

Lista di Rikursus di Community Health Equity Initiative (Inisiativa di Ekuidadi na Saudi Kumunitariu, na Kriolu)

Rikursus Jeral

- Pa konekta ku rikursus i sirvisus na bu kumunidadi, [txoma 2-1-1](https://www.mass211.org/), uza [live chat](#) o vizita <https://www.mass211.org/>
- Pa buska pa rikursus i sirvisus lokal rilasionadu ku saudi i nisisidadis di sirvisu sosial vizita: <https://massachusetts.networkofcare.org/mh/services/index.aspx>
- Pa konekta ku rikursus i sirvisus na **Western Massachusetts**, vizita **413 Cares**: <https://www.413cares.org/>

Rikursus Spesifiku pa Asuntu i Kumunidadi

- [Cape Verdean Association of Boston \(Asosiasion Kabuverdianu di Boston\)](#) ta oferese difeza i rikursus pa suporta kumunidadi kabuverdianu, inkluzivi programmas pa novus imigrantis, pais, i juventudi.
- [Cape Verdean Women United \(Mudjeris Kabuverdiana Unidu, CVWU\), Inc.](#) ta fazi konsensializason pa ben star, idukason pa privenson di violensia, i rikursus pa inpodera nos kumunidades.
- [Immigrants' Assistance Center \(Sentru di Asistensia pa Imigrantis\)](#) ta djuda imigrantis satisfazi nisisidadis umanu baziku i konsigui sidadania Merkanu, trabadju, i auto-sufisiensia finanseru atraves di joston di kazu, suporti pa sidadania, i preparason pa trabadju.

Kriansas i Jovens ku Nisisidadis di Saudi Spesial

- Saudi & sirvisus sosial pa **kriansas i jovens ku difisiensias i nisisidadis di saudi spesial** i ses familia: <https://www.mass.gov/topics/services-for-children-and-youth-with-special-health-needs>

COVID-19

- **Atualizason, informason i rikursus di COVID-19** inkluzivi undi toma bu prosimu vasina: <https://www.mass.gov/covid-19-updates-and-information#get-help>
- Informason sobri kuidadu, suporti i piskiza **Pos- i Duranti COVID** vizita: <https://northamptonma.gov/2402/Post-COVID-Long-Covid-Resources>

Sistema Kriminal Legal

- Rikursus pa familia i amigus di pesoas na **sistema kriminal legal**, inkluzivi manera di atxa i kontakta un prizioneru: <https://www.mass.gov/resources-for-family-and-friends-of-inmates>
- **Sirvisus legal i di suporti** pa pesoas ki sta o staba involvidu ku sistema kriminal legal: <https://www.hrw.org/news/2010/07/15/massachusetts-prison-resources>
- Rikursus i informason sobri **problemas i sistema juvenil legal**: <https://www.mass.gov/service-details/juvenile-justice-information>

Difisiensias

- Informason sobri **direitus, asesu i rikursus pa difisiensia**, inkluzivi pa abitason, idukason i sirvisus di governu: <https://www.mass.gov/info-details/disability-rights-access-resources>
- Sirvisus rilasionadu ku **trenamentu i inpregu, vida na kumunidadi i diterminason di difisiensia**: <https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

Inpregu

- Informason sobri **direitus & siguransa di trabadjadoris**, inkluzivi lisensa familiar i mediku: <https://www.mass.gov/topics/workers-rights-safety>
- Informason sobri **leis di trabadju infantil** pa kes ki ten 14-18: <https://www.mass.gov/service-details/massachusetts-laws-regulating-minors-work-hours>
- Pa **dinunsia kondisons di trabadju insiguru**, vizita: <https://www.mass.gov/how-to/file-a-workplace-complaint> o txoma **Linha Diretu di Trabadju Justu** pa 617-727-3465. *Disponivel 10h sedu – 4h tardi Sigunda – Sesta-fera. Bu patron ka poi diskonta na bo si bu fazi un riklamason sobri kondison di trabadju insiguru.*

Siguransa pa Kalor Stremu:

- Pa informason sobri **manera di manti siguru duranti kalor stremu** vizita: <https://www.mass.gov/info-details/extreme-heat-safety-tips>

Asistensia Alimentar i Finanseru

- Pa atxa un **Banku di kumida lokal** vizita: <https://www.mass.gov/how-to/find-a-local-food-bank> o txoma **Linha diretu di Project Bread FoodSource** pa 800-645-8333 (TTY: 800-377-1292).
- Pa inskrevi na **benefisius SNAP** (food stamps) vizita: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps> o txoma **Linha di Asistensia DTA** 877-382-2363. *Disponivel di 8h15 sedu ti 4h45 tardi Sigunda-Sesta-fera.*
- Informason sobri **benefisius SNAP di imerjensia**: <https://www.mass.gov/service-details/emergency-snap-benefits>
- Pa inskrevi pa **benefisius WIC** vizita: <https://www.mass.gov/how-to/apply-for-the-women-infants-children-wic-nutrition-program> o txoma 800-942-1007.

