

UNEMPLOYMENT INSURANCE

Unemployment Insurance Handbook:

<https://www.mass.gov/resource/information-on-unemployment-and-coronavirus-covid-19>

If you need to file a claim for unemployment benefits, your best option is to do that on line at <https://uionline.detma.org> - service is available daily from 6:00 am to 10:00 pm.

You can also file by phone by calling **617-626-6800**. That service is currently available 8:30 am to 5:00 pm. Please be prepared to experience long wait times due to the volume of unemployment claims being filed.

We are unable to provide in-person assistance with unemployment insurance claims at this time, but we are working with the Department of Unemployment Assistance to develop a process to provide remote technical assistance.

Again, The Department of Unemployment Assistance has determined that your UI benefits will NOT be adversely impacted during this time frame if you do not attend a CCS or RESEA interview.

TeleClaim

To avoid long hold times, you have the option to schedule a callback from the TeleClaim Center to apply for unemployment benefits by phone. You may select any time from the available slots for us to return your call.

You can also file for unemployment benefits or get help with your application by calling the TeleClaim Center. The number you call depends on your area code:

(877) 626-6800 from area codes 351, 413, 508, 774, and 978

(617) 626-6800 from any other area code

711 for Voice Relay

The TeleClaim Center hours are 8:30 a.m.–4:30 p.m. Monday–Friday.

Please follow the call-in schedule below:

Last digit of your Social Security Number:	Assigned day to call the TeleClaim Center:
0,1	Monday
2,3	Tuesday
4,5,6	Wednesday
7,8,9	Thursday
Any last digit	Friday

Department of Transitional Assistance

You can still conduct business with DTA by:

- Calling the DTA Assistance Line (877) 382-2363
- Visiting [DTAConnect.com](https://www.mass.gov/orgs/department-of-transitional-assistance)
- Downloading the DTA Connect Mobile Application

For more information see:

<https://www.mass.gov/orgs/department-of-transitional-assistance>

Staff – ESP Colleagues

DTA is continuing to identify and implement policy and procedural changes to limit disruption in benefits to our clients and mitigate the spread of the novel coronavirus (COVID-19). As such, we are implementing the following temporary measures for our employment services programs, necessitated by the school, childcare and other business closures across the Commonwealth:

- DTA is applying good cause for all TAFDC clients that can't meet their work program requirement for any reason related to COVID-19. No action needs to be taken on your part. DTA will be implementing this change at the system level for all clients.
- We are also temporarily suspending new referrals to employment and training providers (as well as childcare referrals). Many of you have already notified us that you are continuing your programming for people enrolled in your programs through telephonic and/or online platforms. Please continue to pursue these innovations as a way to help sustain engagement and participation.

WIC

Helida Johnson
Community Coordinator
Framingham/Waltham WIC
Phone: [508-620-2456](tel:508-620-2456)

WIC appointments over the phone and we are loading WIC Cards with food and formula benefits remotely.

Our current Participants should call the following locations, leave a voicemail and we will return their call as soon as possible:

Framingham WIC: [508-620-1445](tel:508-620-1445)
Marlboro WIC: [508-481-1605](tel:508-481-1605)
Waltham WIC: [781-642-7194](tel:781-642-7194)

If someone HAS NEVER BEEN ON WIC BEFORE, they can call the above numbers or apply for WIC online at www.mass.gov/wic and we will call them to finish their appointment.

HEALTH INSURANCE

Massachusetts Health Connector
<https://www.mahealthconnector.org/>

Massachusetts Health Connector has extended enrollment period through April 25."In response to the coronavirus (COVID-19) outbreak, an extended enrollment period is available through April 25, 2020 for qualified Massachusetts residents who are uninsured.

BELLINGHAM AREA

FOOD ASSISTANCE

Franklin Food Pantry

43 West Central Street
Franklin, MA 02038
508-528-3115

<https://www.franklinfoodpantry.org/>

Hours: Tuesday-Thursday, 9:30-1 Friday 9:30-11:30

Loaves and Fishes Food Pantry @ Saint Blaise

1158 Main Street
Bellingham, MA 02019
508-966-1274

<https://loavesfishespantry.org/contact-us/pantry-hours/>

Hours: Wednesdays 11am-1pm and please bring your own bags.

Blessing Barn Food Pantry @ Bethany Assembly of God

15 Cape Road
Mendon, MA 01756
508-478-6603

All Saints Church Food Pantry

323 Rathbun Street
Woonsocket, RI 02895
401-762-1100

Pantry hours vary according to stock.

Meals served Tuesdays between 4:30-5:30

Catholic Charities Worcester County

200 Main Street
Milford, MA 01757
508-234-3800

<https://www.ccworc.org/wp-content/uploads/2020/01/Milford-area-office-2.pdf>

Hours: Monday-Friday, 8:30am-4:00pm

BASIC NEEDS

Catholic Charities Worcester County

200 Main Street

Milford, MA 01757

508-234-3800

<https://www.ccworc.org/wp-content/uploads/2020/01/Milford-area-office-2.pdf>

Hours: Monday-Friday, 8:30am-4:00pm

- Drug and alcohol counseling
- Emergency housing needs
- Food pantry
- Clothing drive access
- Rent assistance

The United Way of Tri-County

Emergency relief and recovery fund

46 Park Street

Framingham, MA 01702

888-811-3291

<https://www.uwotc.org/>

Executive Director for Mass 2-1-1

Paul Mina

Family Resource Center

14 Walnut Street

Milford, MA 01757

508-473-1245

The Salvation Army

29 Congress Street

Milford, MA 01757

508-478-078

<https://massachusetts.salvationarmy.org/MA/Milford>

Self Help Inc.

8 Medway Branch Road

Norfolk, MA 02056

508-528-4430

https://www.needhelppayingbills.com/html/norfolk_county_assistance_prog.html

- Utility help
- Rent assistance
- Medical bill assistance

INFORMATION

Mass 2-1-1 Comprehensive 24/7 Information and Referral Line

<https://mass211.org/>

Call center representatives assist residents across the state with questions and concerns about the virus. The hotline is operational 24/7. Residents can dial 211 from their telephone to get connected.

