



# Help with essential costs

Work and Income may be able to help you, even if you're working

## If you can't work at the moment, have lost your job, or are working fewer hours

- You may be able to get a benefit or some other financial help from us.
- If you're struggling to pay your rent or your bills, you might be able to get some help – even if you're still working or on a low income.
- We can also help you look for work or training and help with the costs of getting started in a new job.

## If you're sick or need time off work because of COVID-19

If you're being tested for COVID-19, it's important you stay home until your results come back. If you can't work from home, your employer may be able to apply for the **Short-Term Absence Payment** to help them pay you.

If you've been **told** to self-isolate because you or someone you've been in contact with has COVID-19, and you can't work from home, your employer may be able to apply for the **Leave Support Scheme** to help them keep paying you.

Talk to your employer about the help that's available so you can keep getting paid. If you're **self-employed** and can't work from home, you can also apply for these payments.

## If you need help with essential costs

Depending on your situation, there are lots of other ways we may be able to help you and your family. You don't need to be on a benefit to get help, it's also available to people on a low income. We could help with:



[food](#)



[accommodation costs  
\(rent, mortgage, board\)](#)



[power, gas and water  
bills or heating](#)



[medical and  
dental costs](#)

## Find out more

Even if you don't think you qualify, call us to talk about your situation.

You can also visit [workandincome.govt.nz](https://workandincome.govt.nz) and click on **Check what you might get**.

## For more information



Go to [workandincome.govt.nz](https://workandincome.govt.nz)



Call us on **0800 559 009**,  
7am to 6pm Monday to Friday and 8am to 1pm, Saturday.

