

CAPE COD COMMERCIAL  
**FISHERMEN'S  
ALLIANCE**

Small Boats. Big Ideas.

## NAVIGATING COVID -19 ASSISTANCE

### Business Assistance

[Small Business Assistance & Resources](#) from SCORE Cape Cod – FREE help to businesses in navigating loan applications and other business planning

[Community Development Partnership](#) - small business planning and assistance and microloans up to \$10,000

[COVID-19 Resources and Guidance for Businesses](#) from Mass.gov

[Mass Legal Help](#) – resources from Massachusetts legal aid programs to help residents with legal matters.

### Health & Coping

[Buoy Health](#) - provide guidance to check symptoms and connect with the appropriate health care resource

[Maintaining Emotional Health & Well-being](#) from Mass.gov

[Mental Health Crisis Support -211](#) from Mass.gov

[Massachusetts COVID-19 Information](#) from Mass.gov

[Instructions for Getting Tested for COVID-19](#) in Barnstable County

[Health & Coping Resources](#) from Fishing Partnership Support Services

[The Phoenix](#) offering live-streamed classes for people looking for addiction recovery services.

[Recovery Resources](#) from Barnstable County

#### [Fishing Partnership Support Services](#)

Community Health Navigators Can Help You Apply for Unemployment, SNAP benefits, loans, etc.

<https://fpcovid19.org/>

Morgan Eldredge, Chatham office  
508-237-9402

Shannon Eldredge, Chatham office  
508-958-6580

Lori Caron, Plymouth office  
781-635-0011

### Household Assistance

[Housing Relief Fund](#) from the Housing Assistance Corporation can help you pay your rent or mortgage.

[Chatham Coronavirus Impact Fund](#) from Monomoy Community Services & Lower Cape Outreach Council will help pay bills of Chatham residents.

[Homeless Prevention Council](#) – personalized case management, access to funding, budgeting assistance

[Rent & Mortgage Assistance](#) from Mass.gov

[State food benefits](#) from Mass.gov

[Family Pantry of Cape Cod](#) Local food pantry is open and accepting new clients

[Cape Cod Hunger Network](#) Connecting every town on Cape to food

[Project Bread's Food Source Hotline](#) (1-800-645-8333) Call to find comprehensive statewide information and referral services for people facing hunger

[Massachusetts School Meals Sites Map](#) With school closures due to COVID-19 outbreak, many schools and community partners are working to make meals available to students when school is closed.

[Greater Boston Food Banks Need Food](#) Tool to find food pantries, soup kitchen, and other food resources across Eastern Massachusetts by zip code or town.

[Cape Cod Children's Place](#) Family support, basic needs, early childhood education, parent education, financial assistance with food, diapers, books, etc.

[Childcare Assistance](#) from Mass.gov

[Emergency Financial Assistance](#) from Women of Fishing Families

## Utilities Assistance

Gas, electricity, and water: [Dept of Public Utilities \(DPU\) has told utility companies](#) that they must not shut off gas, electric and water to your home. Once state of emergency is over, you will be responsible for paying your bill.

Internet/Cellphone: If you cannot pay your internet or cell phone bill because of COVID19, talk to your provider. [Many internet and cell phone companies](#) have agreed not to stop service and to waive any late fees. If you don't currently have cell phone or internet service, there are free or low cost options available:

- Lifeline – free or low cost service to low income households: [www.CheckLifeline.org/lifeline/](http://www.CheckLifeline.org/lifeline/)
- Internet Essentials – low income families who live in Comcast service area can apply for [Internet Essentials](#). New customers get 60 days of free internet.
- Other options [available here](#)
- Free access to [Comcast Xfinity WiFi Hotspots](#)

If any of your utilities gets shut off, call GBLS's Consumer Rights Unit and leave a message: 617-603-1671