



We've Been Tested Like Never Before.

We'll Rebuild Stronger Than Ever.

ASSEMBLYWOMAN *Mary Beth*  
**WALSH**

New York State Assembly  
Albany, NY 12248

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# *We're All Feeling This...*

Things have been changing quickly over the past few months and in an effort to prevent further tragedy from spreading throughout the state, upstate families and businesses have suffered great economic hardship like never before. While I don't know what the situation will be like when this reaches your mailbox, I do know that I am always just a call or email away if you need assistance.

***Brighter days are ahead of us. In the meantime, help is available:***

## **Unemployment Insurance**

To file a claim on the state's revamped online system, visit: [labor.ny.gov/unemploymentassistance.shtm](http://labor.ny.gov/unemploymentassistance.shtm).

## **Small Business Help**

Rebuilding our economy is going to take time, resolve and coordination with the federal government. Up-to-date information on programs available for small businesses can be found at: [www.sba.gov/funding-programs/loans/coronavirus-relief-options](http://www.sba.gov/funding-programs/loans/coronavirus-relief-options)

## **Prioritize Mental Health**

Taking care of our mental health during these difficult times is critically important. The Coronavirus Emotional Support Help Line staffed by the New York State Office of Mental Health can be reached at **1-844-863-9314**.

## **Resources Available in the 112<sup>th</sup>**

### **Assembly District:**

#### **Saratoga County**

Saratoga County Public Health Services: **518-885-2276**

Saratoga County Department of Social Services: **518-884-4140**

Saratoga County Department of Mental Health & Addiction support: **518-584-9030**

Saratoga County Office of the Aging: **518-884-4100**

*\*Important resources for nutrition during COVID-19 can be found at: [www.saratogacountyny.gov/departments/office-for-the-aging/](http://www.saratogacountyny.gov/departments/office-for-the-aging/)*

#### **Town of Glenville**

The Senior Shopping Assistance program will continue indefinitely. If you live in the Town of Glenville and would like help with your shopping needs, please email [vhillis@townofglenville.org](mailto:vhillis@townofglenville.org) or call **518-688-1221**.

For more information on this or any state matter, please contact Assemblywoman Mary Beth Walsh at: 199 Milton Avenue, Suite 3-4, Ballston Spa, NY 12020  
518-884-8010 • [walshm@nyassembly.gov](mailto:walshm@nyassembly.gov)



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