

COVID Community Resources

1. Local Mutual Aid Networks

- a. For the mutual aid networks in greater Boston, they all follow the same model. There are a few ways the process works: someone can reach out to their neighborhood point person, they can review the 'Offerings Spreadsheet' to see a list of offers already made by their neighbors and contact them directly, or they can write their needs on the 'Needs List'. Lynn and Worcester mutual aid groups are set up differently.
- b. Find the right location:
 - i. [Mutual Aid Medford & Somerville](#)
 - ii. [Mutual Aid Jamaica Plain/Roxbury](#)
 - iii. [Mutual Aid Dorchester \(Spanish, Vietnamese, Haitian Creole, Cape Verdean Creole versions in document\)](#)
 - iv. [Mutual Aid Brookline](#)
 - v. [Mutual Aid Cambridge](#)
 - vi. [Mutual Aid/Disaster Relief Lynn](#)
 - vii. [Mutual Aid Worcester](#)
 - viii. [Mutual Aid Eastie](#)
 - ix. [Mass Mutual Aid Networks`](#)

2. Sign Up for NextDoor - Another way for neighbors to request help from neighbors:

- a. Help people sign up for the **NextDoor**, a hyper local social networking site. Using your home address you can then send out messages and engage with people in your direct neighborhoods. A lot of people are using this platform as a way to share information and ask for assistance with quick responses.
- b. <https://nextdoor.com/>
- c. Go to the home page, click sign up in the right hand corner, and follow prompts. Once signed up you can then use the website for communication as well as get alerts sent to your email if you'd like.

3. Grocery Delivery Options

- a. This is a compiled list of local grocery delivery and/or curbside pick up options for Boston area: <https://foodforfree.org/grocery-delivery-in-the-boston-area/>
- b. Project Driveway: <https://projectdriveway.org/home>, Brookline, Newton, Needham
 - i. High School students who shop, deliver and clean off packages before leaving them outside of homes. They primarily use PayPal and the Venmo app for payment but if you don't have these, they will work with you to come up with another way.
- c. Farmers Markets Doing Deliveries (Below is a list of the ones that I could find serving the greater Boston area, you'll have to check specifically to see which cities they serve) [***There are probably more expensive options]
 - i. <https://lilachedgefarm.com/store/>
 - ii. <https://massfooddelivery.com/>
 - iii. https://farmerstoyou.com/current_pickup_sites.php



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- iv. <https://www.market2dayapp.com/>
 - v. <https://www.threeriverfa.com/>
 - d. Good Neighbors by Nesterly: www.nesterlygoodneighbors.com
 - i. A part called Good Neighbor will help you with shopping, pickup Rx, etc.
 - ii. They use college students out of school to help.
 - iii. Call 877-958-8785
- 4. Mental Health Resources:** Most insurance companies have suspended co-pays, so you should be able to see a private therapist for little **or no** out of pocket expense.
- a. **Full Service Agencies**
 - i. **Brighton-Allston Mental Health Center** (617) 787-1901
www.italianhome.org, community programs (also has a satellite clinic in JP)
 - ii. **Brookline Community Mental Health Center** 41 Garrison Road, Brookline, 617-277-8107, brooklinecenter.org.
 - iii. **Fenway Health** Locations vary, 617-927-0900, fenwayhealth.org. (Offers services particularly for the LGBTQ community)
 - iv. **So. Jamaica Plain Health Center** 617-983-4219
 - v. **Riverside Community Care** www.riversidecc.org Locations: Cambridge, Somerville, Newton, Norwood, Lynnfield, Upton
 - b. **Therapy matching services**
 - i. Psychology Today: www.psychologytoday.com. There's a "Find a Therapist" tab. You can sort by location, gender, type of therapy, issues you want to address; there's a statement by each therapist about how they work, and a picture. Many good people list themselves here.
 - ii. **Therapy Matcher** – NASW referral line for licensed social workers. www.therapymatcher.wordpress.com
 - c. **Hospital Services**
 - i. **Mass General Hospital outpatient clinics**
<https://www.massgeneral.org/psychiatry/treatments-and-services/community-mental-health-services> Boston, Chelsea, Charlestown, Revere
 - ii. **Cambridge Health Alliance:**
<https://www.challiance.org/cha-services/mental-health-addictions>
 - iii. **Newton-Wellesley:** [Mental Health Matters Workbook](#),
<https://www.nwh.org/psychiatry/psychiatry>
 - iv. **Boston Children's Hospital:**
<http://www.childrenshospital.org/centers-and-services/departments/psychiatry#>
 - d. **For crisis support:**



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- i. **Samaritans:** If you need help fast, call Samaritans at 877-870-4673. The free 24/7 crisis hotline offers non-judgmental support and conversation to callers who are depressed, lonely, or considering suicide. samaritanshope.org.
- ii. **If you think someone is at risk** for self-harm or harming others, call 911 or go to the nearest Emergency Department.

5. Food Resources for Those Who are Facing Hunger/Limited by Finances

- a. Project Bread's Food Source Hotline: 1-800-645-8333
 - i. The only comprehensive statewide information and referral service in MA for people facing hunger
 - ii. M- F 8AM - 7PM; Sat 10AM - 2PM
- b. City of Boston Food Resources Compilation: <https://www.boston.gov/news/food-resources-during-covid-19>
- c. City of Cambridge: <https://foodforfree.org/covid-19-relief-delivery-program/>
 - i. Food For Free and the City of Cambridge have created a food delivery program for Cambridge residents who are at high risk of food insecurity during the COVID-19 crisis
 - ii. To check your eligibility and enroll, call the Cambridge Community Food Line 617-349-9155

6. Call Your State or City Hotlines for More Info

- a. Boston: dial 3-1-1 (previously the Mayor's 24-hour hotline 617-635-4500. For those with VoIP and for calls from outside Boston, callers should continue to dial 617-635-4500.)
- b. Chelsea: Call 3-1-1 from within Chelsea (or 617-466-4209 outside the city)
- c. MA: 211

7. Search Online Databases for For Resources

- a. Mass 211 online: <https://www.helpsteps.com/hs/home/#/>
 - i. Can search for various types of support (mainly government and social service orgs)
- b. Aunt Bertha: <https://www.auntbertha.com/>
 - i. A private search engine to locate free or reduced cost services from social service organizations
- c. Boston + MA COVID19 Resources: https://docs.google.com/document/d/1-x6vOZKVsIa5H363mtdgcyivvLmcx7-f2s6l-O_ba8A/edit?usp=sharing
 - i. This is a GREAT guide from the Asian American Resource Center of resources crowdsourced from community based orgs, non profits, and grassroot efforts



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