Asesu a Kuidadu di Saudi

- Pa rinova bu kubertura **MassHealth** o sabi si bo e elejivel pa MassHealth vizita: <https://www.mass.gov/masshealth-eligibility-redeterminations> o txoma 800-841-2900 (TDD/TTY: 711).
- Pa suporti pa konsigui siguru di saudi, kuidadu di saudi o ramedu txoma **Linha di apoiu di Health Care for All** pa 800-272-4232 o prenxi un formulariu li: <https://hcfama.org/health-insurance-help/>
- Informason i konsedju di planu di saudi pa kenha ki ten **Medicare** i ses familia: <https://www.mass.gov/health-insurance-counseling>
- Informason sobri manera di ten **asesu a kuidadu di abortu**: <https://www.mass.gov/accessing-abortion-care-in-massachusetts>

Asistensia di Abitason

- Pa inskrevi pa **sirvisus di abrigu**, txoma **Prugrama di Imerjensia di Asistensia di Abitason (Emergency Housing Assistance Program)** pa 866-584-0653. *Disponivel 8h sedu – 5h tardi, Sigunda – Sesta-fera, tranduson disponivel.*
- Informason sobri **Prugrama di Imerjensia di Asistensia di Abitason** i rikursus di abitason lokal: <https://www.mass.gov/emergency-housing-assistance-programs>
- Informason sobri manera di konsigui **asistensia di abitason**, inkluzivi asistensia pa renda i abitason publiku: <https://www.mass.gov/guides/a-guide-to-obtaining-housing-assistance>
- Pa konsigui apoiu i suporti pa **jovem dizabrigadu o jovem ki sa ta pensa na sai di kaza**, txoma National Runaway Safeline pa 1-800-786-2929 o manda mensajen SAFE i bu lokalizacion atual (inderesu, sidadi, stadu) pa 44357(4HELP). *Disponivel 24 h, 7 dia pa simana.*

Imigrantis i Rifujiadus

- Rikursus pa rifujiadus i imigrantis, inkluzivi **rikursus finanseru, di inpregu i idukason**: <https://www.mass.gov/orgs/office-for-refugees-and-immigrants> o txoma 617-727-7888 (TTY: 617-727-8147). *Disponivel 9h sedu – 5h tardi Sigunda ti Sesta-fera.*
- Informason pa imigrantis, inkluzivi **rikursus legal**: <https://www.boston.gov/departments/immigrant-advancement#get-help>
- **Sirisus baziadu na Kumunidade** pa rifujiadus, aziladus, i imigrantis: <https://www.riacboston.org/> o 617-238-2430. *Sentru di Asistensia pa Rifujiadu i Imigranti (RIAC) ten skritorius na Boston, Lynn i Worcester.*
- **Rikursus di Idukason** pa imigrantis i rifujiadus, inkluzivi **kriansas ki e Aprendiz di Ingles**: <https://www.doe.mass.edu/ele/families/>

Asesu a Interneti

- Pa sabi si bo e elejivel i inskrevi pa un **diskontu na sirvisu di interneti** na Federal Communications Commission (Komison di Kumunikasons Federal), vizita: <https://www.fcc.gov/acp> o txoma **Federal ACP Support Center** pa 877-384-2575.

Rikursus LGBTQIA+

- **Rikursus di ben star LGBTQIA+**, inkluzivi kes spesifiku pa juventudi LGBTQIA+: [Massachusetts Commission on LGBTQ Youth](https://linktr.ee/malgbt) (<https://linktr.ee/malgbt>).
- Pa konekta ku suportu i rikursus di kumunidade pa trans o pesoas ku duvida txoma **Trans Lifeline** pa 877-565-8860 o vizita <https://translifeline.org/>
- Rikursus lokal disponivel pa **gentis grandi LGBTQIA+**, inkluzivi Prujetu **Fenway Health LGBTQIA+ Aging**: <https://fenwayhealth.org/the-fenway-institute/lgbtqia-aging-project/resources/>

