

# Assistance Programs for Massachusetts Citizens

## Where to find help, information and referrals

The Commonwealth of Massachusetts provides a wide range of services to help citizens who have exhausted or may soon exhaust their unemployment insurance claim. Unemployed individuals experiencing financial difficulties may be eligible for assistance to meet basic needs as well as other services such as health care, counseling, employment and training assistance, and more. Please contact these agencies and organizations directly to inquire about their programs.



**2-1-1** is available

24 hours a day, 7 days a week and is staffed by counselors that can get you the help you need. All calls are free and confidential. Trained counselors can assist you with almost any challenge such as child care options, workforce retraining, mental health issues, or substance abuse concerns.

**Translation services available.**

### DEPARTMENT OF TRANSITIONAL ASSISTANCE

For food and nutritional assistance, cash assistance, and employment support.

[www.mass.gov/dta](http://www.mass.gov/dta)

Application Information Hotline

1-800-249-2007

SNAP Hotline (formerly known as Food Stamps)

1-866-950-FOOD (3663)

### DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT

For housing, shelter and fuel assistance.

[www.mass.gov/dhcd](http://www.mass.gov/dhcd)

Division of Housing Stabilization

1-877-418-3308

Fuel Assistance and Weatherization

1-800-632-8175

### PROJECT BREAD FOODSOURCE HOTLINE

To locate food pantries and other nutrition resources in your community.

[www.projectbread.org](http://www.projectbread.org)

1-800 645-8333

### MASSACHUSETTS HEALTH INSURANCE CONNECTOR

For assistance with finding a health insurance plan.

[www.mahealthconnector.org](http://www.mahealthconnector.org)

1-877-623-6765

### DEPARTMENT OF REVENUE, CHILD SUPPORT ENFORCEMENT

For assistance with child support orders.

[www.mass.gov/cse](http://www.mass.gov/cse)

1-800-332-2733

### DEPARTMENT OF VETERANS' SERVICES

Benefits and resources for veterans and their families may be available through your local Veterans' Service Officer.

[www.mass.gov/veterans](http://www.mass.gov/veterans)

### ATTORNEY GENERAL'S OFFICE

For residents facing challenges in the area of consumer protection, fraud, civil rights violations, health care, and insurance issues.

[www.mass.gov/ago](http://www.mass.gov/ago)

Public Inquiry & Assistance Center Hotline

1-617-727-8400

### MASSACHUSETTS ASSOCIATION OF COMMUNITY ACTION AGENCIES (MASSCAP)

Services including fuel and weatherization assistance, homelessness prevention, emergency food assistance, and job training.

[www.masscap.org](http://www.masscap.org)



Commonwealth of Massachusetts

Deval L. Patrick, Governor

Timothy P. Murray, Lt. Governor

Executive Office of Labor and Workforce Development

Joanne F. Goldstein, Secretary

# Jobs, Careers, Training

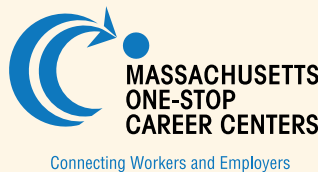
**One Stop Career Centers** – a cooperative effort between numerous state and local agencies, businesses and non-profit organizations-provide job seekers with an easily accessible and extensive menu of information and quality services - at no cost.

## Job seekers can:

- Get assistance to find jobs
- Work with experienced career counselors
- Learn about job search strategies including interviewing, networking, and resume writing
- Attend workshops and short-term training, including basic computer training
- Network with other job seekers
- Access up-to-date local, statewide and national job listings
- Locate vocational training/educational opportunities
- Access resource room services including computers, newspapers, professional journals, business directories, fax machines and copiers, publications on job search activities and careers

**One Stop Career Centers are located across the state.**

To find the most convenient career center, along with a list of its services, hours of operation, and directions, go to [www.mass.gov/careercenters](http://www.mass.gov/careercenters). To access the latest job postings, go to [www.mass.gov/jobquest](http://www.mass.gov/jobquest).



# Supplemental Nutrition Assistance Program (SNAP)



The Supplemental Nutrition Assistance Program (SNAP) is a nutrition program for families and individuals that meet certain income and resource guidelines. SNAP benefits help low-income families buy nutritious food at most grocery stores, convenience stores and pharmacies. SNAP recipients can be working and still qualify for SNAP benefits.

**SNAP Hotline**  
(formerly known as Food Stamps)  
**1-866-950-FOOD (3663)**



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