Bellingham Community Hotline

(508) 966-1112

The Town of Bellingham has identified a need to provide residents easy access to updated information about the operation of city services during the COVID-19 pandemic. Beginning immediately, Bellingham residents can call the 24/7

SENIOR AID

Town of Bellingham Senior Aid Program

40 Blackstone Street

Bellingham, MA 02019

(508) 657-2705

<https://www.bellinghamma.org/council-aging-senior-center>

UTILITIES

Catholic Charities of Worcester County

200 Main Street

Milford, MA 01757

508-234-3800

<https://www.ccworc.org/wp-content/uploads/2020/01/Milford-area-office-2.pdf>

Hours: Monday-Friday, 8:30am-4:00pm

***emergency assistance with utilities**

Massachusetts Good Neighbor Energy Fund

Salvation Army Service Center

29 Congress Street

Milford, MA 01757

(508) 478-0786

<http://www.magoodneighbor.org/>

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Massachusetts Governance

<https://www.mass.gov/info-details/help-paying-your-utility-bill>

Comcast Internet Essentials

<https://www.internetessentials.com/covid19>

Beginning Monday, March 16th, Comcast is offering 2 free months of Internet Essentials to low-income families who are new customers. Speed has been increased, and there is no term contract, credit check, or equipment shipping fee.

Xfinity Wifi Open

Comcast has also announced that their Xfinity Wifi Hotspots, typically only usable by Comcast customers, are available to anyone who needs them. They have also paused their data plan and added new educational content collections in partnership with Common Sense Media.

HEALTH INSURANCE

Massachusetts Health Connector

<https://www.mahealthconnector.org/>

[Massachusetts Health Connector](#) has extended enrollment period through April 25."In response to the coronavirus (COVID-19) outbreak, an extended enrollment period is available through April 25, 2020 for qualified Massachusetts residents who are uninsured."

Riverside Community Care

Milford and surrounding towns.

1-800-294-4665

<https://www.riversidecc.org/adult-services/mental-health/emergency-services/crisis-stabilization-respite/>

*Mental health and substance use treatment.

*Counseling and medication

SHELTERS

Turning Point Shelter

3 Merchant Road

Framingham, MA 01701

508-875-6429

<https://www.smoc.org/turning-point.php>

*adult men

Abby's House

52 High Street

Worcester, MA 01609

505-756-5486

<https://abbyshouse.org>

*shelter for women

Emergency Funds:

Coronavirus Emergency Grant

Dunkin' Joy in Childhood Foundation

*available for 501 © 3 nonprofits to apply for.

Framingham Area

Food Assistance

Southborough Food Pantry

Pantry hours: Tuesdays 7 - 8 PM; Fri: 10 - 11 AM.

* Important: Please call the food pantries to confirm that the hours have not changed. We do our best to provide full information and details, but food pantries often change their hours without notifying us. We do not want you to waste your time visiting a pantry that is not open.

Pilgrim Congregational Church

15 Common Street

Southborough, MA - 01772

508-485-4847

<http://www.southboroughfoodpantry.org/>

St Bridget's Food Pantry

Monday, Wednesday and Friday

11:30am - 12:30pm

830 Worcester Rd, Route 9

Framingham, MA - 01702

(508) 875-5959

<http://www.stbridgetparish.org/parish-life/outreach-programs/>

BRING Utility bill and Picture ID, Once a week

Salvation Army/ Framingham Food Pantry

35 Concord Street

Framingham, MA - 01704

508-875-3341

<https://massachusetts.salvationarmy.org/MA/Framingham>

United Way of Tri-County Pearl Street Cupboard & café at park

Pantry open Monday, Wednesday and Friday 9AM-1PM and 5-7pm on Wednesday evenings.

Evening meals are served Monday-Friday from 5:30pm-7pm.

There is no charge for our services.

46 Park Street

Framingham, MA - 01702

(508) 370-4921 /(888)811-3291 X 4922

<https://www.uwotc.org/Pearl>

BRING Income Verification

Hope Worldwide

214 Concord Street, Framingham. Call 617-899-5222.

Saturday 9 a.m. – noon

<https://www.hopeworldwidema.org/>

BRING Utility bill and Picture ID

Natick Service Council

Webster Street, Natick, MA 01760

508-655-1791 ~ Fax: 508-653-9953

info@natickservicecouncil.org

Clients will no longer be allowed to “shop” in order to minimize community contact. Instead, each family will receive between 2 - 4 bags of food depending on family size via "curbside" distribution.

A Place to Turn

Natick, MA - 01760

508-655-8868

Food Pantry Location: 2.07 miles from Framingham

<https://www.aplacetoturn-natick.org/>

A Place to turn is located on the grounds of the Hartford Street Presbyterian Church. This facility works within a human services network, a referral is needed for each visit to their food pantry. You can obtain a referral from a social and human services employee or agency, clergy members, school or health care professionals. Please contact them for more information. Their hours of operation are Monday, Tuesday and Thursday 9:30 am - 12:30 pm Wednesday 11:00 am - 12:30 pm and 5:30 pm - 7:00 pm by appointment.

Educational Resources for Students and Families

DESE and WGBH Partnership for Educational Resources

PBS Learning Media, <https://mass.pbslearningmedia.org/> and WGBH’s new online Distance

Learning Center, <https://www.wgbh.org/distance-learning-centerr>

The Department is partnering with WGBH to bring educational resources to students and families through television and digital media. WGBH has created a distance learning site, and we hope to reach as many students and caregivers as possible. PBS Learning Media is a **FREE** digital repository of tens of thousands of high-quality media resources that are contextualized

for educational use. The resources span disciplines for grades PreK-12, are aligned to national and state standards, and include videos, comprehensive lessons, interactive activities, and support materials (teaching tips, background readings, and student handouts).

Fuel Assistance

LIHEAP – Low Income Home Energy Assistance Program

www.mass.gov/service-details/low-income-home-energy-assistance-program-liheap

MASSCAP – MA Association for Community Action

www.masscap.org/programs/energy-programs

Good Neighbor Energy Fund

www.magoodneighbor.org/

operated by local Salvation Army Offices

Massachusetts 211

www.mass211.org

Mental Health

Advocates Community Counseling – Framingham

1881 Worcester Road

Framingham, MA 01701

(508) 661-2020 Counseling@Advocates.org

24-Hour Crisis Support

If you are experiencing a mental health or emotional crisis, please call (800) 640-5432 to speak to an Advocates crisis clinician. We are available to help 24 hours a day, every day.