Saudi Mental

- Pa risebi suportu konfidensial pa **pesoas na prigu, privenson i rikursus pa crisis** txoma **Suicide & Crisis Lifeline** pa 988 o vizita <https://988lifeline.org/>
- Pa konsigui informason di kontaktu pa ekipa di **Mobile Crisis Intervention (MCI)** mas pertu pa suporta algen ki sa ta pasa pa **krizi di saudi mental o uzu di substansia** txoma 877-382-1609. *Disponivel 24 h, 7 dia pa simana. Sirvisus MCI sta disponivel pa kenha ki ten kubertura di MassHealth, Medicare i algun otu planu di siguru, i kes ki ka ten siguru.*
- Pa entra en kontatu ku sirvisus di saudi Mental i uzu di substansia txoma o manda mensajen pa **Behavioral Health Help Line** pa 833-773-2445 o abri un chat na masshelpline.com/chat. *Disponivel 24 h, 7 dia pa simana.*
- Pa konsigui informason sobri **opsons di sirvisu pa saudi mental i uzu di substansia i atxa un fornecedor lokal** vizita: <https://www.mabhaccess.com/Home.aspx>
- **Idukason, suportu i trenamentus** pa pesoas inpaktadu pa kondisons di saudi mental i ses familia: <https://namimass.org/>

Gentis Grandi

- Rikursus pa **gentis grandi i ses kuidadoris** pa vivi i prospera na kumunidade di ses skolia: <https://www.mass.gov/orgs/executive-office-of-elder-affairs>
- Pa konekta ku un **ajensia di sirvisu pa gentis grandi**, txoma **Executive Office of Elder Affairs** pa 617-727-7750 o 800-243-4636. *Disponivel 9h sedu – 5h tardi Sigunda – Sesta-fera.*

Parentalidadi & Familias

- **Rikursus pa suporti idukasional** pa studentis i familias: <https://www.doe.mass.edu/sfs/>
- Pa papia ku algen sobri **stress parental** o konekta ku **rikursus di parentalidadi lokal** vizita <https://www.parentshelpingparents.org/stressline> o **txoma 1-800-632-8188**. *Disponivel 24 h, 7 dia pa simana.*
- Pa sabi si bu familia e elejivel i inskrevi pa **idukason infantil i asistensia finanseru pa kuidadu** vizita: <https://www.mass.gov/guides/early-education-and-care-financial-assistance-for-families> o **txoma 877-211-6277** (TTY: 508-370-4890). *Disponivel 24 h pa dia, 7 dia pa simana. Tudu xamada e gratis i konfidensial. Sirvisus di interpreti sta disponivel na varius linguas.*
- Pa atxa un **ajensia di Child Care Resource and Referral** lokal vizita: <https://www.mass.gov/service-details/child-care-resource-and-referral-agencies-ccrrs>
- Informason di **ben star infantil**: <https://www.mass.gov/service-details/child-welfare-information>

Suporti pa Gravides & Pos partu

- Rikursus pa **Saudi mental perinatal** di mudjer i familias, inkluzivi depreson pos partu: <https://www.mass.gov/postpartum-depression>
- Ps suporti konfidensial artis, duranti i dipos di gravides txoma pa **Linha diretu di National Maternal Mental Health** pa 1-833-852-6262. *Disponivel 24 h, 7 dia pa simana na Ingles i Spanhol.*
- Pa atxa un suporti lokal pa familias sobri **gravides i perda di mininu** vizita <https://nationalshare.org/massachusetts>

Dinunsia Abuzu o Trafiku Umanu:

Pa dinunsia injuria di un individuo na grupus di baxu, uza link o numeru di tilifoni ki dadu.

- **Kriansas (sabedu o suspeitu di abuzu o negliensia)**: Bu Skritoriu lokal di Departamentu di Kriansas i Familias (DCF) ki bu podi atxa li <https://www.mass.gov/how-to/report-child-abuse-or-neglect> o txoma the **Linha diretu di Child-at-Risk** pa 800-792-5200. *Disponivel 24 h, 7 dia pa simana.*
- Un **grandi (ku 60 anu o mas)** ki ta mora na kumunidadi: Executive Office of Elder Affairs pa <https://www.mass.gov/how-to/report-elder-abuse> o **txoma 800-922-2275**. *Disponivel 24 h, 7 dia pa simana.*
- Un **pesoa na un kaza di ripouzu o ospital**: Dipartamentu di Saudi Publiku pa 800-462-5540 o <https://www.mass.gov/how-to/file-a-complaint-regarding-a-hospital>
- Un **pesoa ku un difisiensi (ku 18 ti 59 di idadi)**: <https://www.mass.gov/reporting-abuse-and-neglect> o **txoma Disabled Persons Protection Commission (Komison di Pruteson a Pesoa Difisienti)** pa 800-426-9009. *Disponivel 24 h, 7 dia pa simana.*
- Un **pesoa ki podi ser un vitima di trafiku umanu**: Skritoriu di Attorney General (Prokurador Jeral) pa 617-693-2011 o <https://www.mass.gov/service-details/human-trafficking-division-resources>

