



Wellness Resources and Information

COVID-19 Information and Resources

- [COVID-19 resource guide for Boston's immigrants](#) (for updates, food access, medical care, and housing assistance) from the City of Boston. Click [here](#) for multilingual resources.
- [Information on the Outbreak of Coronavirus Disease 2019 \(COVID-19\)](#) from the Massachusetts Department of Public Health.

Wellness Services Contacts

Urgent, mental health crisis hotlines, available 24/7:

For Massachusetts: please call or text Samaritans Hotline at **1.877.870.4673**

For all states: please call National Suicide Prevention Lifeline at **1.800.273.8255**

Here is how you can reach our Wellness Services team for additional resources:

Monday - Friday: 9 am - 5 pm EST

You may email or leave a voicemail and we will contact you.

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