

Aid in Coping with Covid-19 Crisis

[Massachusetts 2-1-1](#)

Massachusetts residents are urged to use 2-1-1 for information, resources, and referrals regarding COVID-19. Operators are staffing this hotline 24/7 and translators are available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the Mass 2-1-1 website. There are 17 staff now answering calls, including staff from United Way and 7 staff members from DPH.

[Substance Abuse Support](#)

Helpline for treatment information and support.

[Unemployment Due to COVID19](#)

If you have become unemployed due to the closing of your workplace, reduction in the workforce, or short term because of the illness itself (sick, quarantined, etc.) this link has the online application for unemployment assistance.

[How to Apply for Medicaid and CHIP](#)

Food Resources

[Food Pantries Serving the Town of Upton](#)

[How to Apply for Food Stamps](#)

Resources for Parental Stress

[parentshelpingparents.org](#)

[nationalparenthelpline.org](#)

Facebook group: [Mendon Upton Moms ... Dads too](#) [UptonMoms](#)

Feeling Extremely Stressed or Desperate? Call and Text Lines for 24/7 Support

[United Way call2talk](#)

[samaritanshope.org](#)