SMOC Behavioral Healthcare (SBH)

7 Bishop Street, Framingham, MA 01702

Phone (508) 872-4853, TTY: (844) 807-7989, Fax: (508) 620-2310

smoc.org/behavioral-health-services.php

SMOC Behavioral Healthcare is a division of SMOC that provides substance abuse and mental health outpatient services to individuals, children and families. In addition, SBH provides substance abuse residential services to individuals including pregnant and post-partum women.

Wayside Youth and Family Counseling Services

1 Frederick Abbott Way
Framingham, MA 01701
1-508-620-0010
waysideyouth.org

Metrowest Counseling Associates

463 Worcester Road
Framingham, MA 01701
508-875-1110
metrowestcounseling.com

BASIC NEEDS/INFORMATION**SMOC - South Middlesex Opportunity Council**

7 Bishop Street, Framingham, MA 01702
Phone (508) 872-4853, TTY: (844) 807-7989, Fax: (508) 620-2310
<https://www.smoc.org/announcement.php>

SMOC offices are currently closed and are scheduled to re-open on Monday, March 30th. All 24-hour facilities remain open. SMOC staffs are working remotely from home.

We will continue to provide our services via phone and email. If you already have a direct contact at SMOC, please keep in touch with that SMOC staff member with any questions during this time.

Follow our [Facebook](#) account for up-to-date information about SMOC and to reach us directly. A dedicated staff is always ready to answer your questions through [Facebook](#) messaging.

For help with your questions about Children's Services, please call:

Women Infants and Children (WIC)
Framingham 508-620-1445, Marlborough 508-481-1605, Waltham 781-642-7194

Childcare/Head Start 508-820-8380

For help with your questions on Employment and Tax Preparation Services, please call:

Workforce Development 508-820-2311

For help with your questions on Fuel Assistance and Section 8/ MRVP Housing, please call:

Fuel Assistance - 508-620-1230, (Toll Free) 800-286-6776

Section 8/ MRVP 508-620-2335

For help with questions on mental health counseling, please call:

SMOC Behavioral Health (SBH) Framingham 508-879-2250, Marlborough 508-480-0092

If you are a current resident of SMOC Housing and need assistance, please call:

SMOC Housing 508-879-6691

If you are a FAMILY experiencing homelessness in Framingham, Marlborough, and Metro West, please call:

Family Emergency Services 508-872-4853 x2171

If you are a SINGLE, UNACCOMPANIED ADULT experiencing homelessness, please call:

Common Ground Resource Center (CGRC)-Framingham, Marlborough, and MetroWest 508-620-2690

Lowell Transitional Living Center (LTLC)- Lowell 978-458-9888

Greater Worcester Housing Connection (GWHC)-Worcester 508-757-8331

If you are experiencing domestic violence and/or sexual assault, please call:

Voices Against Violence 508-826-8686 Or 800-593-1125

For any other housing crisis, please call:

Housing Consumer Education Center 508-872-4853 x2171

If you need assistance through SMOC's Administration and Finance, please call 508-620-2300

These phone lines will be checked every day and you will receive a call back.

You can also call **508-872-4853** to get to access any of the above services.

We will continuously update this website with the latest development.

Marlborough Area Resources

BASIC NEEDS

Project Just Because

109 South Street

Hopkinton, MA 01748

(508) 435-6511 / pjboffice@comcast.net

<https://projectjustbecause.org/>

FOOD ASSISTANCE

Acton-Boxborough Community Food Pantry

235 Summer Road, Building #1

Boxborough, MA, 01719

(978) 635-9295 / info@actoncommunitysupper.org

<https://www.actonfoodpantry.org/>

Hours: Wednesday, 10am-7pm; Thursday, 9:30am-11:30am

Closed the fourth Wednesday of each month

Acton-Boxborough Regional School District

15 Charter Road

Acton, MA 01720

<https://www.abschools.org/>

Bag lunches available at ABRHS Monday-Friday, 11:30am-1:00pm

Bedford Food Bank at John Glenn Middle School

99 McMahan Rd

Bedford, MA 01730

bedfordfoodbank@bedfordma.gov

<https://www.bedfordma.gov/bedfordfoodbank>

The town of Bedford will offer a temporary food bank at John Glenn Middle School on Fridays starting 3/20. Current food pantry clients may pick up food from 12-2pm.

- At this time, the Bedford Food Bank will serve the following population: school-aged children/families of the Bedford Public Schools in need of food support at this time (including, but not limited to, students currently on free or reduced breakfast and lunch), previously identified vulnerable seniors and veterans, and existing clients of the Bedford Food Pantry.
- Open only to Bedford residents

Concord-Carlisle Public Schools

500 Walden St.

Concord, MA 01742

Contact: Bryce MacKnight, Director of Food & Nutrition Services

(978) 318-1500

<https://www.concordps.org/food-and-nutrition-services/>

Beginning Monday 3/16/2020 our food services team will be serving bagged breakfasts & lunches centrally for K-12 at our Concord-Carlisle High School for PICK-UP ONLY.

Schedule: Monday-Friday, 8:30am-11am

- This is in service to the community and open to anyone who is need during this closure

First United Method Church

34 Felton Street

Hudson, MA 01749

(978) 562-2932

<http://www.hudsonfumc.org/>

Hours: Monday and Thursday, 12-2pm

- Drive-through grocery pickup

Hudson Community Food Pantry

28 Houghton Street

Hudson, MA 01749

(978) 562-5280 / contact@hudsoncommunityfoodpantry.org

<https://hudsoncommunityfoodpantry.org/>

Hours: Saturdays: 9am-10:30am; first Thursday of the month: 7pm-8:30pm

- Serves residents of Hudson, Berlin, and Bolton (photo ID and proof of residency required)

To become a client:

- Be at least 18 years of age
- Complete an application
- Provide proof of enrollment in a program such as SNAP, Mass Health, WIC, SSDI, etc.
- If you're not currently enrolled in a federal or state program, please present a referral from a recognized organization, i.e. a clergyman or social worker. If this is not possible, please see the clerk on duty the Pantry who can refer them to someone who can help.

- Accepted clients are enrolled for 6 months after which you must reapply

Hudson Public Schools

<http://www.hudson.k12.ma.us/home>

[View Instructions](#)

The District, in partnership with our food service provider Chartwells, has devised a plan to ensure that our students who receive free or reduced price meals have breakfast and lunch available to them. The grab-and-go meals will be available for pick-up at Quinn Middle School on Tuesdays, Wednesdays, and Fridays from 7am-9am. Our food service will start tomorrow March 18, 2020.

