

Local Community Resource Supports During COVID-19

Free Local Food Resources, Open to All, No Questions Asked

- **Acton Food Pantry.** Drive-through pantry service, delivery available if needed. Open every week: Wed 10am–7pm and Thu 9:30–11:30am. actonfoodpantry.org, (978) 635-9295.
- **AB Schools** offer **grab-and-go breakfast and lunch** to ALL Acton and Boxborough residents. **You do NOT need to have a child in the district to get food.** Pick-up at the High School main entrance. Mon-Fri 11:30am–1pm. Need delivery? Email abqualifiedlunch@neighborbrigade.org or call (866) 896-3599 (leave a voicemail).
- **Mt. Calvary Community Supper.** Carry-out prepared meals Wed 5–6pm. www.mtcalvaryacton.org.
- **Open Table.** Drive-through pantry service, delivery available if needed. Open Tue 3–6:30pm (12:45–3pm for seniors) and Thu 3–6:30pm (new clients 5–6:30pm both Tue and Thu) www.opentable.org, (978) 369-2275 info@opentable.org.
- **Stow Food Pantry.** Drive thru pantry service by appointment. E-mail: stowfoodp@gmail.com. www.stowfoodpantry.com.
- **Project Bread** Information and links to food assistance programs tinyurl.com/project-bread-help, (800) 645-8333 (multi-lingual).

MA Department of Transitional Assistance (DTA)

- **Department of Transitional Assistance (DTA).** Supplemental Nutrition Assistance Program (SNAP), Transitional Aid to Families with Dependent Children (TAFDC), Emergency Aid to the Elderly, Disabled and Children (EAEDC) <https://dtaconnect.eohhs.mass.gov>. To apply online, download app: <https://www.mass.gov/how-to/download-the-dta-connect-mobile-app>.

Financial or Social Services Support

- **Acton Social Worker.**
 - **Under age 60.** www.actonma.gov/communityresources, Laura Ducharme, (978) 929-6651, lducharme@acton-ma.gov.
 - **Over age 60.** Acton COA, actoncoa.com, (978) 929-6652, seniorcenter@actonma.gov.
- **Boxborough Social Worker.** tinyurl.com/boxboro-resources, Lauren Abraham, (978) 264-1734, labraham@boxborough-ma.gov.
- **Acton & Boxborough Veterans Services.** Email James MacRae at vso@actonma.gov.
- **A-B United Way COVID-19 Grants** to help pay for rent, utilities and more: abu.w.org/covid-19-grants.

AB Schools

- **AB Schools Learning Resources** (for students and their families) tinyurl.com/ab-learning.
- **AB Schools Community Resources** (for all community members) tinyurl.com/ab-familyresources.

Medical Attention, Health Insurance

**IF THERE IS A MEDICAL EMERGENCY,
CALL 911 OR GO TO AN EMERGENCY ROOM**

- **Call Your Primary Care Physician.**
- **Go to the Emergency Room.** Emerson Hospital, 133 Old Rd. to Nine Acre Corner, Concord.
- **Medical Insurance:** MA Health Connector: <https://mahealthconnector.optum.com/individual>.

Mental Health Support

If there is a mental health emergency, call 911 or go to an emergency room.

- **National Suicide Prevention Lifeline.** (800) 273-8255
- **Call2Talk.** (508) 532-2255 or Text “C2T” to 741741 or Samaritans: (800) 252-TEEN (8336)
- **SAMHSA’s Disaster Distress Helpline.** samhsa.gov, (800) 985-5990, 24/7 multilingual free hotline for immediate crisis counseling for people experiencing emotional distress re: the pandemic.
- **NAMI (North Alliance on Mental Health Illness).** (781) 982-3318: www.namimass.org, www.namicentralmiddlesex.org.
- **William James Interface.** mental health and wellness referral helpline (888) 244-6843. interface.williamjames.edu.
- **Eliot Community Human Services.** Provides outpatient mental health and substance abuse services for all ages. www.eliotchs.org (978) 369-1113, E-mail dgarfield@eliotchs.org.
- **Parental Stress Hotline.** parentshelpingparents.org/parental-stress-line, (800) 632-8188 (24x7, all languages).

Housing Assistance

- **Acton Housing Authority.** www.actonhousing.net, E-mail office@actonhousing.net
- **MA State Aide Housing.** <https://publichousingapplication.ocd.state.ma.us>.
- **MA Centralized Waitlist.** http://www.section8listmass.org/How_to_Apply.php.

Coronavirus Info, Other Resources

- **Acton.** <https://www.actonma.gov/704/COVID-19>, (978) 929-6619.
- Tune in to **94.9 WAEM–Acton’s FM radio station** for Public Service Announcements (PSA).
- **Boxborough.** tinyurl.com/boxboro-covid19.
- **MA Department of Public Health, Epidemiology.** (617) 983-6800.
- **Statewide 2-1-1 Helpline.** Dial 2-1-1 or visit www.mass211.org for info on COVID-19 and referrals.
- **Danny’s Place Youth Services.** E-mail info@dannys-place.org.
- **Domestic Violence Services Network (DVSN).** (888) 399-6111 www.dvsn.org. E-mail dvvap@concordma.gov, for anyone who needs help with a controlling partner or family member.
- **First Connections.** Virtual support groups for new parents, postpartum depression, anxiety, and diaper pantry. firstconnections.org. E-mail imatthews@iri.org.
- **Metrowest Legal Services.** E-mail intake@mwlegal.org, mwlegal.org. Free legal services in civil legal cases to low income residents.
- **Minuteman Senior Services.** Visit www.minutemansenior.org or call (888) 222-6171.
- **Minuteman Arc for Human Services.** www.minutemanarc.org. Most programs running with telemedicine capability.
- **Neighbor Brigade.** Coordinates delivery of groceries, medication for individuals or families through volunteers. actonboxboroughma@neighborbrigade.org, www.neighborbrigade.org, (855) 241-4357.

To translate any website, go to translate.google.com, type the website url on the left, select your language on the right, click on the new url.



Go to abu.w.org/covid19 for latest updates.

#ABUnitedWay