

Massachusetts HEAP

Cold relief Brochure

2025-2026

November 1 - April 30



FY 2026

Home Energy Assistance Program

Income Eligibility

Number of people in the household	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$15,650	\$19,563	\$23,475	\$27,388	\$31,300	\$51,777
2	\$21,150	\$26,438	\$31,725	\$37,013	\$42,300	\$67,709
3	\$26,650	\$33,313	\$39,975	\$46,638	\$53,300	\$83,614
4	\$32,150	\$40,188	\$48,225	\$56,263	\$64,300	\$99,573
5	\$37,650	\$47,063	\$56,475	\$65,888	\$75,300	\$115,504
6	\$43,150	\$53,938	\$64,725	\$75,513	\$86,300	\$131,436
7	\$48,650	\$60,813	\$72,975	\$85,138	\$97,300	\$134,423
8	\$54,150	\$67,688	\$81,225	\$94,763	\$108,300	\$137,410
9	\$59,650	\$74,563	\$89,475	\$104,388	\$119,300	\$140,397
10	\$65,150	\$81,438	\$97,725	\$114,013	\$130,300	\$143,385

Contact us!

For more information about our services:

Massachusetts Executive Office of
Housing & Livable Communities



www.Mass.gov/EOHLC



800.632.8175



100 Cambridge Street
Suite 300
Boston, MA 02114



Program: November 1 - April 30

Apply Today!

New and returning households may apply for home energy assistance online via the applicant portal! Simply visit www.mass.gov/HEAP (or scan the QR code)! Your local agency is available to assist you.



Our Services

HOME ENERGY ASSISTANCE

Helps pay a portion of eligible households' home heating bills during the winter season.

HEARTWAP

A year-round program that serves HEAP-eligible households with heating system repair, replacement and maintenance services.

WEATHERIZATION

A year-round program that serves HEAP-eligible households with air sealing, attic/sidewall insulation, weatherstripping, and weatherization Cau related repairs.

Energy Saving Tips

- When home, turn down the heat to 68° F or as low as comfortable.
- When you are asleep or away from home, turn the thermostat down by 7-10 degrees for eight hours to save as much as 10% a year on your heating costs.
- Caulk and weatherstrip doors and windows that leak air.
- Consider changing to a programmable thermostat.
- Turn down the temperature of your hot water heater to 120° F.
- Have your oil-fired heating system serviced annually or your gas-fired heating system serviced every three years.
- Clean or replace furnace filters every other month.
- Keep the fireplace flue damper closed unless a fire is burning.
- Check that warm-air registers, baseboard heaters and radiators are not blocked by furniture or drapes.
- During the winter heating season, close your curtains and shades at night; open them during the day.

Other Related

Resources

Mass 2-1-1

For information on other essential social service programs:

Call Mass 2-1-1 by dialing 211 or go to www.mass211.org



MA Good Neighbor Energy Fund

For limited-income households that are ineligible for home energy assistance, please contact:

The Good Neighbor Energy Fund, operated by your local Salvation Army In area codes 617, 508, 781 or 978, call 1-800-334-3047 In area code 413, call 1-800-262-1320 www.magoodneighbor.org

For utility company problems:

Please call Department of Public Utilities (DPU) 1-877-886-5066 E-Mail: DPUCustomer.Complaints@mass.gov

Energy Assistance Agencies

To find the local energy assistance agency nearest you, match the number beside the city/town listing on the following page to the agency number listed here.

1a

Action for Boston Community Development, Inc. (ABCD)
178 Tremont Street
Boston, MA 02111
(617) 357-6012 HEAP
(617) 348-6422 HWAP
(617) 348-6419 VWAP
www.bostonabcd.org

1b

Action for Boston Community Development, Inc. / Malden (ABCD/Malden)
18 Dartmouth Street
Malden, MA 02148
(781) 322-6284
www.bostonabcd.org

2

Action, Inc.
180 Main Street
Gloucester, MA 01930
(978) 281-3900
1-800-696-9276
www.actioninc.org

3

Berkshire Community Action Council, Inc. (BCAC)
14 Maplewood Avenue
Pittsfield, MA 01201
(413) 445-4503 - Pittsfield
(413) 663-3014 - North Adams
(413) 528-1947 - Great Barrington
1-866-216-6200 - Toll Free
www.bcacinc.org

4

Community Action, Inc. (CAI)
3 Washington Square
Haverhill, MA 01830
(978) 374-7660 Auto line
(978) 373-1971 - Haverhill
www.communityactioninc.org

5

City of Cambridge, Department of Human Services
51 Inman Street
Cambridge, MA 02139
(617) 349-6252
www.cambridgema.gov/DHSP

6

Community Action Programs Inter-City, Inc. (CAPIC)
100 Everett Avenue, Unit 14
Chelsea, MA 02150
(617) 884-6130
www.capicinc.org