Lexington Food Pantry

Church of Our Redeemer

6 Meriam Street

Lexington, MA

(781) 861-5060 / lexfoodpantry@gmail.com

Hours: Saturday, 9:30am-11:00am

<https://www.lexingtonfoodpantry.org/>

Anyone desiring to receive our food assistance must present a letter of need from a town social worker, stating that there is a need for food assistance and the number of adults and children in the family. Currently new clients are being accepted from Lexington and two bordering communities, Lincoln and Winchester, which do not have their own pantries. All clients may shop weekly.

Loaves and Fishes Food Pantry

234 Barnum Road

Devens, MA 01434

(978) 772-4627

<https://loavesfishespantry.org/>

Hours: Wednesday & Friday, 9:45am-12:30pm

1st & 3rd Saturday of the month, 9am-11am

2nd Tuesday of the month, 6pm-8pm

- No income requirements
- Open to residents of Ayer, Devens, Dunstable, Groton, Harvard, Littleton and Shirley

Marlborough Community Cupboard

255 Main Street

Marlborough, MA 01752

(888) 811-3291 x4902

<https://www.uwotc.org/MCC>

Hours: Monday, 9am-1pm; Wednesday, 9am-1pm & 5pm-7pm; Friday, 9am-1pm

Marlborough Public Schools

<https://www.mps-edu.org/site/Default.aspx?PageID=1169>

- Community-wide drop off locations and Pick-up available Monday through Friday
→ [View Instructions](#)

During the extended school closure caused by COVID-19 concerns, the Marlborough Public Schools has pledged to continue providing breakfast and lunch to all families in our community. Meals are available at **no charge** for anyone who is 18 years old or younger. Anyone who wishes to have access to meals may do so without any application or identification process. Meals are available to all Marlborough families, regardless of school enrollment or any income eligibility status during the regular school year. This includes families from other schools in the community, such as IC and AMSA.

Maynard Food Pantry

82 Main Street

Maynard, MA 01754

(978) 764-5279 or (978) 618-4264

<http://www.maynardfoodpantry.com/>

Hours: Monday, 10am-12pm

Open Table Maynard

33 Main Street

Maynard, MA 01754

<https://www.opentable.org/>

Hours: Tuesday, 12:45-3pm for Seniors Only (over 55 years of age); Tuesday, 3pm-6:30pm;
Thursday, 3-6:30pm

- Open to Residents of Central Middlesex County (proof of ID and residency required)
- Pantry service is by appointment. All registered clients may shop during their scheduled pantry times.

Stow Food Pantry

Pompeo Community Center

509 Great Road

Stow, MA 01775

(978) 897-4230 / stowfoodp@gmail.com

<http://stowfoodpantry.com/>

Hours: 1st and 3rd Friday of the month, 8:40am-10:30am; 3rd Thursday of the month, 6pm-7:30pm

- No referral forms or proof of income required
- Serving Acton, Boxboro, Bolton, Lancaster, Maynard, and Stow

Sudbury Food Pantry

Our Lady of Fatima Church

160 Concord Road

Sudbury, MA 01776

(978) 443-7725

<http://sudburyfoodpantry.org/>

Hours: Tuesday and Thursday, 11:30am-2:15pm

- No residency requirements
- Clients fill out a confidential registration form on their first visit and non-Sudbury residents can then make use of the pantry once each month. Sudbury residents can use the food pantry twice per month.

Westford Food Pantry at Cameron Senior Center

20 Pleasant Street

Westford, MA 01886

(978) 692-5523 / info@westfordfoodpantry.com

<https://www.westfordfoodpantry.org/>

Hours: Wednesday, 6pm-8pm; Friday, 9am-11am

- Serves Littleton residents, in addition to several other towns/cities in Greater Lowell – photo ID and proof of residency required

WHEAT Community Cupboard and Cafe

272 High Street

Clinton, MA 01510

(508) 370-4942 / jodi.breidel@uwotc.org

<https://www.uwotc.org/WHEAT>

- WHEAT Community Café will be providing hot meals to-go only
- There will be no seated meals in the Café. Packaged hot meals will be handed out Monday-Friday, 5pm-6pm
- WHEAT Community Cupboard pantry hours will remain unchanged.
Tuesday, Wednesday, and Thursday, 10am-1pm; Monday and Thursday, 4:30pm-6pm

HEALTH INSURANCE

Massachusetts Health Connector

<https://www.mahealthconnector.org/>

Massachusetts Health Connector has extended enrollment period through April 25. "In response to the coronavirus (COVID-19) outbreak, an extended enrollment period is available through April 25, 2020 for qualified Massachusetts residents who are uninsured."

INFORMATION & REFERRAL

Mass 2-1-1 Comprehensive 24/7 Information and Referral Line

<https://mass211.org/>

Call center representatives assist residents across the state with questions and concerns about the virus. The hotline is operational 24/7. Residents can dial 211 from their telephone to get connected.

Call2Talk Mental Health/Suicide Prevention Line

<https://www.uwotc.org/call2talk>

Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times. Call2Talk is a National Suicide Prevention Lifeline Crisis Center and partners with Crisis Text Line to respond to people by text

FoodSource Hotline

1-800-645-8333 / TTY 1-800-377-1292

Hotline Hours: Monday-Friday, 8am-7pm; Saturday, 10am-2pm

<http://www.projectbread.org/get-help/foodsource-hotline.html>

Project Bread's toll-free FoodSource Hotline is the only comprehensive statewide information and referral service in Massachusetts for people facing hunger.

- They will screen callers for eligibility for SNAP and help them with the application. Their goal is to help the caller find as many resources as possible to put good food on the table. When relevant, they also connect callers with utility, fuel assistance, and MassHealth. And all information is kept strictly confidential.

Marlborough Community Hotline

The City of Marlborough has identified a need to provide residents easy access to updated information about the operation of city services during the COVID-19 pandemic. Beginning immediately, Marlborough residents can call the 24/7 Marlborough Community Hotline at (508) 251-5622.

SAMHSA Disaster Distress Helpline

1-800-985-5990 or text TalkWithUs to 66746

<https://www.samhsa.gov/find-help/national-helpline>

Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

WhyHunger Hotline

1 (800) 5-HUNGRY, or text your zip code to 1-800-548-6479

<https://whyhunger.org/>

Refers people in need across the U.S. to food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations, especially those that provide access to nutritious foods and nutritional support services.

