingamerica.org.**

Salvation Army

Services include emergency food assistance, help with rent and utility bills, and access to clothing and household essentials. Local chapters may also provide emotional and spiritual care, ensuring individuals and families.
Visit **https://salvationarmyusa.org.**

Local Religious Organizations

Churches, synagogues, mosques, and other faith-based groups often provide meals and aid. **Contact your local house of worship.**

Local Utility Companies

Many offer deferred payment plans or hardship assistance—contact your provider directly to inform them of your situation and make arrangements. **Contact your local company.**

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Furlough Resources and Support

National Housing Counseling Agencies

HUD-approved counselors can help with mortgage or rent issues. Find one at **https://www.hud.gov**.

Military OneSource

A free, confidential support service provided for active-duty, National Guard, and Reserve service members and their families. It offers 24/7 access to non-medical counseling, financial and legal resources, spouse education and career guidance, relocation assistance, and more. **https://www.militaryonesource.mil**

Low Income Home Energy Assistance Program

Helps with heating and cooling bills. Visit **https://www.benefits.gov** to apply.

National Foundation for Credit Counseling (NFCC)

NFCC is offering tailored financial support to furloughed federal employees. Services include free budget counseling, debt management plans, and guidance on prioritizing expenses during income disruptions. Visit **https://www.nfcc.org**.

Employee Assistance Programs (EAP)

Many federal agencies offer EAPs with free counseling and support services. **https://www.foh4you.com**

Consumer Financial for Credit Counseling

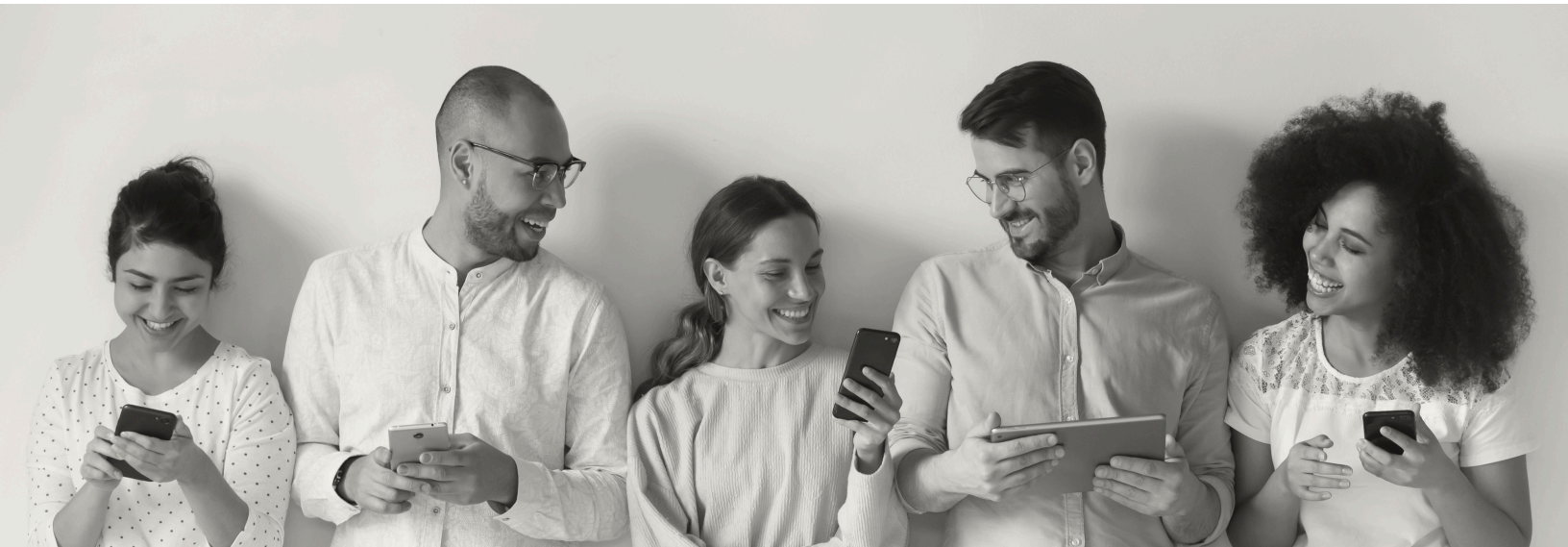
Provides tools for budgeting and managing debt during furloughs. Visit **https://www.consumerfinance.gov**.

