

Information & Resources for Arlington Residents

HEALTH

If you think you have symptoms of COVID-19, contact your health provider.

MA Stop the Spread **Free** Testing Sites (no symptoms): <https://www.mass.gov/info-details/stop-the-spread>

COVID-19 Drive-thru Testing at AFC Urgent Care, 1398 Massachusetts Ave, Arlington
MUST call ahead to be pre-screened: **781-648-4572** <https://www.afcurgentcarearlington.com/>

Health Guidance from the CDC <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

EMOTIONAL AND FAMILY SUPPORT

Parents Helping Parents: Parental Stress Line 24/7, **1-800-632-8188**

Samaritans (of Boston) Hotline **1-877-870-HOPE** (4673) -- Call or Text 24/7

Arlington Council on Aging: Telephone Call Reassurance Program or Social Worker Appointment. If you know of an older adult in Arlington who could benefit from a weekly phone call or an appointment with a COA Social Worker, call **781-316-3400**.

Community Connections: virtual early literacy learn & play groups.
<http://www.familyaccesscommunityconnections.com/>

SafeLink is Massachusetts' statewide 24/7 multilingual hot line and a resource for anyone affected by **domestic violence: 877-785-2020. As always, please call 911 in an emergency.**

Free Outpatient Therapist Referral Service - William James Interface Referral Network: **888-244-6843** (toll free) Monday - Friday, 9:00 am - 5:00 pm <https://interface.williamjames.edu/>

General Information, crisis counseling, and virtual support groups: <https://masssupport.org/>

Behavioral & Mental Health Information & Resources for MA families and their children: <https://handholdma.org/>

Connection to all resources: call 2-1-1 or 1-877-211-MASS (6277). 24 hrs a day 7 days a week

FOOD

Arlington EATS - ANYONE can get food! Call **Arlington Food Hotline** 339-707-6761 or go online each week (starting on Friday) to order food for the following week: <https://www.arlingtoneats.org/requestfood/>

For Children 18 and under: The Arlington Public Schools is offering a week's worth of FREE breakfast & lunches. Meals available to ALL children regardless of income or school enrollment. **Meal pick-up at the Thompson School (187 Everett Street) on Wed from 7am-9am & 11 am-2 pm.** Unable to pick up meals? Contact us for delivery. Questions? Email schoollunch@arlington.k12.ma.us or call **781-316-3643**

Mystic Community Market - 291 Mystic Ave, Medford Ma. Open to all. 617-629-5120 M-F 3:30-7:30, Sat 9-2

SNAP Application assistance call Council on Aging (all ages): 781-316-3400

WIC Program- Provides food & nutritional counseling for pregnant, postpartum women & families with children under age 5. Must meet income guidelines. Please call 617-575-5330 or visit our website <https://www.challiance.org/services-programs/women-s-health/wic> for more information.

Project Bread's FoodSource Hotline free & confidential: **1-800-645-8333**. Mon-Fri: 8am-7pm. Sat: 10am-2pm.

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INCOME AND EMPLOYMENT

Assistance Applying for Unemployment: <https://www.mass.gov/applying-for-unemployment-benefits>
The CARES Act authorizes an additional \$600 to the weekly benefits received by traditional claimants, retroactive to March 29, 2020. DUA is also implementing the 13-week extension of benefits to UI claimants as quickly as possible.

MassHire Metro North Career Centers are providing services remotely. Customers can call **617-661-7867** and leave a message or through this link <https://masshiremncareers.com/contact/>.

HOUSING

MA COVID Emergency Housing Assistance programs may help pay rent or mortgage if you are eligible through RAFT & ERMA funds. Find information by searching: MA COVID Emergency Housing Assistance or by calling MASS 2-1-1

Massachusetts's **COVID Eviction Legal Help Project** (CELHP) is available statewide for both low-income tenants and owner-occupants. You can find legal help at: <https://evictionlegalhelp.org/find-legal-help/>

Housing Corporation of Arlington- Homelessness Prevention Program - assistance with rent, moving expenses, or security deposit for eligible households. <https://housingcorporation.org/homelessness-prevention/>

LIHEAP Fuel Assistance for eligible Arlington households can be applied for by contacting the Arlington Council on Aging regardless of age until May 30, 2021. The **Town of Arlington Heating Assistance Fund** also offers help with heating costs after LIHEAP grant is spent. **Contact Council on Aging at 781-316-3400.**

TOWN & COMMUNITY RESOURCES

Arlington COVID-19 Relief Fund is available to provide financial assistance by paying household bills directly. <https://ahhsc.org/> or: covidrelief@town.arlington.ma.us, or 781-316-3259 **One application per household.**

The Arlington town website has a complete list of resources to help you:

<https://www.arlingtonma.gov/departments/health-human-services/assistance-programs>
<https://www.arlingtonma.gov/departments/health-human-services/health-department/coronavirus-information>

Robbins Library: Get an e-card online instantly (no ID or proof of address required), and access free ebooks, audiobooks, movies, and more. Visit robbinslibrary.org

If you are an Arlington resident who is **under the age of 60** and need additional support accessing local or statewide resources, please contact the town Community Resource Specialist: **781-316-3272.**

If you are an Arlington resident who is **60 or older** and need additional support accessing local or statewide resources, please contact the Council on Aging: **781-316-3400.**

COVID-19 SCAMS & WHERE TO REPORT

- **Vaccination scams.** Do not pay out of pocket for a vaccine or to be put on a list.
- **Treatment scams.** Do not send money to people selling treatments or cures for COVID-19.
- **Testing kit scams.** Do not send money to people selling fake at-home test kits.
- **Charity scams.** Do not send money to people asking for donations to help others suffering from COVID-19.

Report to the National Center for Disaster Fraud Hotline: 866-720-5721