William James College INTERFACE Referral Service

One Wells Avenue

Newton, MA 02459

(888) 244-6843; Hours: Monday-Friday, 9am-5pm

<https://interface.williamjames.edu/>

Free, confidential referral service for individuals across the lifespan living in participating communities. The list of participating communities can be found on Communities Tab above. Callers, from participating communities, are matched with licensed mental health providers from our extensive database, on average, within 2 weeks of their call to INTERFACE. Each referral best meets the location, insurance, and specialty needs of the caller. ***Also provides access to free mental health resources specific to COVID-19.***

- Communities served: Acton, AMSA Students (Marlborough), Boxborough, Canton, Carlisle, Concord, Dedham, Franklin, Holliston High School Students Hopkinton, Lexington, Lincoln, Littleton, Medfield, Medway, Natick, Needham, Newton, Norwood, Sudbury, Walpole, Waltham, Westwood and others (listed on website)

Philanthropic Agencies – Disaster Relief and Emergency Relief Resources for Non-Profits (updated continuously)

Massachusetts Nonprofit Network

<http://massnonprofitnet.org/nonprofit-resources/coronavirus-massachusetts-nonprofits/>

Philanthropy Massachusetts

<https://www.philanthropyma.org/grantmakers-philanthropic-advisors/resources/disaster-and-emergency-relief-resources>

SENIOR AID

City of Marlborough Senior Aid Program

(508) 485-6492 / ppope@marlborough-ma.gov

<https://www.marlborough-ma.gov/home/news/city-marlborough-covid-19-senior-aid-program>

As a response to the recent COVID-19 outbreak, the City of Marlborough has initiated a Senior Aid Program. This program will allow volunteers and senior center staff to assist Marlborough seniors with tasks such as grocery and medicine retrieval.

TEMPORARY ASSISTANCE

A Friend in Need

South Acton Congregational Church

35 School Street

Acton, MA 01720

(978) 263-2332 / AFIN@southactoncc.org

<http://southactoncc.org/outreach/a-friend-in-need/>

A Friend in Need is a program of the church which provides one-time emergency assistance to residents of Acton, Boxborough, and Maynard who have been identified to the program by a caseworker, social worker, or clergy person. MUST HAVE A REFERRAL TO RECEIVE ASSISTANCE.

Neighbor Brigade

1-855-241-4357 to Request Assistance

<https://www.neighborbrigade.org/>

Neighbor Brigade establishes community-specific networks of volunteers that can be mobilized to help residents facing sudden crisis manage day-to-day tasks such as meal preparation, rides, and basic household chores. Using web-based coordination tools, we manage recipient requests and the recruitment of volunteers to fulfill those requests sensitively, quickly and free of charge.

- Local chapters available in select communities in Massachusetts

St. Vincent de Paul Society

The Society of St. Vincent de Paul offers tangible assistance to those in need on a person-to-person basis. It is this personalized involvement that makes the work of the Society unique. This aid may take the form of intervention, consultation, or often through direct dollar or in-kind service.

Saint Anne Parish

75 King Street

Littleton, MA 01460

(978) 320-4215 / staoffice@lw catholic.org

<https://www.littletoncatholic.org/61>

St. Matthias Parish

409 Hemenway Street

Marlborough, MA 01752

(978) 493-3037

<https://stmattpar.org/st-vincent-de-paul>

Saint Michael's Parish

20 High Street

Hudson, MA 01749

(978) 562-2552

<https://stmikes.org/st-vincent-de-paul>

UTILITIES

AT&T

<https://www.att.com/shop/internet/access/index.html?source=ECmj0000000000mbU&wtExtn dSource=access#!//#%2F>

Offering two months of free service to new Access customers who order by April 30, 2020. \$5/mo. or \$10/mo. thereafter, depending on your speed. Expanding eligibility based on income and to households participating in National School Lunch Program/Head Start. Waiving all home internet data overage fees.

Comcast

<https://corporate.comcast.com/covid-19?linkId=84300755>

Free Xfinity WiFi for everyone for next 60 days; free unlimited data on all plans; no disconnects or late fees; Internet Essentials free to all new customers; news, information, and educational content curated for X1; and 24/7 network monitoring.

Eversource

<https://www.eversource.com/content/ema-c/residential/safety/protect-yourself/responding-to-covid-19>

Postponed disconnections for nonpayment. Customer service team available to help customers with financial programs we offer, such as setting up a payment plan.

Massachusetts Good Neighbor Energy Fund

Salvation Army Service Center
Framingham Corps
59 Howard Street
Framingham, MA 01702
(508) 875-3341

<http://www.magoodneighbor.org/>

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Massachusetts Informative Governance

<https://www.mass.gov/info-details/help-paying-your-utility-bill>

National Grid

<https://www.nationalgridus.com/covid-19>

Temporarily suspended collections-related activities. This includes a suspension of any service disconnections.

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<https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm?linkId=84300271>

As of March 13, 2020, Sprint is not terminating service if customers are unable to pay their Sprint bill because of the coronavirus, and waiving late fees incurred because of economic circumstances related to the pandemic. Other accommodations are also available.

T-Mobile

<https://www.t-mobile.com/brand/ongoing-updates-covid-19>

All T-Mobile customers as of March 13, 2020 who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming)

Verizon

<https://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>

Waived overage charges and late fees to support customers who may be financially affected by the COVID-19 crisis. Announced two months waived internet and voice service charges for current Lifeline customers and new affordable internet option for low-income households.

Norwood Resources

FOOD ASSISTANCE

*Please note that each pantry may require documentation of your need for food AND proof of residency in that town.