Member of Congress offices

Many members of Congress have dedicated resources on their websites listing various forms of assistance, including links to financial institutions and community support services.
https://www.house.gov/representatives
https://www.senate.gov/senators/senators-contact.htm

Local Government and Community Support

Many local governments and communities are actively offering resources and assistance to furloughed federal employees . Services include emergency financial assistance, food distribution, housing support, and flexible payment plans for utilities. **Contact your local municipality.**



Regional and State Furlough Resources and Support

DC Dept. of Employment Services (DOES

Unemployment/UCFE, career services,
For furloughed federal employees residing/working in DC
https://does.dc.gov

Prince George's County, MD

Health, mental health, social support programs
Federal workers living in PG County, MD
https://www.princegeorgescountymd.gov

Fairfax County, VA - Coordinated Services Planning

Food, rent, utility, and social service connections
Residents of Fairfax County
Phone: 703-222-0880 | Website:
https://www.fairfaxcounty.gov

Maryland State - Team Maryland

State-level supports (fee waivers, utilities, etc.)
Federal workers living in Maryland
https://governor.maryland.gov

City of Alexandria, VA

Local relief, info, enforcement delays
Federal workers residing in Alexandria
https://www.alexandriava.gov/FederalShutdown

San Antonio Workforce Solutions / Re-employment Assistance for Federal Talent (RAFT)

Job training, reemployment services
Federal workers in San Antonio, TX
https://www.sa.gov | Phone: 210-224-4357

Endeavors (San Antonio nonprofit)

Housing, mental health, emergency assistance
Residents in San Antonio region
https://endeavors.org

California Rural Legal Assistance (CRLA)

Free legal aid (employment, housing, consumer law)
Low-income individuals in CA (including furloughed workers)
https://www.crla.org

Bank of America

Client Assistance Program, Personalized financial assistance (case-by-case relief, fee waivers, forbearance) Available to Bank of America customers affected by furlough; Phone: 844-219-0690 https://www.bankofamerica.com

Chase Bank

Hardship programs including loan modifications, payment deferrals; Available to Chase customers; must call to apply
Phone: 888-356-0023
https://www.chase.com

Congressional Federal Credit Union

Relief Line of Credit
Interest-free credit line for furloughed employees, usually 60 days; Must be a member of Congressional FCU
https://www.congressionalfcu.org

FedChoice Federal Credit Union

Hardship programs including loan modifications, payment deferrals; Available to Chase customers; must call to apply
Phone: 888-356-0023
https://www.chase.com

Regional and State Furlough Resources and Support

Navy Federal Credit Union

Government Shutdown Loan Program
0% interest payroll advance loans for federal employees
Direct deposit with Navy Federal required
Phone: 1-888-842-6328 | https://www.navyfederal.org

U.S. Employees Credit Union

Shutdown Loan; Interest-free loans repaid within 60 days or when back pay is issued
Membership required
https://www.usemployees.org

Wells Fargo

Hardship Relief; Payment deferrals, fee waivers, forbearance, case-by-case relief; Available to Wells Fargo customers affected by shutdown;
Phone: 1-800-TO-WELLS; https://www.wellsfargo.com

PenFed Credit Union

Emergency Furlough Assistance; Government furlough loan, mortgage hardship help, skip-a-payment options
Must be a PenFed member
https://www.penfed.org/furlough

Union Plus

One-time grant ($300), mortgage assistance programs
Union Plus credit card holders or mortgage holders in good standing; https://www.unionplus.org

AT&T

Hardship Support; Flexible payment arrangements, deferred billing for wireless/TV/internet
Available to AT&T customers with proof of impact
https://www.att.com

T-Mobile

Account Assistance; Payment deferral, flexible account support for furloughed employees
Available to T-Mobile customers with proof of impact
Call 611 (from T-Mobile device) or 877-746-0909

Verizon

Promise to Pay Program; Flexible billing and promise-to-pay arrangements; Available via My Verizon app or Customer Care; Phone: 866-266-1445: https://www.verizon.com

Discover Card

Customer Assistance; Payment skip, late fee reversals
Available to Discover card members affected by shutdown
https://www.discover.com

Ally Financial

Hardship Relief; Refunds of transaction fees, penalty waivers, payment extensions;
Available to Ally Bank customers with accounts/loans
https://www.ally.com

First Command Financial Services

Zero-interest payroll advances, penalty-free CD withdrawals, loan assistance; Available to First Command clients who are federal employees; https://www.firstcommand.com

Toyota Financial Services

Loan/lease extensions up to 2 months, flexible hardship programs; Available to Toyota Financial customers impacted by furlough; https://www.toyotafinancial.com

