

Resource Guide - Cambridge

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?

See your PRC for help to keep your lights and heat on. If you are eligible for MassHealth, TANF, WIC, SSI, SNAP or EAEDC, you can save money on your heat/electricity. Contact **The Fuel Assistance Program at 617-349-6252** to set up an appointment, or go online: <https://www.cambridgema.gov/DHSP/contactforms/fuelassistance>, or go to their office, 51 Inman St., Cambridge, MA.



Need Food?

- Call the **Project Bread FoodSource Hotline at 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**. For existing users to book a ride: **Greater Lynn Senior Services (GLSS): 888-319-7433** or **Veterans Transportation Services 877-765-7433**.
- If elderly/disabled, you can apply for a reduced fare **MBTA Transportation Access (TAP) Pass**. Talk to your PRC to apply.
- **SCM Transportation: 617-625-1191**, through Cambridge Council on Aging (60+).



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**.
- Or go directly to **Chelsea DTA/DHCD at 80 Everett Ave.** (across from Market Basket) and ask for the **Housing Coordinator**. They can help you with an application for shelter services or Emergency Assistance. If denied, get a written notice to appeal and contact **Cambridge/Somerville Legal Services at 617-603-2700**.

If you are an individual adult:

- Call **Cambridge Multi-Service Center: 617-349-6340**.
- Need a shelter bed tonight? Call **CASPAR Emergency Service Center at 617-661-0600** or go to **240 Albany St.** (men and women, for active substance abusers) or **Salvation Army at 617-547-3400** or go to **402 Massachusetts Ave.** (men only, clean and sober).

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 18-22 in high school, homeless or at risk of homelessness:** Call **Youth Harbors at 781-697-0788**.
- **Age 18-22 not in school:** Call **ShortStop at 617-776-3377** for transitional housing.
- **Age 18-24 not in school:** Call **Y2Y Cambridge at 617-864-0795** for emergency shelter. (Open 10/15-4/15).

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)?

- Call **Just A Start Homelessness Prevention at 617-918-7518, Cambridge Multi-Service Center at 617-349-6340, Cambridge Economic Opportunity Committee at 617-868-2900**.
- For free eviction help, call **Cambridge/Somerville Legal Services at 617-603-2700** or **Just A Start Legal Services at 617-918-7518**.

If you are experiencing domestic violence:

Call **SAFELINK at 877-785-2020** or **Transition House at 617-661-7203** for help finding shelter and safety services.



Need Employment Support?

Call **Career Source (Cambridge) 617-661-7867**.