Ecumenical Community Food Pantry

150 Chapel Street

Norwood, MA, 02062

(781) 291-3663

<https://www.norwoodpantry.org>

Hours: Saturdays 8:20am-11:00am (any two Saturdays of each month)

Westwood Council on Aging/Food Pantry

60 Nahatan Street

Westwood, MA 02090

(781) 329—8799

*They currently do not have a website

Hours: Please call the food pantry to confirm the hours they are open

Canton Area Helpline

960R Washington Street

Canton, MA 02021

(781) 821-8062

*They do not currently have a website

Hours: Tuesday (Seniors Only), 9:15am - 11:15am

1st Saturday of the month, 10:00am - 10:30am

Dedham Food Pantry

600 Washington Street

Dedham, MA - 02026

(781) 320-9442

<https://dedhamfoodpantry.org>

Hours: Please call the food pantry to confirm the hours they are open

Walpole Food Pantry

1303 Washington Street

Walpole, MA - 02081

508-668-7318

<http://www.walpolecommunityfoodpantry.org>

Hours: First four Saturdays of each month, 9:00am - 11:00am

MEALSITES/MEAL DELIVERY PROGRAMS

Abundant Table

100 Winter St., Norwood

(978) 501-1264

<http://www.abundant-table.org>

Free hot meal Wednesday/Friday 5:30-6:30, open door policy

HESSCO Meals on Wheels

234 Walpole St., Norwood

(781) 762-5419

www.hessco.org/nutrition

Norwood Meals on Wheels

135 Ellis Ave., Norwood

(781) 769-9061

www.mealcall.org

United Church

595 Washington St. Norwood

(781) 762-2589

Free hot meal Wed. 5:30 PM open door policy

MENTAL HEALTH/PHYSICAL HEALTH

Riverside Community Care

190 Lenox Street

Norwood, MA 02062

24-hour access number: 1-800-529-5077

<http://riversideecc.org>

Locally-based emergency services are available to help individuals in a mental health crisis and/or with urgent substance use concern. Services are an alternative to a hospital emergency room visit. Crisis stabilization, substance abuse and risk assessment

Billings/ Bay State Community Services

99 Central St., Norwood

781-762-0060

www.baystatecs.org

Addiction Counseling Services Norwood Health Department

MassMedLine

(866) 633-1617

www.massmedline.com

Info about free or low-cost prescription programs, and answers to health and medication questions. Interpreter services available Beth Israel Deaconess 148 Chestnut St., Needham (781) 453-3000

www.bidmc.harvard.edu

American Foundation for Suicide Prevention

(800) 273-TALK (8255)

www.afsp.org

Samaritans, Inc.

(877) 870-HOPE (4673)

www.samaritanshope.org

A non-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about prevention strategies

Samariteens

(800) 252-TEEN (8336)

Dedicated to assisting teens in despair. This helpline is free, confidential, and staffed by trained compassionate and supportive teenage volunteers

Norwood Hospital Emergency Room

800 Washington Street

Norwood, MA 02062

(781) 769-4000 ext 12150

<https://www.norwood-hospital.org/services-directory/emergency-services>

Norwood Hospital's Emergency Department (ED) provides 24-hour emergency care.

Entrances to the hospital for all visitors and patients will be restricted to the following entrances only:

- Main ED entrance – 24/7
- ED entrance by security – 7AM - 8PM
- Draper entrance – 7AM - 8PM

Faulkner Hospital

1153 Centre St., Jamaica Plain

617-983-7000

www.faulknerhospital.org

Newton- Wellesley Hospital

2014 Washington St., Newton

617-243-6000

www.nwh.org

VA of West Roxbury

1400 VFW Parkway, West Roxbury

617-323-7700

www.boston.va.gov

BASIC NEEDS/INFORMATION**Self Help, Inc.**

<https://selfhelpinc.org>

Created to help low income families and individuals stabilize and secure their lives.

Mass Resources

<http://massresources.org>

A statewide website with practical information about the many types of assistance available to those in need living in Massachusetts – what services are available, where and how to

apply for benefits, eligibility requirements, benefit amounts, and answers to commonly asked questions.

Mass 2-1-1

<https://mass211.org>

Dial: 211 or 1-877-211-MASS (6277)

Hearing Impaired: 508-370-4890 (TTY)

Call center representatives assist residents across the state with questions and concerns about the virus.

EMERGENCY SHELTERS

Brockton Coalition for the Homeless, Inc.

508-587-5441

Casa Nueva Vida

(978) 557-5775

www.casaneuvavida.org

Father Bill's Place of Quincy

(617) 770-3314

www.helpfbms.org

HopeFound

(617) 938-0351

UTILITIES/FUEL ASSISTANCE

Massachusetts Energy Assistance

Website with collection of resources to help low-income households pay for their heating fuel and other utilities

<http://massresources.org/energy.html>

Norwood Council on Aging & Senior Center

275 Prospect St, Norwood

(781) 762-1201

www.norwoodma.gov

Assists with Fuel Assistance applications for individuals 60+, referral for elder services, legal services, financial (SNAP Applications etc.), medical, outreach services
(“Senior Center” under “Department” tab)

Town of Norwood: Fuel Assistance Hotline

(800) 225-0875

CLOTHING ASSISTANCE**Salvation Army Family Store**

1202 Boston Providence Turnpike, Norwood

(781) 440-0235

Mon. –Sat. 9am-8pm

Women's Community Committee, Inc. Thrift Shop

1091 Washington Street, Norwood

(781) 762-2991

Wed. 6-8pm

Thurs. 9:30am-3pm (Jul – Aug)

Sat. 9:30am-12:30pm

www.norwoodthriftshop.com

YOUTH & CHILD SERVICES**Bridge Over Troubled Water**

617-423-9575

www.bridgeotw.org

The place where homeless, high-risk, and runaway young people can turn for help. Bridge offers a comprehensive range of services designed to help young people to achieve a healthy and productive adulthood through prevention, interventions, health care, and education services.

Child at Risk Hotline

Where to report a possible child at risk

(617)232-4882

www.jbcc.havard.edu/programs/hotline.htm

National Runaway Switchboard

800-RUNAWAY (786-2929)

Parental Stress Line 24/7

(800) 632-8188

www.parentshelpingparents.org

Parents without Partners

(800) 637-7974

www.parentswithoutpartners.org

Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence, and sensitivity towards others by offering an environment for support, friendship, and the exchange of parenting techniques

The Children's Advocacy Center

617-573-9800

www.machildrensalliance.org

Established by the Norfolk County District Attorney's Office to provide coordinated and sensitive response to children who experience physical, sexual, and domestic abuse

TRACS (Transitional Resources & Community Supports) South Shore Mental Health

Opportunities for young adults to promote mental health recovery

500 Victory Rd, Quincy

FAMILY SERVICES

Jewish Family & Children's Service

(781) 647-JFCS (5327)

www.jfcsboston.org

During the COVID-19 Pandemic, these are just some of the services being provided:

- Groceries and food, including kosher goods for the elderly, people in financial distress, and those who are socially isolated

- Targeted financial support for Jewish homes for older adults given the extreme measures of social distancing required to keep residents safe
- Increased funds for CJP's Interest-Free Loan Program and emergency assistance to help bridge debt incurred during time off work due to school closures
- Need for assistive technology for those facing social isolation, allowing them to participate in virtual religious services and other programming

Planned Parenthood

(800) 258-4448

www.plannedparenthood.org/ma

In an effort to contain the spread of COVID-19, Planned Parenthood is limiting schedules and appointment types across health centers until further notice. Planned Parenthood will not be accepting walk-ins for the time being and are only accepting appointments via phone.

