**RESOURCES**

**FOOD ASSISTANCE**

**Terrier Meal Share:** [http://www.bu.edu/dos/terrier-meal-share/](http://www.bu.edu/dos/terrier-meal-share/)

Terrier Meal Share is an initiative that gives students the opportunity to donate their unused guest meal swipes online to any undergraduate, graduate, or professional student in need at Boston University. Students experiencing food insecurity will be able to receive meals by contacting the Dean of Students’ office, University Service Center, or the Office of Financial Assistance.

**Wheelock Community Cares pantry (food and essentials):**
[https://www.bu.edu/wheelock/information-for-students/community-cares/](https://www.bu.edu/wheelock/information-for-students/community-cares/)

This pantry was established thanks in part to the BU Wellbeing Project, the BU Wheelock Equity, Diversity, and Inclusion Committee, one of Boston University’s first college-based EDI committees, and is supported by the Wheelock community and our friends as Marsh Chapel.

Community Cares endeavors to end food insecurity for BU Wheelock students, but its doors are open to the entire community of BU students who are in need of support. Community Cares will also help students in need of essentials like toiletries and feminine hygiene products.

**Marsh Chapel** meals and free food opportunities _NO LONGER EXIST_

**Sargent Choice Nutrition Center** offers expert consultations for meal planning that can help people with food intolerances or restrictions, athletes in training, and people who are looking to create healthier eating habits. Students qualify for a limited number of free consultations, but insurance may cover the cost of others. They also have free recipes and videos.
External Resources

Brandless is an online shop where you can find good quality, healthy food and household products. It even has selections of certified Kosher, gluten-free, and vegan foods for $3 or less.

Brookline Food Pantry offers pantry hours at two locations: 55A Egmont St. and 15 St. Paul St.

Good and Cheap is a free, downloadable cookbook with recipes aimed at helping people prepare great meals on $4/day.

Supplemental Nutrition Assistance Program (SNAP)

- If your food insecurity is persistent, you may consider seeing if you qualify for SNAP benefits.
- Learn how low-income college students can qualify for SNAP in Massachusetts and review SNAP rules and rights for college students.
- The Food Bank of Western MA can help you enroll in SNAP. The fastest way to apply is by phone. Call 413-247-9738 and ask for a SNAP representative, or visit Getting Food Stamps for information and an application.

Project Bread connects people and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible—so that no one goes hungry.

- Located at 160 North Washington Street, Boston, MA 02114.
- info@projectbread.org
- (617) 723-5000

Food Source Hotline 1-800-645-8333

To find food resources in your community, call the Food Source Hotline

Greater Boston Food Bank

GBFB is the largest hunger-relief organization in New England and among the largest food banks in the country. Last year, we distributed 98.8 million pounds of nutritious food to people who struggle to have enough to eat. We are committed to increasing our food distribution to provide three meals a day to every person in need in Eastern Massachusetts while supporting healthy lives and healthy communities. Our progress toward this goal is documented by town on our interactive map.
EMERGENCY FUNDING

THE DEAN OF STUDENTS OFFICE HAS EMERGENCY LOAN FUNDING AVAILABLE FOR UNDERGRADUATE STUDENTS. PLEASE REACH OUT TO DOS@BU.EDU.

WIFI ISSUES

BU IS&T does not offer anything directly, but has facilitated when the Dean of Students office has reviewed need-based cases. Obtaining a hotspot is not out of the question, but it'd have to come through the Dean of Students Office.

Google Fi (https://fi.google.com/about/) has some of the cheapest/best shared-plan options for hotspotting within major cities.

The Outdoor Wi-Fi Program has outdoor access points at nine Boston Public Library (BPL) branch locations: Mattapan, Codman Square, Parker Hill, Hyde Park, Grove Hall, Egleston Square, East Boston, Honan-Allston, and South End. Outdoor areas such as parks and parking lots near the BPL locations is ready for public use. To access the Internet, users will need to bring their own device, such as a laptop, tablet, or smartphone, and must maintain physical distancing. There is currently no time limit to an individual's Internet use and access will be available 24 hours a day, seven days a week.

