

# Lifeline Survivor Benefit

If you are a survivor of domestic violence, sexual assault, or related crimes, Lifeline can help you stay connected.

**Save up to \$9.25 a month on your phone, internet, or bundled service for up to six months.**

The Lifeline program is a federal program that helps lower the monthly cost of your phone or internet service.

## What are the program benefits?

You can get a survivor benefit for up to six months:

- Up to **\$9.25/month** on phone, internet, or bundled service
- Up to **\$34.25/month** if you live on qualifying Tribal lands

## What do you need to know before applying as a survivor?

- You will need to provide documentation of an attempted line separation request, which you can get from your phone company
- You will be able to select how you want us to reach out to you
- Only a limited group of representatives will have access to your information

Learn more about [how to apply as a survivor](#).

## How can I qualify?

You can qualify through the survivor-specific criteria:

- If your household income is at or below **200% of the Federal Poverty Guidelines** (for example, \$62,400 for a family of four)
- If you or your child or dependent, are enrolled in one of these **government assistance programs**:
  - Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
  - Free and Reduced-Price School Lunch or School Breakfast Program, including enrollment at a Community Eligibility Provision (CEP) school or school district
  - Received a Federal Pell Grant in the current award year

## You can also qualify through the standard Lifeline criteria:

- If your household income is at or below **135% of the Federal Poverty Guidelines** (for example, \$42,120 for a family of four)
- If you, or your child or dependent, are enrolled in one of these **government assistance programs**:
  - Supplemental Nutrition Assistance Program (SNAP)
  - Medicaid
  - Supplemental Security Income (SSI)
  - Federal Public Housing Assistance
  - Veterans Pension or Survivors Benefit
- If you live on Tribal lands and you, or your child or dependent, are enrolled in one of these **Tribal assistance programs**:
  - Bureau of Indian Affairs General Assistance
  - Head Start (only households meeting the income qualifying standard)
  - Tribal Temporary Assistance for Needy Families (Tribal TANF)
  - Food Distribution Program on Indian Reservations

## How do I get the benefit?

### 1 | Sign up

Apply now at [LifelineSupport.org](https://LifelineSupport.org)



You will need proof that you asked your phone company to separate your mobile phone line from your abuser's. This is called a "**line separation request**." The email, text, or letter your phone company sends will be your proof. If you don't have documentation, you can still apply for the standard Lifeline benefit.

### 2 | Connect

Contact a [phone or internet company](#) to get your benefit



### 3 | Save

Get a discount on your monthly phone or internet bill



## What happens when my six-month survivor benefit ends?

After six months, you may qualify for the standard Lifeline monthly benefit of up to \$9.25 off for internet or bundled service or up to \$5.25 off for phone (voice-only) service.



Universal Service  
Administrative Co.

The Lifeline program is administered by USAC with oversight from the Federal Communications Commission (FCC).  
**Need Help?** Contact the Lifeline Support Center at (800) 234-9473 or email us at [LifelineSupport@usac.org](mailto:LifelineSupport@usac.org).