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
Portuguese: bit.ly/FundosdeEmergenciaPortuges

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 Monday-Friday, 10am-4pm.

Legal Help
Boston Mayor’s Office for Immigrant Advancement
617-635-2980
Help with immigration issues in many languages, including Cape Verdean, Spanish, and Vietnamese.

Safety and Health Care
Bowdoin Street Health Center
617-754-0100
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.