MSPCC

(617) 587-1500

www.mspcc.org

A private nonprofit society dedicated to leadership in protecting and promoting the rights and well being of children and families.

During the COVID-19 Crisis, Eliot's Clinics and Emergency Services are open.

Eliot and MSPCC's Child, Youth and Family Services, including CBHI and Healthy Families services, remain fully operational throughout the Commonwealth.

Providing information and resources for Foster Parents regarding COVID-19 and information for families about how to speak with children about COVID-19.

For emergency services, call Emergency Psychiatric Services at (800) 988-1111.

Department of Social Service Hotline

(800) 792-5200

Hotline to report suspicions of child abuse or neglect

Lifeworks

(781) 762-4001

www.lifeworks.org

Provides homes, jobs, education, and supportive living for people with developmental disabilities

March of Dimes MA Chapter

(508) 366-9066

www.marchofdimes.com/massachusetts

March of Dimes chapters support local projects aimed at helping women have healthier pregnancies. Funding from community grants enhances the availability and quality of health care and prevention services for women and their babies.

Social Security Office

1 Edgewood Drive, Suite 102, Norwood
(866) 563-9533

South Norfolk County Arc

Advocates for and provides supports and services to people disabled by mental retardation and other developmental disabilities and to their families

(781) 762-4001

www.sncarc.org

Newton/Waltham Resources

BASIC NEEDS & HOUSING**Community Day Center of Waltham**

16 Felton Street

Waltham, MA 02453

(781) 392-6311 / director@communitydaycenter.org

<https://www.communitydaycenter.org/>

Hours: Monday-Friday, 12:30-4:30

Only drop-in day shelter for people in MetroWest

Offers food assistance, case management, stabilization programs, and an array of comprehensive services

Metro Housing Boston

1411 Tremont Street

Boston, MA 02120

(617) 859-0400 / info@metrohousingboston.org

<https://www.metrohousingboston.org/>

Centralized resource for housing issues and information

Apply for RAFT (Residential Assistance for Families in Transition) [here](#)

Middlesex Human Service Agency, Inc.

50 Prospect St., Suite 3

Waltham, MA 02453

(781) 894-6110 / info@MHSAinc.org

<https://www.mhsainc.org/ourservices>

Emergency Family Shelter, Individual Shelter, and Recovery Housing

WATCH CDC – Waltham Alliance for Teaching, Community Organizing and Housing

24 Crescent Street

Suite 201

Waltham MA 02453

(781) 891-6689

<https://watchcdc.org/>

Provides assistance with food, housing, and other basic needs

For assistance, fill out [contact form](#)

Housing clinics available (applications for housing, evictions, rental assistance, help with SNAP and fuel assistance) Contact: (781) 891-6689 ext. 203 or fill out [online request form](#)

COMMUNITY SUPPORT

Newton Community Support and Resources in Response to COVID-19

Access [online form](#) to sign up for support or offer to provide support to Newton residents

Waltham Mutual Aid Network

Facebook page for residents of Waltham who can offer help, as well as for those who need assistance with tasks like grocery shopping, prescription pick up, etc.

FOOD ASSISTANCE

Arabic Baptist Church Boston

187 Church Street

Newton Corner, MA 02458

Contact: Rev. Sinote Ibrahim

(617) 723-9766 / sinoteibra@cs.com

[http://www.arabicbaptist.org/Ministries/Food %26 Clothing Pantry/](http://www.arabicbaptist.org/Ministries/Food_%26_Clothing_Pantry/)

Food distribution: January to October on the second and fourth Friday of each month, 11am-1pm; November and December on the first and third Friday of each month, 11am-1pm

Requires completed [form](#) and referral signature to receive assistance

Centre Street Food Pantry

11 Homer Street

Newton Center, MA 02459

(617) 340-9554 / info@centrestfoodpantry.org

<https://www.centrestfoodpantry.org/>

Hours: Tuesdays, 2:30pm-6pm; Saturday, April 4, 11:30am-2pm

Open to residents of Brookline, Brighton, Needham, Newton, Waltham, Watertown, Wellesley, and West Roxbury

New clients must fill out a registration form – available [here](#)

No referral or proof of income needed

Grandma's Pantry at Christ Church

750 Main Street

Waltham, MA 02451

(781) 891-6012 / info@christchurchwaltham.org

<http://www.christchurchwaltham.org/grandmas-pantry/>

2nd and 4th Saturdays of each month, 9am-11am

Waltham Seniors (60 or older) on fixed incomes (photo ID required on first visit)

Jewish Family and Children's Services – Family Table Kosher Food Pantry

1430 Main Street

Waltham, MA 02451

(781) 647-5327

<https://www.ifcsboston.org/Our-Services/Community-Services/Center-for-Basic-Needs-Assistance/Family-Table>

Largest Kosher food pantry in New England

Income criteria and other eligibility criteria apply

Middlesex Human Service Agency, Inc.

Immanuel United Methodist Church – Bristol Lodge Food Pantry & Kitchen

545 Moody Street (Enter from Cherry Street)

Waltham, MA 02453

Contact: Michael Hannan, Food Services Director

(781) 883-2050 / foodservice@MHSAINC.org

<https://www.mhsainc.org/foodpantry>

Hours: Wednesdays, 9am-12pm

No eligibility criteria

Hot meals to-go available Monday-Friday, 4:30pm-5:30pm

Middlesex Human Services Agency Mobile Food Market

50 Prospect Street

Waltham, MA 02453

Contact: Michael Hannan, Food Services Director

(781) 883-2050 / foodservice@MHSAINC.org

<https://www.mhsainc.org/mobilemarket>

Fresh food market held every third Saturday of each month, 12pm-1pm

No eligibility criteria

Newton Food Pantry

1000 Commonwealth Avenue
Newton, MA 02459
(617) 796-1233 / newtonfoodpantry@gmail.com
<http://www.newtonfoodpantry.org/>

Hours: Wednesdays, 1:30pm-5:30pm; Third Saturday of every month, 10am-12pm
Open to Newton residents only - Referral form needed – available [here](#)

