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## GENERAL RESOURCES

### CERS COVID-19 RESOURCES

- CERS offers an up-to date resource list that serves as a good complement to the GENERAL RESOURCES section below.
- To download the CERS resource guide [click here](#).

### UNEMPLOYMENT ASSISTANCE

- Who is eligible:
  - Anyone who has been **separated** from employment (quarantine or otherwise).
  - Anyone who has had hours reduced and is **working less than regularly scheduled**.
  - ADDITIONALLY**
  - Those who are eligible under normal circumstances.
  - **NOTE: There is currently no waiting period to apply.**
- How to apply:
  - Online: [click here](#)
  - By phone: (617) 626-6800
  - In person: 19 Staniford St., Boston, MA. 02114 (Mon-Fri 8:30am-4:30pm)
  - You will need:
    - Social security number (SSN)
    - Residential address
    - Mailing address
    - Phone number
    - Birth date
    - Employment history in last 15 months:
      - Names of employers
      - Employer addresses
      - Employer phone numbers
      - Reasons for separation from employers
      - Employment start and end dates
      - Recall dates
    - If you are not a US citizen: you will need your alien registration number
    - If you have dependents: you will need their SSNs and dates of birth
    - If a union member: you will need Union name and local number
    - If in the military: you will need information from your DD-214 Member 4
    - If a federal employee: you will need information from SF8
    - If you want to use direct deposit: you will need bank account/routing number
- MA Department of Unemployment Assistance Virtual Town Halls
  - **NOTE: The DUA is hosting daily town hall meetings in order to show the process of achieving a successful unemployment claim in Massachusetts.**
  - For a visual presentation: [click here](#).
  - For times, and to sign up: [click here](#).

## **HOUSING/RENT ASSISTANCE**

### - Information

- For COVID-19-related information about state & national housing [click here](#).
- For a guide to obtaining housing assistance in Massachusetts [click here](#).
- For COVID-19-specific FAQs about housing programs in Massachusetts [click here](#).
- For DHCD Local Housing Authority Guidance related to COVID-19 [click here](#).
- For DHCD Regional Administering Agencies information related to COVID-19 [click here](#).
- For Massachusetts Tenant Rights [click here](#).
- For Massachusetts Tenants' Guide to Eviction [click here](#).

**NOTE: Modifications to housing court operations:** [click here](#).

**NOTE: A landlord cannot lock you out or throw you out of your apartment without a judge's order.**

- **Section 8 Housing Choice Voucher Program:** [click here for more information](#).

Who is eligible:

Household Size	1	2	3	4	5	6	7	8
Income Limits	\$40,250	\$46,000	\$51,750	\$57,500	\$62,100	\$66,700	\$71,300	\$75,000

-For more information [click here](#)

How to apply:

- Online: [click here](#)
- OR
- Download the preliminary application: [click here](#)
- OR
- Have a preliminary application mailed to you: [click here](#)

- **The Massachusetts Rental voucher Program:** [click here for more information](#)

Who is eligible:

- **Mobile voucher:** see **Section 8** above, only for housing units on the private market
- **Project-based voucher:** these are tied to specific private housing developments and cannot change location.
- **Alternative Housing Voucher Program:** this is assistance for non-elderly persons with disabilities who are of low income.

How to apply:

- **Mobile vouchers:** apply at the Regional Administering Agency that serves the town you live in ([click here](#)) or at Mass NAHRO ([click here](#)).
- **Project-based vouchers:** a list of sites providing listings and links to such developments can be found [here](#), and [here](#).
- **Alternative Housing Voucher Program:** apply by contacting any of the 25 Issuing Administering Agencies listed [here](#).

- **NOTE: The city of Boston maintains an up-to-date document with COVID-19 updates relating to emergency shelter, day programs, community means and street outreach for people experiencing homelessness.**

- To view the document: [click here](#).