Regional and State Furlough Resources and Support

MetLife Auto & Home

One-time 30-day grace period on policy payments
Policyholders must call for eligibility
Phone: 800-GET-MET8 | https://www.metlife.com

The Hartford Insurance

Payment grace periods for affected policyholders
Available to Hartford customers with valid policy
Phone: 800-393-0864 | https://www.thehartford.com

VCA Animal Hospitals

Flexible payment plans for veterinary services
Available at 700+ VCA locations nationwide
https://vcahospitals.com

Legal Aid at Work (CA)

Employment law help, workplace rights
Workers in California facing employment challenges
https://legalaidatwork.org

Potomac Electric Power Company (Pepco)

Help manage energy bills through flexible payment options, late payment charge waivers.
https://thesource.pepcoholdings.com/expanded-support-available-during-federal-government-shutdown-3/

United Services Automobile Association (USAA)

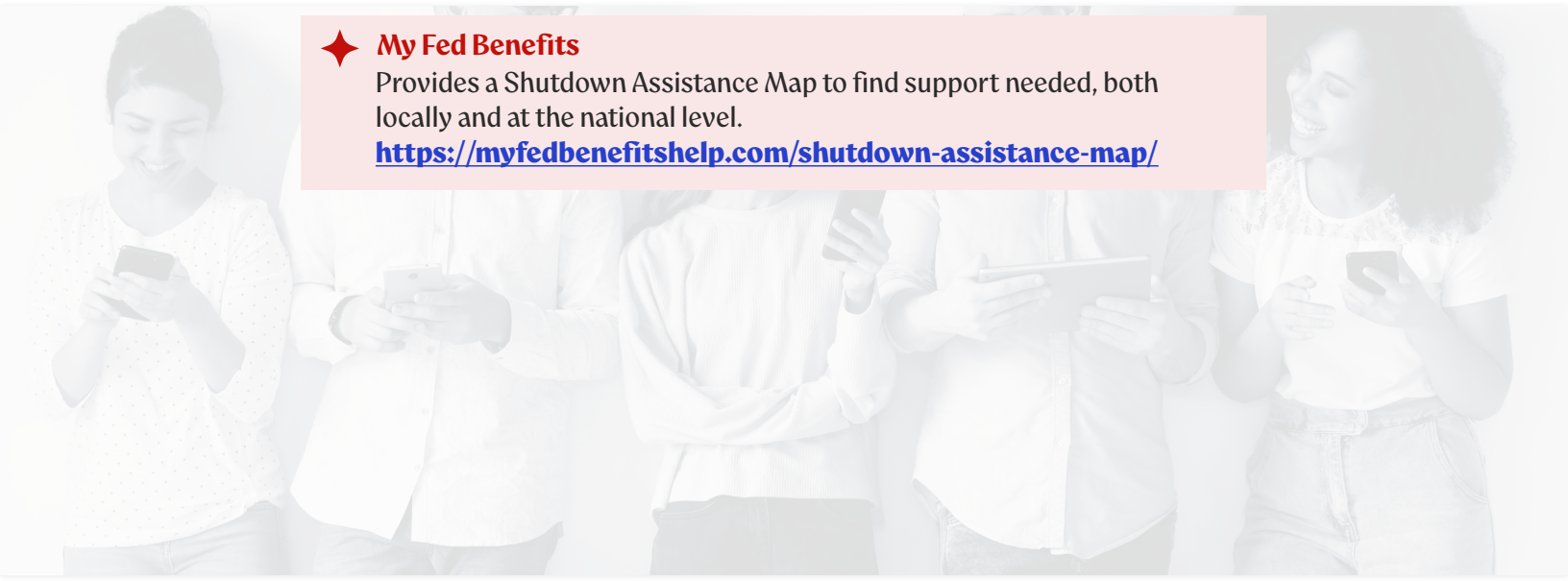
Members impacted by a government shutdown can count on USAA and may be eligible to apply for a no-interest loan and other payment relief options.
https://www.usaa.com/support/government-shutdown-program/?akredirect=true

T-Mobile

Account Assistance; Payment deferral, flexible account support for furloughed employees
Available to T-Mobile customers with proof of impact
Call 611 (from T-Mobile device) or 877-746-0909

Verizon

Promise to Pay Program; Flexible billing and promise-to-pay arrangements; Available via My Verizon app or Customer Care; Phone: 866-266-1445: https://www.verizon.com

My Fed Benefits

Provides a Shutdown Assistance Map to find support needed, both locally and at the national level.
https://myfedbenefitshelp.com/shutdown-assistance-map/