COVID-19 Help and Resources

City and State Services

**BOS311 – Boston COVID-19 Updates and Help**
- Call 3-1-1 24/7 for health, food and safety info.
- Text BOSCOVID to 99411 to sign up to get texts with COVID-19 updates.

**Boston Mayor’s Health Line**
617-534-5050 *(English, Spanish, Cape Verdean, Portuguese, Haitian Creole, Vietnamese and more languages)*
Call for help finding health care, childcare, food, and legal advice.

**Funding Help**

**MA Workers Emergency Relief Funds**
bit.ly/MassWorkerReliefFunds
Information about where to apply for funds, no matter what your immigration status is.
*Spanish:* bit.ly/FondosdeApoyoTrabajadoresdeMA
*Haitian Creole:* bit.ly/SoulajmanFonljanspouMA

**Greater Boston Legal Services Welfare Unit**
617-603-1806 *(English and Spanish)*
Help if you lost your job or can’t work because of COVID-19.

**MA Attorney General’s Office Fair Labor Division Hotline**
617-727-3465 *(English, Spanish, Portuguese)*
Call if you are being treated unfairly by your employer. Open Mon.–Fri., 10am-4pm.

**Unemployment Insurance**
617-626-6338 | mass.gov/how-to/apply-for-unemployment-benefits
Workers that can’t work because of a reason related to COVID-19 including caring for a family member or being scared of exposure at work can apply for unemployment benefits. Visit the website above to apply. For information in Spanish, visit mass.gov/desempleo

**Housing Help**

**City Life/Vida Urbana**
617-934-5006 *(English)* | 617-397-3773 *(Spanish)*
www.clvu.org
Help if you fear being evicted.

**Boston Mayor’s Office of Housing Stability**
617-635-4200 | Email: housingstability@boston.gov
Help finding safe and stable housing.

**MA Emergency Housing Assistance**
866-584-0653 *(English and Spanish)*
Apply for emergency shelter for families.

Food Help

**Project Bread**
1-800-645-8333 *(Deaf or Hard of Hearing: 1-800-377-1292)*
Find out about food pantries near you and get help applying for SNAP (food stamps), Mon.–Fri., 8am-7pm and Sat., 10am-2pm.

**The Greater Boston Food Bank**
gfbf.org/need-food
617-598-5022 | Email: SNAP@gbfb.org
Visit the website to find the closest food pantry to you. Call or email for help applying for SNAP (food stamps), Mon.–Fri., 8am-4:30pm.

**Mayor’s Office of Food Access**
617-635 3717 | bostonpublicschools.org/freemeals
Free lunch and breakfast for all Boston kids Mon.–Fri., 8:30-11:30am. Look at website for times and sites.

Legal Help

**Boston Mayor’s Office for Immigrant Advancement**
617-635-2980
Help with immigration issues in many languages, including Haitian Creole and Spanish.

**Safety and Health Care**

**The Dimock Center in Roxbury**
55 Dimock Street, Roxbury
617-442-8800
Health care, including visits by telephone.

**Safety | Casa Myrna/SafeLink**
1-877-785-2020
Call for help anytime if you feel unsafe at home.

**MA Department of Children and Families (DCF)**
617-748-2000
Call if you are worried about children who are not safe at home.

**Boston Emergency Services Team (BEST)**
1-800-981-4357
Call for mental health emergencies. Open 24 hours a day, 7 days a week.

**Boston Public Health Commission Recovery Services**
3-1-1 or 617-635-4500
Call anytime for help with substance abuse/addiction.
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Other Help

Electricity and Gas
Eversource
1-800-592-2000  |  (Deaf or Hard of Hearing: 1-800-322-8242)
National Grid
1-800-233-5325
You do not have to pay your electric and gas bills if you can't afford them during the COVID-19 crisis. Call your utility company (you can find the phone number on your last bill) for help.

Jobs | MassHire
masshiredowntownboston.org/hiringduringcovid-19/
Visit the website to see a list of employers that are actively hiring during the COVID-19 crisis.