

# Resources & Services Beyond Simmons

(last updated 2/18/21)

## **Student Loan Support (National)**

## **Food Insecurity Resources & Support**

[National Food Assistance Resources](#)

[Massachusetts Food Assistance Resources](#)

## **Mental Health Resources**

[24/7 Text-Lines and Hotlines, National](#)

[Boston-Area Support for Survivors](#)

## **Unemployment Assistance**

[National Resources for Unemployment Assistance](#)

[Massachusetts Unemployment Assistance](#)

## **Rental & Utilities Assistance**

[National Resources](#)

[Massachusetts Resources](#)

## **Resources for Undocumented Students**

[National Resources](#)

[Massachusetts Resources](#)

## **Additional Resources**

[Additional National Resources](#)

[Additional Massachusetts Resources](#)

## Student Loan Support (National)

- Information about Federal Student Loan relief is available on the [Federal Student Aid Coronavirus page](#), which is updated regularly.
  - Last updated on 2/18/21: From March 13, 2020, through the end of the COVID emergency relief period, the interest rate is 0% on the following types of federal student loans, but only if they are loans owned by ED:
    - Defaulted and nondefaulted Direct Loans
    - Defaulted and nondefaulted FFEL Program loans
    - Defaulted and nondefaulted Federal Perkins Loans
    - Defaulted HEAL loans
  - Contact your [loan servicer](#) online or by phone to determine if your loans are eligible. Your servicer is the entity to which you make your monthly payment. If you do not know who your servicer is or how to contact them, visit [StudentAid.gov/login](#) or call 1-800-433-3243 (TTY 1-800-730-8913) for assistance.

## Food Insecurity Resources & Support

### *National Food Assistance Resources*

- [Supplemental Nutrition Assistance Program](#) (SNAP; previously known as food stamps)
  - [Temporary changes in eligibility requirements due to COVID](#) (as of 1/16/21) - The Consolidated Appropriations Act 2021, temporarily expands SNAP eligibility to include students enrolled at least half-time in an institution of higher education, who either:
    - Are eligible to participate in state or federally financed work study during the regular school year, as determined by the institution of higher education, or
    - Have an expected family contribution (EFC) of \$0 in the current academic year.
  - [SNAP State Directory](#)
  - [Feeding America](#) - Find your local food bank!

### *Massachusetts Food Assistance Resources*

- [Project Bread](#) - Connects **Massachusetts** residents to reliable sources of food. Provides helpful information and hot-line support for options such as SNAP (food stamps), food pantries, free meals for children, etc.
- COVID-19 Food Assistance - Useful Massachusetts resources for food assistance and links to check your eligibility
  - [MA Supplemental Nutrition Assistance Program \(SNAP\)](#) - Do you need help buying fresh, nutritious food? You may be eligible for the SNAP, also known as food stamps.
    - [SNAP Eligibility for 4-Year College Students](#)

## Resources & Services Beyond Simmons

- Here's a [short video about SNAP for college students](#), with FAQs.
- [\*\*\*Temporary changes in eligibility requirements due to COVID\*\*\*](#) (as of 1/16/21) - The Consolidated Appropriations Act 2021, temporarily expands SNAP eligibility to include students enrolled at least half-time in an institution of higher education, who either:
  - Are eligible to participate in state or federally financed work study during the regular school year, as determined by the institution of higher education, or
  - Have an expected family contribution (EFC) of \$0 in the current academic year.
- [Women, Infants, & Children Nutrition Program \(WIC\)](#) is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to all kinds of families: married and single **parents or legal guardians of a child under 5**, working or not working.
- DTA cash-benefit programs, such as [Transitional Aid to Families with Dependent Children \(TAFDC\)](#) and [Emergency Aid to the Elderly, Disabled, and Children \(EAEDC\)](#)
- Food Banks in MA:
  - [The Greater Boston Food Bank](#) (GBFB) has partners across **Eastern Massachusetts**. Check out their [Partner Agency Locator Map!](#)
  - [Worcester County Food Bank](#)
  - [The Food Bank of Western Massachusetts](#)

## Mental Health Resources

### *24/7 Text-Lines and Hotlines, National*

- [Crisis Text Line](#) - Provides crisis intervention to “help you move from a hot moment to a cool moment.”
  - US & Canada: Text 741741
- [National Suicide Prevention Lifeline](#) - Provides support for people who are thinking about suicide, are worried about a friend or loved one, or would like emotional support.
  - 1.800.273.8255
  - [Live Web Chat with the NSP Lifeline](#)
- [National Domestic Violence Hotline](#) - Provides support for people who identify as **survivors of abuse**, as concerned family members or friends, or as abusive partners wanting to change.
  - 1.800.799.7233
  - [Live Web Chat with the NDV Hotline](#)
- [Veterans Crisis Line](#) - Provides support for **veterans** and **service members** in crisis and for people concerned about someone who is a veteran or service member.
  - 1.800.273.855
  - [Live Web Chat with the Veterans Crisis Line](#)
- [The Trevor Project](#) - Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, & questioning (**LGBTQ**) **young people** under 25.
  - 1.866.488.7386
  - Via text: TrevorText (text **Start** to **678-678**)
  - Instant messaging with a computer: [TrevorChat](#)

