

# Resource Guide - General

**Start with CHA!** Patient Resource Coordinators (PRC) are here to help you with heat, electricity, food, housing, getting rides and more. If you have questions or need help, call your CHA Primary Care Center and ask for the Patient Resource Coordinator.



## Need Heat/Electricity?

If you are eligible for MassHealth, TANF, WIC, SSI, SNAP or EAEDC, you can save money on your heat/electricity. Fuel assistance is available in your region. **For more information about services in your area, contact: 1-800-632-8175** or go to: <https://www.mass.gov/service-details/low-income-home-energy-assistance-program-liheap>.



## Need Food?

- Call the **Project Bread FoodSource Hotline: 1-800-645-8333** or **TTY (hearing impaired) 1-800-377-1292**. They can also help you apply for SNAP/food stamps.
- If you're pregnant, or have a child under five, you may be able to get food support from **WIC**, call **617-575-5330**.



## Need a Ride?

Call for free or low-cost rides:

- Ask your PRC or provider for a referral to the **MassHealth Transportation Program**.
- **CHA Medical Access: 617-522-3159**, call several days before your appointment.
- **MBTA The Ride: First time users must call Eligibility Center: 617-337-2727**. Existing users can contact their provider of The Ride services.
- If elderly/disabled, you can apply for a MBTA reduced fare **Transportation Access (TAP) Pass**. Talk to your PRC to apply.



## Need Prescription Medication Support?

If you can't afford your prescription medication, let your medical provider know and consider using CHA's Pharmacy.



## Need Housing?

*If you are a family with dependent child(ren):*

- Call **Cambridge Multi-Service Center: 617-349-6340**.
- If you are a family or individual adult: **Call the Department of Housing and Community Development (DHCD) at 866-584-0653** and ask to speak with a Housing Coordinator. They can refer you to your nearest DHCD location where you can apply for shelter services or Emergency Assistance. If denied, you can get a written notice to appeal and contact **Greater Boston Legal Services: 800-323-3205**.

*If you are a youth or young adult:*

- **Age 17 -24:** Call **Bridge over Troubled Waters Runaway and Homeless Youth at 617-423-9575**.
- **Age 18-24:** Call **Y2Y Cambridge at 617-864-0795**, Harvard Square (open Oct 15-April 15).

## Need to Keep Housing?

Are you worried about becoming homeless, paying your rent or being evicted? Are you in an abusive relationship? Have you had a change in household income (death of spouse, job loss)?

- For free eviction legal help, call **Greater Boston Legal Services: 800-323-3205**.
- For help with housing and Emergency Assistance (money to help pay your rent) call **Metro Boston Housing at 617-425-6700**.
- If you are experiencing domestic violence, call **SAFELINK at 877-785-2020** for help finding shelter.



## Need Employment Support?

Call **Metro North Regional Employment Board: 617-864-1500**.