Violensia Sexual i/o Domestiku

- Pa konsigui informason, suporti o asistensia sobri **speriensias seksual indizejadu o violensia o abuzu na un rilasionamentu romantiku o seksual** **txoma SafeLink** pa 877-785-2020 o asesu [SafeLink live chat at casaymyrna.org/chat](https://www.casaymyrna.org/chat). TTY: 877-521-2601. Pa Spanhol, txoma 800-930-9252.
- Pa konsigui suporti o asistensia pa **speriensias seksual indezejadu**, txoma **Linha diretu di Sexual Assault Crisis** pa 800-656-4673 o vizita www.rainn.org pa opson di chat online.
- Pa konsigui suporti o apoiu pamodi **violensia o abuzu na un rilasionamentu romantiku o seksual**,

txoma **Linha diretu di Domestic Violence** pa 800-799-7233 o vizita <https://www.thehotline.org/help> pa opson di chat online.

- Pa konsigui suporti o apoiu pa **pesoas joven (13-26 anu)** sobri rilasionamentu romantiku o sexual, txoma **Love is Respect** pa 866-331-9474 (TTY: 866-331-8453), manda mensajen: loveis pa 22522, o uza chat online: <https://www.loveisrespect.org/>
- Si bu sta priokupadu ku manera ki bo (o algen na bu vida) sa ta trata otus pesoas, inkluzivi pesoa ki bu sa ta konxi, sai, o ki e bo e kazadu ku el, txoma **Linha diretu di A Call for Change** pa 877-898-3411, email help@acallforchangehelpline.org o vizita acallforchangehelpline.org pa sabi mas sobri manera di ser un parseru siguru. *Linha diretu e **konfidensial** i disponivel di 10 h sedu ti 10 h tardi, 365 dia pa anu. Traduson di lingua disponivel.*
- Pa **suporti konfidensial**, guia, o mas informason sobri aborda **konportamentu seksualmenti priokupanti** na bu kabesa o otu algen ki bu ama, kontakta **Linha diretu di Stop It NOW** pa <http://www.stopitnow.org/help-guidance> o txoma 1-888-773-8368. *Disponivel 12h – 5h tardi Sigunda – Sesta-fera.*

Uzu di Substansia

- Pa asesa rikursus i suporti pa pesoas ki sa ta uza substansias, na rikuperason, i kes ki es ta ama vizita <https://helplinema.org/> o txoma the **Linha diretu di Massachusetts Substance Use** pa 800-327-5050. *Disponivel 24 h pa dia, 7 dia pa simana.*
- Pa asesa rikursus i suporti pa pesoas ki sa ta **uza tabaku i kre para** vizita <https://makesmokinghistory.org/> o txoma **Linha diretu di Smokers** pa 1-800-784-8669
- Pa asesa rikursus i suporti pa **jovens ki sa ta uza tabaku i kre para** vizita <https://ma.mylifemyquit.org/index> o manda mensajen “Start My Quit” pa 36072
- Pa atxa un **Sentru di Suporti pa Rikuperason di Par** lokal ki ta oferesi idukason, iventus sosial i grupus di ben star vizita: <https://www.mass.gov/info-details/peer-recovery-support-centers>

Transporti:

- **Sirvisus di Transporti** pa menbrus di kumunidadi, inkluzivi gentis grandi, pesoas difisienti, veteranus, i pasajerus: <https://www.mass.gov/im-looking-for-transportation>

Veteranus

- Sirvisus di suporti pa veteranus i ses familia, inkluzivi **asistensia finanseru pa imerjensia**: <https://www.mass.gov/orgs/executive-office-of-veterans-services>

Jovens i Adultus

- Suporti i rikursus pa **jovens i adultus ku speriensia di vida na varius sistemas** inkluzivi saudu mental, sistema legal i idukason: <https://youthmovemassachusetts.net/>
- Informason sobri **movimentu stadual di jovens kontra tabaku**: <https://the84.org/>
- Pa atxa **suporti pa perda di un familia o un kuidador** vizita: <https://nacg.org/find-support/>
- Informason pa **saudu sexual i reprodutivu**, inkluzivi puberdadi, rilasionamentu saudavel, STDs, i kontrolu di natalidadi: <https://www.plannedparenthood.org/learn/teens> or <https://amaze.org/>