## **FUEL ASSISTANCE**

- **NOTE: as long as the state of emergency is in effect, the Department of Public Utilities has extended the moratorium that all utilities must follow the no shut-off rule.**

- Who is eligible:
  - Low Income Home Energy Assistance Program (LIHEAP) Guidelines [click here](#)
  - Maximum benefit is \$1,140
- How to apply:
  - Community Teamwork
    - Website: [click here](#)
    - Phone: (978) 459-6161
    - Email: [fuelassistance@commteam.org](mailto:fuelassistance@commteam.org)
  - Action for Boston Community Development, Inc.
    - Website: [click here](#)
    - Phone: (617) 357-6012 (only for Boston, see website for other local contacts)
    - Boston Address: 178 Tremont St. 4<sup>th</sup> floor, Boston, MA. 02111

## **FOOD/NUTRITION ASSISTANCE**

- **Supplemental Nutrition Assistance Program (SNAP) Benefits:**

- Who is eligible:
  - For eligibility charts [click here](#).
  - For assistance determining eligibility, call [Project Bread](#): (800) 645-8333
    - Hours: 8am-7pm Mon-Fri, 10am-2pm Sat
- How to apply:
  - Submit an application.
    - Online: [click here](#)
    - In person: any Department of Transitional Assistance (DTA) office
  - A worker at the DTA will call you within five days of application submission for an interview.
    - DTA will give you a list of document to send in in order to verify eligibility.
  - A decision will be made within 30 days, if approved you will receive an EBT card.

**Project Bread Hotline:**

- Phone: (800) 645-8333
- Hours: 8am-7pm Mon-Fri, 10am-2pm Sat
- Website: [click here](#)
- This is a comprehensive statewide information and referral service in Massachusetts for people facing hunger.
- Call the Project Bread Hotline to speak to a counselor who can refer callers to food sources in their communities as well as provide them with information about Supplemental Nutrition Assistance Program (SNAP).

## **HEALTH INSURANCE**

- **MassHealth:**

- Who is eligible:
  - **Open enrollment** for Massachusetts residents extended through **April 25<sup>th</sup>**.
  - For more information [click here](#).
- **NOTE: Coverage applied for after March 3<sup>rd</sup> will begin May 1<sup>st</sup>**

- How to apply:
  - Call to gain access to the lengthened enrollment period: (877) 632-6765
  - Fill out an application online: [click here](#)

### **LEGAL ASSISTANCE**

- Massachusetts residents are afforded a number of legal protections during the COVID-19 crisis, including from eviction/foreclosure, debt collection, utility shutoffs, loss of MassHealth coverage and more.
- To learn more about legal protections [click here](#).

### **BOSTON-BASED RESOURCES**

- For a list of Boston-based resources for handling the COVID-19 crisis (compiled by the Asian American Resource Workshop): [click here](#).

### **BMC OBAT RECOVERY COACH**

- **Lael Morris**
  - Phone: (617) 694-5926

## **RECOVERY RESOURCES**

### **12-STEP RESOURCES**

- **Alcoholics Anonymous**
  - AA Boston
    - Website: [click here](#)
    - Phone: (617) 426-9444
    - **NOTE: Visit website to view meetings that are being held both in person and online.**
  - Western Massachusetts AA
    - Website: [click here](#)
    - Phone: (413) 532-2111
    - **NOTE: Visit website to view phone and online meetings are being offered.**
  - AA Intergroup
    - Website: [click here](#)
    - **NOTE: Visit website to search for AA online meetings.**
  - Online Group AA
    - Website: [click here](#)
    - **NOTE: Visit website for access to online AA meetings**
  - Pause A While
    - Hosting free conference calls for AA meetings
    - When: 2pm every day
    - Dial in number: (425) 436-6360
    - Access code: 422932
  - A Virtual Awakening
    - This is a closed online AA meeting for women, trans, and non-binary people
    - Includes recovery literature, speakers and open discussion

- When: Sun, Mon, Wed, Fri @ 8:30pm EST, Thurs @1:00pm EST
- Zoom link: [click here](#)

