KNOW YOUR BENEFITS:

A Guide for Immigrants

The IMMIGRANT & REFUGEE RIGHTS team protects and defends the rights of immigrants and refugees through advancing pro-immigrant public policies and providing strategic legal representation.

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Human Trafficking Survivors

If you are a survivor of human trafficking who has an approved trafficking visa or an application that has received preliminary approval, Medicaid changes are coming. Here's what you need to know.

- Human trafficking survivors with "T" visas (or preliminary T visa approval) will lose eligibility for Medicaid on October 1, 2026.
- However, you are eligible for Refugee Medical Assistance coverage for 8 months after you receive your status. You can contact your local DSS office to apply. More information is available here.
- You are eligible for TANF (Work First Cash Assistance) and Supplemental Security Income immediately upon receiving your "T" visa or preliminary approval of a T visa, if you meet all eligibility criteria. After receiving a green card, you are also immediately eligible for SNAP (food stamps).
    - Trafficking survivors can apply for a green card 3 YEARS after receiving their T visa, or sooner in certain circumstances.

IMPORTANT:

Trafficking survivors who are pregnant women and children under 19 will continue to be eligible for Medicaid after October 1, 2026, even if they do not yet have their green cards.

NOTE: Wait times for your green card approval can be long! If you have not yet started the process to obtain your green card, you should speak with a lawyer as soon as possible.

- If you are a trafficking survivor who does NOT yet have a green card, you are eligible for the following programs, as long as you meet all other eligibility criteria:
    - Health coverage from Healthcare.gov (but only through December 31, 2026)
    - Women, Infant, and Children's nutrition program (WIC)
    - School lunch and breakfast
    - Social Security disability and Social Security retirement

TO FIND OTHER HEALTH CARE OPTIONS:

For help finding low or no cost health care / prescription drugs, applying for benefits, finding local food or housing options and more, check out our Health Resources sheet at www.ncjustice.org/health-resources