Newton Public Schools

100 Walnut Street
Newton, MA 02460
(617) 559-6000

<https://www.newton.k12.ma.us/Page/3632>

Food available to students in the Newton Public Schools Monday-Friday, 10am-12pm
Pickup locations available at Newton North High School (352 Lowell Ave, Newton, MA 02460)
and Newton South High School (140 Brandeis Rd, Newton, MA 02459)

Sacred Heart Parish Food Pantry

311 River Street
Waltham, MA 02453
(781) 899-0469

<https://www.sacredheart311.com/food-pantry>

Pantry open Thursdays, 4pm-5pm
Need photo ID and proof of address
Food can be accessed once per week

Salvation Army Food Pantry

33 Myrtle Street
Waltham, MA 02453
(781) 894-0413 / Moner.Lapaix@use.salvationarmy.org / Sarah.Lapaix@use.salvationarmy.org
https://massachusetts.salvationarmy.org/MA/WAL_Help

Food Pantry Hours: Monday-Friday, 9am-1pm
Hope Kitchen (hot meals): Monday-Friday, 9:30am (breakfast) and 11:30am (lunch)
Requires photo ID, proof of address, and proof of income
Can use food pantry once per month

Waltham Public Schools

617 Lexington Street
Waltham, MA 02452
(781) 314-5400 / webmaster@walthampublicschools.org
<https://www.walthampublicschools.org/parents/covid-19/>

For any Waltham families with a child under 21 years old:
Breakfast and lunch curbside pick-up, 11:30am-1:00pm
Plympton Elementary, 20 Farnsworth St

Whittemore Elementary, 30 Parmenter Rd
Northeast Elementary, 70 Putney Ln
McDevitt Middle School, 75 Church St

For any Waltham families with a child under 18 years old:
Breakfast and lunch curbside pick-up, 11:30am-12pm (partnership with Waltham Boys & Girls Club)
Chesterbrook Gardens, 22 Brookway Road
Prospect Hill Terrace Housing Playground, 2 Hansen Lane
Home Suites Inn, 455 Totten Pond Road

Dinner curbside pick-up, 5pm-5:30pm
Chesterbrook Gardens, 22 Brookway Road
Prospect Hill Community Center, 42 Hansen Street
Gillmore Park, 90 Hall Street

HEALTH INSURANCE

Massachusetts Health Connector
<https://www.mahealthconnector.org/>
[Massachusetts Health Connector](https://www.mahealthconnector.org/) has extended enrollment period through April 25. "In response to the coronavirus (COVID-19) outbreak, an extended enrollment period is available through April 25, 2020 for qualified Massachusetts residents who are uninsured."

INFORMATION AND REFERRAL

Call2Talk Mental Health/Suicide Prevention Line

<https://www.uwotc.org/call2talk>

Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times. Call2Talk is a National Suicide Prevention Lifeline Crisis Center and partners with Crisis Text Line to respond to people by text.

City of Newton Department of Social Services

1000 Commonwealth Ave.
Newton Centre, MA 02459
(617) 796-1420

<http://www.newtonma.gov/gov/health/humansvcs/default.asp>

The division of Social Services works to serve the City of Newton by providing case management, guidance, outreach and prevention to Newton residents. Case managers continue to provide assistance by phone/email.

FoodSource Hotline

1-800-645-8333; TTY 1-800-377-1292

Hotline Hours: Monday-Friday, 8am-7pm; Saturday, 10am-2pm

<http://www.projectbread.org/get-help/foodsource-hotline.html>

Project Bread's toll-free FoodSource Hotline is the only comprehensive statewide information and referral service in Massachusetts for people facing hunger.

They will screen callers for eligibility for SNAP and help them with the application. Their goal is to help the caller find as many resources as possible to put good food on the table. When relevant, they also connect callers with utility, fuel assistance, and MassHealth. And all information is kept strictly confidential.

Mass 2-1-1 Comprehensive 24/7 Information and Referral Line

<https://mass211.org/>

Call center representatives assist residents across the state with questions and concerns about the virus. The hotline is operational 24/7. Residents can dial 211 from their telephone to get connected.

SAMHSA Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746

<https://www.samhsa.gov/find-help/national-helpline>

Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

United Way of Massachusetts Bay and Merrimack Valley

51 Sleeper Street

Boston, MA 02210

51 Sleeper Street Boston, MA 02210

(617) 624.8000 / info@unitedwaymassbay.org

<https://unitedwaymassbay.org/our-impact/>

Partners with other agencies to address homelessness, poverty, and the needs of individuals and families in the Greater Boston area

[Family Fund](#) available for emergency assistance when all other sources are unavailable

WhyHunger Hotline

<https://whyhunger.org/>

1 (800) 5-HUNGRY, or text your zip code to 1-800-548-6479

Refers people in need across the U.S. to food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations, especially those that provide access to nutritious foods and nutritional support services.

William James College INTERFACE Referral Service

One Wells Avenue

Newton, MA 02459

(888) 244-6843; Hours: Monday-Friday, 9am-5pm

<https://interface.williamjames.edu/>

Free, confidential referral service for individuals across the lifespan living in participating communities. The list of participating communities can be found on Communities Tab above. Callers, from participating communities, are matched with licensed mental health providers from our extensive database, on average, within 2 weeks of their call to INTERFACE. Each referral best meets the location, insurance, and specialty needs of the caller. **Also provides access to free mental health resources specific to COVID-19.**

Communities served: Acton, AMSA Students (Marlborough), Boxborough, Canton, Carlisle, Concord, Dedham, Franklin, Holliston High School Students Hopkinton, Lexington, Lincoln, Littleton, Medfield, Medway, Natick, Needham, Newton, Norwood, Sudbury, Walpole, Waltham, Westwood and others (listed on website)

UTILITIES

AT&T

<https://www.att.com/shop/internet/access/index.html?source=ECmj0000000000mbU&wtExtrndSource=access#!//#%2F>

Offering two months of free service to new Access customers who order by April 30, 2020. \$5/mo or \$10/mo thereafter, depending on your speed. Expanding eligibility based on income and to households participating in National School Lunch Program/Head Start. Waiving all home internet data overage fees.

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Free Xfinity WiFi for everyone for next 60 days; free unlimited data on all plans; no disconnects or late fees; Internet Essentials free to all new customers; news, information, and educational content curated for X1; and 24/7 network monitoring.

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Waltham Salvation Army Corps

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Waltham, MA 02453

(781) 894-0413

<http://www.magoodneighbor.org/>

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