



We've Been Tested Like Never Before.

We'll Rebuild Stronger Than Ever.

Assemblyman  
**DAVE McDONOUGH**

New York State Assembly  
Albany, NY 12248

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# We're All Feeling This...

The traumatic toll COVID-19 has taken on downstate New York is difficult to put into words. Efforts to prevent tragedy on a similar scale upstate have unleashed unprecedented economic devastation on our families and small businesses. And we're all discovering that routine parts of our daily lives — worship and work, baseball games and concerts, bowling leagues and book clubs — are even more important than we knew.

**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. For up-to-date information on programs to help stabilize your small business, visit: [www.sba.gov/funding-programs/loans/coronavirus-relief-options](http://www.sba.gov/funding-programs/loans/coronavirus-relief-options)

## Prioritize Mental Health

These are extraordinarily difficult times. That's why the New York State Office of Mental Health is staffing a Coronavirus Emotional Support Help Line. You can reach it at **1-844-863-9314**.

## Stay in Touch

For months, this crisis has moved quickly and unpredictably around the globe. I'm not sure what the situation will be like when this reaches your mailbox, but I do know I'll be there for you no matter what. Call or email our office for assistance navigating government assistance programs, for clarifications about public health guidelines, or for more information about proposals my colleagues and I are promoting to deal with this ongoing crisis.

## Thanking our Heroes

Essential workers have our backs. To our doctors, nurses, and healthcare professionals, to our first responders and law enforcement officials, to our grocery clerks and pharmacists and many others, I want to extend to you the heartfelt thanks of each and every one of us in the 14th Assembly District.

**If you have questions on these or any other state issues, contact Assemblyman Dave McDonough at 404 Bedford Ave., Bellmore, NY 11710 [mcdonoughd@nyassembly.gov](mailto:mcdonoughd@nyassembly.gov)**



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