7

Citizens for Citizens (CFC)
250 Griffin Street
Fall River, MA 02724
(508) 679-0041 - Fall River
(508) 823-6346 - Taunton
(508) 676-7398 - Information
(508) 675-2157 - HWAP / VWAP
www.cfcinc.org

8

Community Teamwork, Inc. (CTI)
45 Kirk Street
Lowell, MA 01852
(978) 459-6161 - Lowell
1-877-451-1082 - Toll Free
www.commtteam.org

9

Community Action Pioneer Valley
393 Main Street
Greenfield, MA 01301
(413) 774-2310
1-800-370-0940 - Toll Free
www.communityaction.us

10

Greater Lawrence Community Action Council, Inc. (GLCAC)
305 Essex Street
Lawrence, MA 01840
(978) 681-4950 - HEAP
(978) 681-4955 - VWAP/HWAP
www.glcac.org

11

Housing Assistance Corporation (HAC)
255 Independence Drive - Main Office
Hyannis, MA 02601
78 Route 6A - Lower Cape Office
Orleans, MA 02653
(508) 771-5400
www.haconcapecod.org

12

LEO, Inc.
181 Union Street Suite 209
Lynn, MA 01901
(781) 581-7220
www.leoinc.org

13

Making Opportunity Count, Inc. (MOC)
Energy & Environmental Services
165 Mill Street Ste 1B
Leominster, MA 01453
(978) 342-4520
www.mocinc.org

14

North Shore Community Action Programs, Inc. (NSCAP)
119 Rear Foster Street, Bldg. 13
Peabody, MA 01960
(978) 531-8810, Info/App. Status
(978-531-0767, Ext. 136, Appointments
www.nscap.org

15

People Acting in Community Endeavors, Inc. (PACE)
261 Union Street Ste 102
New Bedford, MA 02740
(508) 525-4271
www.paceinfo.org

16

Quincy Community Action Programs, Inc. (QCAP)
1509 Hancock Street, 4th Floor
Quincy, MA 02169
(617) 479-8181, ext. 301
www.qcap.org

17

Springfield Partners for Community Action, Inc. (SPCA)
721 State Street, 2nd Floor
Springfield, MA 01109
(413) 263-6500
www.springfieldpartnersinc.com

18

Self Help, Inc. (SHI)
780 West Main Street
Avon, MA 02322
(508) 588-5440 - HEAP
(508) 580-4481
www.selfhelpinc.org

19

South Middlesex Opportunity Council, Inc. (SMOC)
7 Bishop Street
Framingham, MA 01702
(508) 620-1230 - Framingham
1-800-286-6776
www.smoc.org

20

City of Springfield, Office of Community Development
1600 East Columbus Avenue
Springfield, MA 01103
(413) 787-6500
www.springfield-ma.gov

21

South Shore Community Action Council, Inc. (SSCAC)
71 Obery Street
Plymouth, MA 02360
(508) 746-6707
(508) 778-0870 - Mashpee (Nov - April)
1-877-383-5243 - Toll Free
www.sscac.org

22

Valley Opportunity Council, Inc. (VOC)
300 High Street
Holyoke, MA 01040
(413) 552-1548
www.valleyopp.com

23

Worcester Community Action Council, Inc. (WCAC)
18 Chestnut Street Ste 500
Worcester, MA 01608
(508) 754-1176
(508) 796-2423 - 24 hour app info line
www.wcac.net