#### - Narcotics Anonymous

- New England Region of NA
  - Website: [click here](#)
  - Phone: (866) 624-3578
  - **NOTE: Visit website for cancelled NA meetings and meetings that are being held online.**
  - For NA's statement about Coronavirus: [click here](#)
- NA by Phone
  - Website: [click here](#)
  - **NOTE: Visit website for NA phone meetings.**
- Virtual NA
  - Website: [click here](#)
  - **NOTE: Visit website for online NA meetings.**
- NA Speaker
  - Website: [click here](#)
  - **NOTE: Visit website for 24/7 online streaming of NA speakers.**

#### - Other 12-Step Meetings

- Al-Anon and Alateen
  - For group status information: [click here](#)
  - For electronic groups: [click here](#)
- Cocaine Anonymous
  - Website: [click here](#)
  - Phone: (617) 539-6090
  - **NOTE: Visit website for meeting cancellations and information about online meetings.**
- Marijuana Anonymous
  - Website: [click here](#)
  - **NOTE: Visit website for meeting updates and information about phone and online meetings.**
- Nicotine Anonymous
  - Website: [click here](#)
  - Phone: (877) 879-6422
  - **NOTE: Visit website for meeting updates and information about phone and online meetings.**
- Recovery Speakers
  - Website: [click here](#)
  - **NOTE: Visit website to listen to speakers from many different 12 step groups.**
- Sober Recovery
  - Website: [click here](#)
  - **NOTE: Visit website for an online forum for people in recovery as well as friends & family.**
- Embark Recovery
  - Website: [click here](#)
  - When: Daily 12pm and 6pm, 12:30pm and 5:30pm in Spanish
  - **Note: Visit website for event times and information**
- Herren Project

- Website: [click here](#)
- **NOTE: Visit website for a variety of meetings including women's meeting Tuesdays @ 7:30pm**
- In the Rooms
  - Website: [click here](#)
  - When: Online meetings @ 9am, 12pm, 3pm, 6pm and 9pm
  - **NOTE: These are "all recovery" meetings; all pathways and programs are welcome.**
- LifeRing Secular Recovery
  - Website: [click here](#)
  - **NOTE: Visit website for online meetings which include sharing and sobriety support.**
- Lion Rock Recovery
  - Website: [click here](#)
  - **NOTE: Visit website for a variety of support groups taking place every day of the week.**
- Recovery Dharma
  - Website: [click here](#)
  - Meetings using a Buddhist practice
  - **NOTE: Visit website for updates on in person meetings and Zoom meetings.**
- Reddit Recovery
  - Website: [click here](#)
  - **NOTE: Visit website for a lively recovery forum.**
- Refuge Recovery
  - Website: [click here](#)
  - Meetings using a Buddhist practice
  - **NOTE: Visit website for an online support and recovery community.**
- SMART Recovery
  - For online resources: [click here](#)
  - For a list of meetings in person and online: [click here](#)
- SoberCity
  - Website: [click here](#)
  - **NOTE: Visit website for an online support and recovery community.**
- Sobergrid
  - Website: [click here](#)
  - **NOTE: Visit website for an online platform to help anyone get sober and stay sober.**
- Soberistas
  - Website: [click here](#)
  - **NOTE: Visit website for a women-only international online recovery community.**
- Sober Mommies
  - Website: [click here](#)
  - **NOTE: Visit website for an online support group for moms in recovery.**
- WEconnect and Unity Recovery
  - Zoom link: [click here](#)
  - When: Every day, 9am, 12pm, 3pm, and 9pm EST
- Women for Sobriety
  - Website: [click here](#)
  - For meetings: [click here](#)

- We Connect Recovery
  - Website: [click here](#)
  - For meetings: [click here](#)

