



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

gbfb.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.



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.