What kind of HELP can I get to meet my basic needs?

I am an ADULT: age 21 or older

I am a lawfully present immigrant in the United States

I am waiting for an Asylum decision

I am a Lawful Permanent Resident (LPR) (sponsored with a green card)

For less than 5 years

For 5 years or more

I am not lawfully present in the United States (undocumented)

I can get:
- Emergency MaineCare
- CarePartners/MedAccess

I may be able to get:
- MaineCare
- Marketplace subsidies
- SSI (if I am over 65 or have a disability)
- General Assistance
- TANF (if I have children)
- Food Stamps

I am a CHILD: under 21 years old

I was born in the United States

I am a lawfully present immigrant to the United States

I am an Undocumented Immigrant to the United States

I may be able to get:
- MaineCare
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- General Assistance
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- Food Stamps

If I have a hardship:*
- TANF (if I have children)
- Food Stamps

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MaineCare = pays for healthcare from a doctor and for medicine.

Emergency MaineCare = only pays for health care emergencies.

Marketplace Subsidies = Help to pay for private insurance in the Health Insurance Marketplace if you have low income.

NO Insurance = CarePartners gets you help from a doctor and MedAccess gets you medicine.

Food Stamps = gets you a card to pay for food.

TANF = gets you a card to help you and your family pay for housing and heat and things you need for your child like diapers.

Supplemental Security Income (SSI) = gets you money to help you if you are elderly OR have a disability.

General Assistance = Your town may help pay for housing and heat and other things you need like medicine and diapers for your child.

Hardship* = You may have a hardship if you are elderly OR if you have a disability OR if you are a domestic violence survivor OR if you are waiting for work authorization OR if you have work authorization, but are not employed.