### **RECOVERY APPS**

- Sober Grid
  - How to get: App Store
- Celebrate Recovery
  - How to get: App Store
- Smart Recovery
  - How to get: [click here](#)
- Connections
  - How to get: [click here](#)
- Meeting Guide
  - How to get: App Store
- NA Meeting Search
  - How to get: App Store
- Recovery Path
  - How to get: App Store

### **FACEBOOK RECOVERY GROUPS**

- CLEAN AND SOBER – Addiction Recovery Support Group
  - Facebook Page: [click here](#)
- Daily Reflections AA
  - Facebook Page: [click here](#)
- Methadone & Buprenorphine Discussion and Support
  - Facebook Page: [click here](#)
- MIPSAs-Methadone Information & Patient Support Network
  - Facebook Page: [click here](#)
- Recovery Soldiers
  - Facebook Page: [click here](#)
- Sober Mommies
  - Facebook Page: [click here](#)
- Voices to End Addiction & Inspire Recovery
  - Facebook Page: [click here](#)
- Women in AA
  - Facebook Page: [click here](#)

### **SUPPORT FOR FAMILIES WITH A LOVED ONE WITH SUD**

- Smart Recovery Family
  - Website: [click here](#)
- Learn to Cope
  - Website: [click here](#)
- Al-anon
  - Website: [click here](#)



### **INFORMATIONAL RESOURCES**

- National Alliance on Mental Illness (NAMI)
  - For a list of recovery and emotional health related support options: [click here](#).
- Harm Reduction Coalition
  - For COVID-19 related information on safer drug use: [click here](#).
- National Institute of Health
  - For COVID-19 related risks to people who smoke and use drugs: [click here](#).

### **PHARMACY RESOURCES**

- **NOTE: The MA Drug Control Program is waiving the requirement that pharmacies collect and report a patient ID and signature in association with dispensing a controlled substance or additional drug.**
- For more information: [click here](#)

### **OTHER RECOVERY RESOURCES**

- Sober Shuttle, Inc.
  - Sober shuttle's mission is to provide "cost free transportation" to all individuals who wish to recover from the infliction of substance abuse and mental illness, and to support them, their family, business and our communities in sustained positive productivity. A variety of other services are also offered through the website.
  - Website: [click here](#)
- Shatter Proof
  - Shatter proof offers a collection of recovery support resources that are kept up to date throughout the COVID-19 crisis. Resources include information about maintaining or seeking treatment, recovery support, supporting a loved one, self-care, grieving a loss, harm reduction, veterans, and many more.
  - To access these resources [click here](#).

## **MENTAL HEALTH RESOURCES**

### **Online Mental Health/Substance Use Support, and Hotlines**

- National Suicide Prevention Lifeline
  - Phone: (800) 273-8255
- Never Use Alone
  - Website: [click here](#)
  - Phone (800) 484-3731
- Mass Substance Use Hotline
  - Website: [click here](#)
  - Phone: (800) 327-5050
- Samaritans
  - Phone: (877) 870-4673
- SAMSHA National helpline
  - Website: [click here](#)
  - Phone: (800) 662-4357
- 7cups
  - Website: [click here](#)

- **NOTE: Visit website for free emotional support.**
- Veterans Crisis Line
  - Website: [click here](#)
  - Phone: (800) 273-8255 (press 1)
- MHS Assessments
  - Website: [click here](#)
  - COVID-19 & mental health resources offered:
    - Psycho-education
    - Treatment resources
    - Guidance for families
    - Transitions from school to home
    - Practitioner Specific
- Mental Health for US
  - Website: [click here](#)
  - COVID-19 & mental health resources offered:
    - Crisis Resources
    - Treatment Locators
    - Screening, Warmlines, and Support Groups
    - Government Resources and Information
- COVID-19 Grief Circles
  - Website: [click here](#)
  - When: Saturdays, 11am – 12pm
  - Registration (free): [click here](#)
- PsychHub
  - Website: [click here](#)
  - PsychHub collects resources from a number of different organizations including the VA, APA, NAMI, Aetna, Anthem, Mental Health America, Beacon Health Options, United Healthcare, UCLA Health, Columbia Psychiatry, and others. This is a good central hub for accessing a variety of mental health resources.