## Resources & Services Beyond Simmons

- [The Trans Lifeline](#) - Provides support and resources to **trans people** (ranging from crisis intervention to conversations exploring whether you're trans); all operators are trans-identified; has a policy against non-consensual active rescues.
  - 1.877.565.8860
- [The Steve Fund](#): Provides crisis intervention and emotional support for **students of color** who are feeling stressed, depressed, or anxious.
  - Text **STEVE** to **741-741** (specifically serving college students of color)
- [The Network/La Red](#): Provides confidential emotional support, information, referrals, safety planning, and crisis intervention for lesbian, gay, bisexual, queer and/or transgender (**LGBQ/T**) folks, as well as folks in **SM/kink** and **polyamorous** communities who are being abused or have been abused by a partner. Information and support around issues of domestic violence in LGBQ/T communities are also provided to friends, family, and co-workers.
  - 800.832.1901

### ***Boston-Area Support for Survivors***

- [BARCC Hotline](#) - Provides support to survivors of sexual violence, their families, and their friends.
  - 24/7 hotline: 800.841.8371
  - [Web chat](#) from 9a-11p every day

## Unemployment Assistance

### *National Resources for Unemployment Assistance*

- [Find information about your state's unemployment benefits](#)
- Federal law has allowed states to expand eligibility for unemployment assistance. You may now be eligible if any of the following are true:
  - Your employer permanently or temporarily laid you off due to coronavirus measures
  - Your employer reduced your work hours due to coronavirus measures
  - You are self-employed and have lost income due to coronavirus measures
  - You're quarantined and can't work due to coronavirus
  - You're unable to work due to a risk of exposure to coronavirus
  - You can't work because you're caring for a family member due to coronavirus
  - You can find more information at [CareerOneStop's Website](#)

### *Massachusetts Unemployment Assistance*

- The MA Department of Unemployment Assistance (DUA) provides unemployment benefits through Unemployment Insurance (UI), Pandemic Unemployment Assistance (PUA), and Pandemic Emergency Unemployment Compensation (PEUC).
  - PUA provides unemployment benefits to individuals who are unable to work because of a COVID-19-related reason but are not eligible for regular or extended unemployment benefits. Check out the [Pandemic Unemployment Assistance Benefits Guide](#) for more information about PUA, including eligibility and how to apply.
  - The DUA website provides a [useful tool](#) for determining whether you should apply for UI, PUA, or PEUC.
- To apply for Unemployment Insurance (UI)

## Resources & Services Beyond Simmons

- [UI Online Application](#)
- Contact Call Center by phone at 877.626.6800
- TeleCert Line (Automated System) at 617.626.6338
- To apply for Pandemic Unemployment Assistance (PUA)
- [PUA Online Application](#)
- Contact by phone at 877.626.6800



## Rental & Utilities Assistance

### ***National Resources***

- The National Low Income Housing Coalition (NLIHC) has a [nation-wide map of state and local rental assistance programs](#)
- Learn more about the [National Federal Eviction Moratorium](#) issued by the Centers for Disease Control (CDC). It is in effect until March 31, 2021.
- [The Housing Choice Voucher Program](#) (also known as Section 8) helps very low-income families, elders, and people with disabilities afford decent, safe, and sanitary housing on the private market. With a Section 8 voucher, tenants pay up to 30% of their income toward rent and utilities. The remainder of housing costs are covered by the voucher.
- Utilities - *LIHEAP (Low Income Home Energy Assistance Program) Contact List* [by state](#) and [by tribe](#)

### ***Massachusetts Resources***

- [Rental Assistance for Families in Transition](#) (RAFT) provides short-term financial assistance to low-income families who are homeless or at risk of becoming homeless. They can help with utilities and rent.
- [Low Income Home Energy Assistance Program](#) (LIHEAP) - Known as Fuel Assistance, LIHEAP provides eligible households with help in paying a portion of winter heating bills.
- For the Greater Boston area - [Metro Housing Boston](#) mobilizes resources to provide services that lead families and individuals to housing stability, economic security, and an improved quality of life.

## Resources for Undocumented Students

### *National Resources*

- Scholarships:
  - [List of \*\*undergraduate\*\* scholarships that don't require proof of citizenship](#)
  - [List of \*\*graduate\*\* scholarships that don't require proof of citizenship](#)
  - [Scholarships explicitly for \*\*undocumented students\*\* \(grad and undergrad\)](#)
- [Immigrant Families Fund](#) - grants for immigrant families who are not eligible to receive a CARES stimulus check from the federal government, who earned less than \$99,000 in 2019, and who experienced income disruption due to the COVID-19 pandemic

### *Massachusetts Resources*

- [List of benefits available regardless of immigration status](#), from the Massachusetts Law Reform Institute
- [Mass UndocuFund Resource Guide](#)

## Additional Resources

### *Additional National Resources*

- [United Way and 2-1-1](#) have various resources available to support with COVID-19-related needs such as food-insecurity, housing bills, and other essential services. Available resources vary by where you live. [Find your local United Way's website](#) to learn more about eligibility and the application process before reaching out to 2-1-1.

- [Catholic Charities USA](#)
- [My Brother's Keeper](#)
- On [Findhelp](#) you can enter your zip code and find additional programs and services in your area. Findhelp includes food access, monetary support, housing, and other resources.

### *Additional Massachusetts Resources*

- [Jewish Families Boston](#) - A comprehensive list of COVID-19 resources to address a broad range of needs, including financial assistance, domestic abuse, mental health challenges, and isolation.
  - JF&CS is proud to be a caring presence in **Greater Boston**, on the **North Shore**, and in **Central Massachusetts**, helping people of all faiths, races, and ages with the challenges of life.