

Resources for Families

Support with physical and mental health and/or safety:

Purpose / Support with:	Organization Name	Link to website	Notes:
Emergency Mental Health Services	Boston Emergency Services Team	Boston Emergency Services Team	A mental health emergency hotline to do crisis evaluation and treatment if you feel your child has become a danger to themselves or others in the home. BEST team available for ALL regardless of insurance status. BEST team is able to evaluate children and adults.
Helping Parents with Stress	Parents Helping Parents	Parents Helping Parents Stress Hotline	<p>The current national health emergency is causing many parents anxiety.</p> <ul style="list-style-type: none"> * How do I protect my children? * What do I tell them? * Or simply, how do I keep them busy when there is no school? <p>Parental stress line counselors are still there to listen to your concerns and problem-solve with you. 24-7, free and confidential. CALL: 800-632-8188</p>
Emergency Childcare Providers	Exempt Emergency Childcare Providers	Exempt Emergency Childcare Providers	<p>To slow the spread of coronavirus, Governor Baker has issued an emergency order temporarily closing all early childhood education programs across the State of Massachusetts to suspend providing childcare by 11:59 P.M. on Sunday, March 22, 2020. This will remain in effect until April 6, 2020 and may be extended as needed.</p> <p>Exempt Emergency Child Care Programs will be the only child care programs that are allowed to operate during this time. This prioritizes public health and safety while maintaining critical service.</p>
Crisis Hotline Resources	City of Boston	Crisis Hotline Resources	Suicide prevention, domestic violence, and other crisis hotlines for youth, young adults, and their friends and families.
Crisis Text Line - Text TALK to 741741	Crisis Text Line	Crisis Text Line	<p>Crisis Text Line is here for you 24/7. Text a free Crisis Counselor anytime. You don't have to deal with the hard parts of life alone. Text us. Get free help.</p> <p>Anxious about coronavirus? Text HOME to 741741 to connect with a Crisis Counselor.</p>

Suicide Prevention Hotline	Suicide Prevention Hotline	Lifeline Chat	Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the chat. The chat counselors are here to listen and support you through whatever difficult times you may be facing. The Lifeline Chat service is available 24/7. If you have trouble connecting to the chat service we encourage you to call the Lifeline at 1-800-273-TALK (8255).
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Support with food and shelter:

Purpose / Support with:	Organization Name	Link to website	Notes:
Boston Food Meal Sites	Boston.gov	Boston Food Meal Sites	“Grab and go” breakfast and lunch will be available to youth and teens 18 and under
Food and Meal Service Hotline	Project Bread	Project Bread Food Source Hotline	Food and Meal ServicesFoodSource Hotline - Project Bread's toll-free FoodSource Hotline is the only comprehensive statewide information and referral service in Massachusetts for people facing hunger. To find food resources in your community, call the FoodSource Hotline: 1-800-645-8333 TTY 1-800-377-1292
Stop and Shop - shopping for ages 60+	Stop and Shop	Stop and Shop	Starting March 19th, Stop and Shop will have a 90-minute window from 6 am-7:30 am open only to shoppers ages 60+.
Food Resources	Haley House Soup Kitchen	Haley House Soup Kitchen	Haley House Soup Kitchen is providing take-out meals throughout the week. Mon-Fri 7-9am Breakfast, Sunday Brunch 11-2pm, Elder Meal (age 55+) Tues & Thurs 1-3pm @ 23 Dartmouth St, South End
Free Lunch Buffet for Boston Students	The Breakfast Spot	The Breakfast Spot Flyer	Tuesday-Friday 11:30am-2:30pm at 2805 Washington St, Roxbury. If you know a child depending on school lunch, please sent them to The Breakfast Spot. Mention Romilda or Families for Justice as Healing to receive a free meal.
Free meals YMCA	YMCA of Greater Boston	YMCA Food Distribution	Grab and go breakfast and lunch provided from 8AM-12PM by YMCA of Greater Boston for youth and teens 18 and under. Visit https://go.aws/2UdqgsV for locations.
Make Shift Boston Free Groceries	Make Shift Boston	Make Shift Boston Flyer	Free Food and supplies every Monday 5:30pm @ 549 Columbus Avenue Updates: follow

			facebook.com/solidaritysupplydistro or twitter: @bostondistro
Free Cooking Classes	Mattapan Flavors Cooking Class	Free Cooking Classes	Thursdays 6-8pm @ Mattapan Community Health Center 1575 Blue Hill Ave Easy, fun cooking to feed you and your family! Weekly cooking classes taught by the Boston Organization of Nutritionists and Dietetics of Boston. No fee to participate. Gift card for groceries after completing 3 sessions!
Pet Food Services	Pet Pantry	Pet Food Services	The Pet Pantry offers support for those in need of pet food assistance. They have various distribution sites across the South Shore.