### **MA State-Wide Tele-Mental Health Resources**

- Commonwealth Psychology
  - Website: [click here](#)
  - Phone: (844) 437-7924
  - **NOTE: MassHealth is not accepted, and no substance use disorder-specific services are offered.**
- Doctor on Demand Customer Support
  - Website: [click here](#)
  - Phone: (800) 997-6196
  - FAQs: [click here](#)
- Massachusetts General Hospital TeleHealth
  - Website: [click here](#)
  - General Telehealth Phone: (617) 724-2654
  - Outpatient Psychiatry department: (617) 724-5600
  - Outpatient psychiatry **intake** phone: (617) 724-7792
  - FAQs: [click here](#)
- WellConnection

- Website: [click here](#)
- Phone: (800) 821-1388
- E-Psychiatry
  - Website: [click here](#)
  - Phone: (844) 437-7924
  - FAQs: [click here](#)
- HealthPoint Plus
  - Website: [click here](#)
  - Phone: (978) 515-CARE

### **Location-Specific Tele-Mental Health Resources**

- Bourne/Sandwich
  - Community Health Center of Cape Cod
    - Website: [click here](#)
    - Phone: (508) 477-7090
- Brockton
  - T Jocelyne Counseling & Consulting Clinic
    - Website: [click here](#)
    - Phone: (508) 580-0364
    - Email: [intake@tjocelyne.org](mailto:intake@tjocelyne.org)
  - VA Boston Healthcare System – Brockton
    - Phone: (774) 826-1778 or (774) 826-2325
- Gloucester
  - CBOC TCT – Telehealth from Edith Nourse Rogers Memorial Veterans Hospital (Bedford)
    - Website: [click here](#)
    - Phone: (781) 687-3119 or (781) 687-2833
- Lowell
  - Comprehensive Health Services
    - Website: [click here](#)
    - Phone: (978) 459-2306
- Plymouth
  - Community Health Center of Cape Cod
    - Website: [click here](#)
    - Phone: (508) 477-7090

## **CHILD/FAMILY RESOURCES**

### **PARENTING/FAMILY RESOURCES**

- Hello It's Me
  - Facebook Page: [click here](#)
  - **NOTE: This is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19.**
- Parenting Journey
  - Website: [click here](#)

- **NOTE: This is an emergency fund from which parents can request a stipend. This is a resource for families impacted financially by COVID-19.**
- Parents Helping Parents
  - **NOTE: Visit website for online support groups occurring every day.**
  - For schedule: [click here](#)
  - Phone: (800) 632-8188
  - Zoom link: [click here](#)
  - Dial by phone: (646) 558-8656, meeting ID: 6607380697#
- National Parent Helpline
  - Phone: (855) 427-2736
- Sober Mommies
  - Website: [click here](#)
  - **NOTE: Visit website for an online support group for moms in recovery.**
- Children's Advocacy Center of Suffolk County
  - Website: [click here](#)
  - **NOTE: Visit website for resources for parents on getting basic needs and also on how to help children cope in English and Spanish.**
- National Alliance on Mental Illness (NAMI)
  - For support options for parents of children and teens: [click here](#), and [here](#).
- National Public Radio (NPR)
  - Just For Kids: A comic Exploring the New Coronavirus: [click here](#).
- Massachusetts Department of Public Health (DPH)
  - Massachusetts Nursing Home Family Resource Line
    - Phone: (617) 660-5399
    - Hours: 9am - 5pm every day

### **CHILD PROTECTION RESOURCES**

- **NOTE: All reports of suspected child abuse or neglect must be phoned in to DCF. Please call immediately if you know of, or suspect, an incident of child abuse or neglect.**
- Department of Families and Children (DCF)
  - To find local DCF phone number: [click here](#)
  - If night, weekend, or holiday dial Child-at-Risk Hotline: (800) 792-5200