EMPLOYMENT ASSISTANCE

Massachusetts Department of Workforce Development

https://www.mass.gov/massachusetts-career-centers

Massachusetts Career Centers serve as a vital link between workers and employers to bring about economic opportunity. Career Centers are helping put Massachusetts’ citizens back on the payroll, one person and one job at a time. (Use the links at the bottom of the page to find career center locations in the greater Boston area.)
Boston Career Link

Our mission is to provide state-of-the-art services that successfully connect business and job seekers of Greater Boston. MassHire Boston Career Center is operated by and co-located at Morgan Memorial Goodwill Industries and chartered by the Private Industry Council.

www.bostoncareerlink.org

1010 Harrison Avenue, Boston, MA 02119

Phone: 617-541-1400 TTY: 617442-3610

VETERANS: THE COMMONWEALTH OF MASSACHUSETTS PROVIDES SPECIAL PRIORITY OF SERVICES FOR VETERANS OR SPOUSES OF VETERANS TO ASSIST IN EMPLOYMENT OR EDUCATIONAL GOALS. TO SCHEDULE AN APPOINTMENT CONTACT: MARK BRYSON, VETERAN’S REPRESENTATIVE 617-541-1487 OR EMAIL MARK.BRYSON1@MASSMAIL.STATE.MA.US

Operation A.B.L.E (for job seekers 45 and older)

Since 1982, Operation ABLE, Inc., a 501(c)3 organization, has provided job seekers with training programs and employment services. Our mission and passion is to empower our community of job seekers, the underemployed, those in career transition and military veterans who need job support services to re-enter the workforce.

We offer a variety of services including occupational and computer skills training, workshops, job search training and support, coaching and counseling, and some training programs offer internships. In addition, our Resource Room is available to help with current job listings. Please call for availability.

www.operationable.net

174 Portland Street, 5th Floor, Boston, MA 02114 | 617.542.4180

able@operationable.net

Mission Statement

The mission of Operation A.B.L.E. is to provide employment and training opportunities to job seekers 45 and older from economically, racially and occupationally diverse backgrounds. A.B.L.E. is equally committed to serving Massachusetts and other New England employers by
providing well-qualified candidates to meet their employment needs and by training employees to have the updated skills needed to be as productive as possible at their jobs.

Resources for Wellbeing

**Wellbeing Project**

The Wellbeing Project is a new campus-wide initiative to support students’ health and wellness during their time at BU (emotional, social, spiritual, intellectual, environmental, financial, and physical wellbeing).

**Virtual Resources** for Wellbeing

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**MENTAL HEALTH / COUNSELING RESOURCES**

Student Health Services ([www.bu.edu/shs](http://www.bu.edu/shs)), patient care coordinators, referral coordinators, insurance coordinators

When you’re not feeling well, Student Health Services is the place to come. We can also help you stay healthy and feel great, too.

**NAMI** is a great, comprehensive resource for the Boston area

The National Alliance on Mental Illness of Massachusetts (NAMI Massachusetts) is a nonprofit grassroots organization. Founded in 1982, we are the state’s voice on mental illness.

The mission of NAMI Massachusetts is to improve the quality of life for people diagnosed with mental health conditions and their families. We seek to improve the public’s awareness and understanding of mental health conditions and ensure that all people impacted by a mental health condition receive the support they need in a timely fashion. We do this through:

- our education and support program for people living with a mental health condition and their supporters
- our training and presentation programs for community members
- our annual events
- advocacy efforts at the state and local levels
North Suffolk Mental Health Association, which offers outpatient services, usually for free

North Suffolk helps achieve independence by providing a wide variety of treatment and rehabilitation services, by intervening as early as possible, by promoting prevention and education, and by participating in training and research.

Bay Cove Human Services on Albany Street on the Med Campus

Bay Cove Human Services partners with people to overcome challenges and realize personal potential.