Support with Employment / Income and Legal Services:

Purpose / Support with:	Organization Name	Link to website	Notes:
Legal Help	Lawyers for Civil Rights (LCR)	Lawyers for Civil Rights	Need Legal Help or Support During COVID-19? LCR created a multilingual landing page to share multilingual information and will update it regularly.
Unemployment Resource	City of Boston	Unemployment Resources	If your hours have been cut due to COVID-19, you qualify for Unemployment Insurance. Governor Baker announced emergency regulations that will allow those impacted by COVID-19 to collect unemployment insurance. Emergency legislation is being filed that will waive the one-week waiting period for unemployment benefits. Apply here: https://www.mass.gov/unemployment-insurance-ui-online
Massachusetts Department of Unemployment Assistance (DUA) Virtual Town Halls Sign up for a town hall presentation	Massachusetts Department of Unemployment Assistance	Unemployment Assistance	The Executive Office of Labor and Workforce Development and the Department of Unemployment Assistance will be hosting daily virtual town hall meetings featuring a step by step process to achieve a successful unemployment claim. They will also take questions from claimants across the Commonwealth. <u>The current virtual town hall schedule is:</u> Sunday, March 22, 2020 at 3:30 PM Monday, March 23, 2020 at 9:00 AM Tuesday, March 24, 2020 at 9:00 AM - Spanish Town Hall

			<p>Wednesday, March 25, 2020 at 9:00 AM</p> <p>Friday, March 27, 2020 at 9:00 AM</p> <p>Click here to sign up for a virtual town hall via phone or online.</p>
Financial Relief	Union Capital Boston Visa Gift Card Support	Gift Card Support	<p>Do you live in the Greater Boston area? Are you in need of financial support due to the Coronavirus (COVID-19) either because of school closings or lost wages?</p> <p>If yes, please fill out this form and answer honestly. Union Capital Boston will order Visa gift cards on Friday, March 20 and take 7-10 days to arrive. We will divide the amount on each card evenly based on the amount of money raised. Do you know someone who can donate? Ask them to donate at: bit.ly/UCBCOVID19Fund</p>
Utility Bill assistance - COVID-19	Utility Bill assistance - Mass.gov	Utility Assistance	If you are having trouble paying your utility bills, here's information you should know. State's moratorium on electric and gas service shutoffs EXTENDED for the duration of the state of emergency for COVID-19
COVID-19 FAQs related to workers rights	Legal Aid at Work	Legal Aid at Work	COVID-19 FAQs related to workers rights

Support with internet and technology:

Purpose / Support with:	Organization Name	Link to website	Notes:
Technology	BPS OIIT Or call 311	BPS Laptops Or call 311	Use this link to request a laptop delivery during BPS School Closure.
Free / Low-cost internet	Comcast Or call 311	Comcast Internet Or call 311	Comcast is taking immediate steps to help connect low-income families to the Internet at home. New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. APPLY BY April 30, 2020.
Free Video Calling	Zoom	Zoom Video Call	Free video and audio conferencing up to 100 people. Up to 40 minutes at a time for groups.

Support with home learning and academics:

Purpose / Support with:	Organization Name	Link to website	Notes:
Resources for Families	BMC Autism Program - Resources for Families	Resources for Families	An amazing list of "Education and Daily Activities" and "Food, Finances, and Services" resources for families organized by the BMC Autism Program
Kids Daily Newsletter	PBS Kids Daily Newsletter	PBS Kids Daily Newsletter	Daily newsletter of activities and tips to help kids play and learn at home. Sign up using the link!
Book Resource	Children's Book: COVIBOOK - My Name is Coronavirus	Children's' Book	A free short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation.

Information and Resources related to Coronavirus:

Purpose / Support with:	Organization Name	Link to website	Notes:
Boston Public School Updates	BPS	Boston Public Schools Coronavirus Updates	BPS updates and resources for Boston children and families including Free Lunch & Breakfast locations, staying digitally connected & virtual learning, tips for educators, and more
Boston Alerts and Updates	City of Boston	Boston Alerts and Text Updates Or call 311	To get regular updates on #covid19 from the City of Boston text BOSCOVID to 99411