

Public Benefits:

Apply for free legal aid online at MontanaLawHelp.org or call/text Kaia, YHDP Coordinator, at (406) 594-1971



I'm under 18, can I apply for benefits on my own?

Yes. In the state of Montana, there is no minimum age requirement to apply for public assistance.

Which benefits help with what? How do I apply?

(Click on the name of the program to apply)

- **WIC** (*Women, Infants, Children [for all genders]*): Special supplemental nutrition program that provides nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible parents who are pregnant, post-partum, have infants, and children up to age 5.
- **TANF** (*Temporary Assistance for Needy Families*): Cash assistance for families with children under the age of 18 in the home who need financial assistance. Adults and parents who apply for TANF benefits must fulfill certain work requirements.
- **LIEAP** (*Low Income Energy Assistance Program*): Program helps low-income households reduce their heating and cooling costs by paying part of a recipient's winter energy bills or weatherization of the residence (usually directly to the utility provider).
- **SNAP** (*Supplemental Nutritional Assistance Program*): Federal nutrition program that helps you stretch your food budget and buy healthy food.
- **Local Health Department**: Your local health department provides a wide range of services, including medical treatment to members of the community who otherwise would lack access to healthcare.
- **Social Security Disability Insurance (SSDI) & Supplemental Security Income (SSI)**: Social Security pays benefits to people who can't work because they have a medical condition expected to last at least one year or result in death. Under SSDI, workers, a spouse, children, or other dependents also may be eligible to receive partial benefits. Under SSI you can qualify for payments if you have a disability, no matter your age. To qualify for SSI, you must have a very limited income.
- **Unemployment**: The state pays unemployment compensation to unemployed workers who have lost their jobs through no fault of their own. The program provides a source of income for jobless workers until they find employment again.

Please contact MLSA for additional information and assistance.

Learn more about public benefits on: MontanaLawHelp.org

Young people can access government programs that may help pay for food, housing, and other basic living expenses.

Tribal community members may have additional ways of accessing benefits through their tribe. If you are a tribal member living in a tribal community, call MLSA for advice on your specific situation.

How can MLSA help me?

MLSA provides FREE legal information, forms, advice, and representation to eligible clients.

MLSA's Youth Homelessness Demonstration Project (**YHDP**) Coordinator can provide you with referrals to agencies in your community and link you with free civil legal assistance.

Have more questions about your legal rights? Visit:

MontanaLawHelp.org