LEGAL RESOURCES

Volunteer Lawyers Project of the Boston Bar Association

For over forty years, Volunteer Lawyers Project has strived to give equal access to representation for the people of Greater Boston, standing up for those who are from lower income households and in need of legal aid. Our efforts are propelled by a strong team of volunteers; including attorneys, paralegals, and law students from all segments of the legal community. These vital volunteers work together with our entire dedicated staff.

[https://www.vlpnet.org/](https://www.vlpnet.org/)

Assists low income, elderly, disabled residents of the Boston area with civil legal matters.

Greater Boston Legal Services

Our mission is to provide free legal assistance to as many low-income families as possible to help them secure the most basic necessities of life.

GBLS plays a unique role in the social service delivery system. It is the agency to which other providers refer clients when no one else can help and legal assistance is needed.

[www.gbls.org/](http://www.gbls.org/)
Mass Legal Services

MassLegalServices offers resources and information about legal issues facing lower income Massachusetts residents to legal services advocates and social services professionals. If you are not a lawyer or legal advocate, you will probably find MassLegalHelp more useful.

www.masslegalservices.org/

(use “Find Legal Aid / LRF (Legal Resource Finder)” link to connect with legal aid programs in your area)

Community Legal Services and Counseling Center

De Novo provides free civil legal assistance and affordable psychological counseling to low-income people. Our services combat the effects of poverty and violence by helping clients and their children meet basic human needs for safety, income, health and housing. De Novo draws on the expertise of 140 dedicated volunteers to serve our community’s most vulnerable members.

http://www.clsacc.org/

Massachusetts Bar Association Lawyer Referral Service

How does LRS work?

Since its inception in 1974, the Massachusetts Bar Association's Lawyer Referral Service has helped more than 500,000 people find the right attorney, with the knowledge they need.

These respected attorneys are located statewide and are in good standing with the Massachusetts Board of Bar Overseers and the Massachusetts Bar Association.

To receive an instant referral, you can connect with us 24/7 by clicking here or calling us directly and speaking with an LRS representative at (617) 654-0400 or toll-free (866) MASS-LRS/(866) 627-7577.

http://www.masslawhelp.com/
The Boston Bar Association Lawyer Referral Service has been connecting people with the right lawyer for over 50 years. As the largest public service program of the Boston Bar Association, we have attorneys who practice in more than 350 areas of law. The areas of law below serve as a guide to some of our most requested practice areas.

If you are looking for further information about when you should speak with an attorney, we encourage you to call one of our free referral specialists who can help determine the best referral for you at (617) 742-0625. You may also request a referral online.

We only refer you to attorneys who are experienced, insured, and in good standing with the licensing board of the state, the Board of Bar Overseers.

http://www.bostonbarlawyer.org/

Lawyers for Affordable Justice

Lawyers for Affordable Justice is not a law firm. We are a group of lawyers who practice independently in our chosen specialty areas. We are collaborators and innovators who have chosen to share resources in order to maximize the impact we can have in the community.

We are dedicated to ensuring that you are able to have the legal representation you need to ensure your rights are being protected. Submit your case through our web form today and our panel will review the details, including your case type, description, and budget, and any of our panel attorneys interested in talking further will be in touch.

http://lawyers4aj.org/
**Housing Resources**

**ABCD Housing Department**

105 Chauncy Street Boston 02111

(617) 357-6000 X 347

Provides information on tenant/landlord rights and responsibilities. Mediation and referral. Housing search, placement and stabilization for low income families and individuals who are homeless or at-risk of homelessness. Includes subsidy and market rate search.

**Fuel Assistance**

(617) 357-6012

Fuel subsidy payments for eligible low income tenants

**Boston Housing Authority (BHA)**

52 Chauncy St. Boston MA 02111

(617) 988-4000

Administers and manages public housing, section 8 certificates and MRVP rental subsidy programs.

**SHORT-TERM ACCOMMODATIONS FOR PATIENT FAMILIES (MGH):**

[https://www.massgeneral.org/assets/MGH/pdf/Social-Service/Accommodations-List.pdf](https://www.massgeneral.org/assets/MGH/pdf/Social-Service/Accommodations-List.pdf) (last updated 2.2.2021)