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/SoulajmanFonIjanspouMA

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

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@gfbf.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.

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.
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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.