## **INTIMATE PARTNER VIOLENCE RESOURCES**

- National Domestic Violence Hotline
  - Website: [click here](#)
  - **NOTE: There is a hotline, texting service, and webchat service for people experiencing violence in their home during the COVID-19 restrictions**
- RESPOND
  - Website: [click here](#)
  - Phone: (617) 623-5900
  - **NOTE: Provides life-saving shelter, a crisis hotline, support services, training, and education**
- SafeLink
  - Website: [click here](#)

- Phone: (877) 785-2020
- **NOTE: This is an English and Spanish domestic violence hotline for all of Massachusetts.**
- The Network/La Red
  - Website: [click here](#)
  - Phone (617) 742-4911 (voice), (800) 832-1901 (Toll-Free)
  - **NOTE: This is a survivor-led social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, SM, polyamorous, and queer communities.**

## COVID-19 INFORMATION

### GENEERAL INFORMATION ABOUT COVID-19

- CDC
  - For general COVID-19 information: [click here](#).
- Mass.gov
  - COVID-19 FAQs: [click here](#).
- How to make a cloth face mask: [click here](#).

### MENTAL HEALTH AND SUBSTANCE USE RELATED INFORMATION

- CDC
  - For information about stress and coping during COVID-19: [click here](#).
- SAMHSA
  - For information about social distancing, quarantine and isolation: [click here](#).
- NAMI
  - For information about mental health during the COVID-19 crisis: [click here](#)
- Harm Reduction Coalition
  - For COVID-19 information on safer drug use: [click here](#)

### INFORMATION FOR FAMILIES AND CHILDREN ABOUT COVID-19

- CDC
  - For information about preparing your family for COVID-19: [click here](#).
- NASP
  - For information about helping children cope with COVID-19 related changes: [click here](#).
- Child Mind Institute
  - For information on supporting kids during COVID-19: [click here](#).
  - For information on how to avoid passing anxiety on to your kids: [click here](#).
- CapRadio
  - Just For Kids: A Comic Exploring the New Coronavirus: [click here](#).
- NCTSN
  - Parent/caregiver guide to helping families cope with COVID-19: [click here](#).
- Zero to Three
  - Tips for families during COVID-19: [click here](#).

## BOSTON PROGRAM UPDATES

### **Shelters in Boston:**

- Boston shelters are doing everything they can to combat the spread of Coronavirus. Since this situation is ever-changing, policies about new admissions may be changing on a rapid basis. For this reason, if you want to know the current status of a shelter, it is best to use the website listed below to find the shelter's phone number, and give them a call.

- For a list of shelters in Boston: [click here](#).

- **NOTE: The city of Boston maintains an up-to-date document with COVID-19 updates relating to emergency shelter, day programs, community means and street outreach for people experiencing homelessness.**

- To view the document: [click here](#).

### **AHOPE**

- Boston Public Health Commission's AHOPE program, a harm reduction and needle exchange site is providing services on the street now.

- For times, locations and more information, please call (617) 534-3976

### **Project TRUST**

- Project TRUST has moved their services out to the street.

- For more information please call (617) 414-4495

### **Women's Lunch Place**

- The community setting is temporarily suspended, but they are serving take-out meals, providing toiletries and support.

- Breakfast 8:00-10:00am, Lunch 12:00-2:00pm

### **Rosie's Place:**

**NOTE: Services are only being offered to those who are currently homeless or are in critical circumstances.**

- Hours: 7am-3pm Mon-Fri, 10am-3pm Sat-Sun

- Lunch 11am-12pm every day

- Information about rent and utility assistance

### **Project HOPE**

- Project HOPE's building is currently closed, but the organization continues to offer information and resources at this time. See how they can help by visiting their [website](#) or calling (617) 442-1880.

### **The Phoenix Gym:**

- The Phoenix Gym is live-streaming all classes zoom. These classes are intended for all levels of experience.

- To see the schedule and sign up, [click here](#).