Community Listings for EA—Energy Assistance W—Weatherization HS—Heating Services

	EA	W	HS		EA	W	HS		EA	W	HS		EA	W	HS
Abington	18	18	18	Dalton	3	3	3	Hudson	19	19	19	North Attleboro	18	18	18
Acton	19	19	19	Danvers	14	2	2	Hull	21	21	21	North Brookfield	23	23	23
Acushnet	15	7	7	Dartmouth	15	7	7	Huntington	9	9	9	North Reading	10	10	10
Adams	3	3	3	Dedham	18	18	18	Ipswich	2	2	2	Northampton	9	9	9
Agawam	22	17	22	Deerfield	9	9	9	Kingston	21	21	21	Northborough	19	19	19
Alford	3	3	3	Dennis	21	11	11	Lakeville	7	7	7	Northbridge	19	19	19
Amesbury	4	2	4	Dighton	7	7	7	Lancaster	13	13	13	Northfield	9	9	9
Amherst	9	9	9	Douglas	23	23	23	Lanesborough	3	3	3	Norton	18	18	18
Andover	10	10	10	Dover	19	19	19	Lawrence	10	10	10	Norwell	21	21	21
Aquinnah	21	11	11	Dracut	8	8	8	Lee	3	3	3	Norwood	18	18	18
Arlington	8	6	1a	Dudley	23	23	23	Leicester	23	23	23	Oak Bluffs	21	11	11
Ashburnham	13	13	13	Dunstable	8	8	8	Lenox	3	3	3	Oakham	23	23	23
Ashby	13	13	13	Duxbury	21	21	21	Leominster	13	13	13	Orange	9	9	9
Ashfield	9	9	9	East Bridgewater	18	18	18	Leverett	9	9	9	Orleans	21	11	11
Ashland	19	19	19	East Brookfield	23	23	23	Lexington	8	6	1a	Otis	3	3	3
Athol	13	13	13	E. Longmeadow	22	17	22	Leyden	9	9	9	Oxford	23	23	23
Attleboro	18	18	18	Eastham	21	11	11	Lincoln	19	19	19	Palmer	22	17	22
Auburn	23	23	23	Easthampton	9	9	9	Littleton	19	19	19	Paxton	23	23	23
Avon	18	18	18	Easton	18	18	18	Longmeadow	22	17	22	Peabody	14	2	2
Ayer	13	13	13	Edgartown	21	11	11	Lowell	8	8	8	Pelham	9	9	9
Barnstable	21	11	11	Egremont	3	3	3	Ludlow	22	17	22	Pembroke	21	21	21
Barre	13	13	13	Erving	9	9	9	Lunenburg	13	13	13	Pepperell	8	8	8
Becket	3	3	3	Essex	2	2	2	Lynn	12	2	2	Peru	3	3	3
Bedford	8	8	8	Everett	1b	6	6	Lynnfield	12	2	2	Petersham	13	13	13
Belchertown	9	9	9	Fairhaven	15	7	7	Malden	1b	6	6	Phillipston	13	13	13
Bellingham	19	19	19	Fall River	7	7	7	Manchester	2	2	2	Pittsfield	3	3	3
Belmont	8	6	1a	Falmouth	21	11	11	Mansfield	18	18	18	Plainfield	9	9	9
Berkley	7	7	7	Fitchburg	13	13	13	Marblehead	14	2	2	Plainville	18	18	18
Berlin	13	13	13	Florida	3	3	3	Marion	15	7	7	Plymouth	21	21	21
Bernardston	9	9	9	Foxborough	18	18	18	Marlborough	19	19	19	Plympton	21	21	21
Beverly	14	2	2	Framingham	19	19	19	Marshfield	21	21	21	Princeton	13	13	13
Billerica	8	8	8	Franklin	18	18	18	Mashpee	21	11	11	Provincetown	21	11	11
Blackstone	19	19	19	Freetown	7	7	7	Mattapoisett	15	7	7	Quincy	16	16	16
Blandford	22	17	22	Gardner	13	13	13	Maynard	19	19	19	Randolph	18	18	18
Bolton	13	13	13	Georgetown	4	2	4	Medfield	19	19	19	Raynham	18	18	18
Boston	1a	1a	1a	Gill	9	9	9	Medford	1b	6	6	Reading	10	10	10
Bourne	21	11	11	Gloucester	2	2	2	Medway	19	19	19	Rehoboth	7	7	7
Boxborough	19	19	19	Goshen	9	9	9	Melrose	1b	6	6	Revere	6	6	6
Boxford	4	2	4	Gosnold	21	11	11	Mendon	19	19	19	Richmond	3	3	3
Boylston	23	23	23	Grafton	19	19	19	Merrimac	4	2	4	Rochester	15	7	7
Braintree	16	16	16	Granby	9	9	9	Methuen	10	10	10	Rockland	18	18	18
Brewster	21	11	11	Granville	22	17	22	Middleborough	21	21	21	Rockport	2	2	2
Bridgewater	18	18	18	Gr. Barrington	3	3	3	Middlefield	9	9	9	Rowe	9	9	9
Brimfield	22	17	22	Greenfield	9	9	9	Middleton	14	2	2	Rowley	4	2	4
Brockton	18	18	18	Groton	8	8	8	Milford	19	19	19	Royalston	13	13	13
Brookfield	23	23	23	Groveland	4	2	4	Millbury	23	23	23	Russell	22	17	22
Brookline	1a	1a	1a	Hadley	9	9	9	Millis	19	19	19	Rutland	23	23	23
Buckland	9	9	9	Halifax	21	21	21	Millville	19	19	19	Salem	14	2	2
Burlington	8	8	8	Hamilton	2	2	2	Milton	16	16	16	Salisbury	4	2	4
Cambridge	5	6	1a	Hampden	22	17	22	Monroe	9	9	9	Sandisfield	3	3	3
Canton	18	18	18	Hancock	3	3	3	Monson	22	17	22	Sandwich	21	11	11
Carlisle	8	8	8	Hanover	21	21	21	Montague	9	9	9	Saugus	12	2	2
Carver	21	21	21	Hanson	18	18	18	Monterey	3	3	3	Savoy	3	3	3
Charlemont	9	9	9	Hardwick	13	13	13	Montgomery	22	17	22	Scituate	21	21	21
Charlton	23	23	23	Harvard	13	13	13	Mt. Washington	3	3	3	Seekonk	7	7	7
Chatham	21	11	11	Harwich	21	11	11	Nahant	12	2	2	Sharon	18	18	18
Chelmsford	8	8	8	Hatfield	9	9	9	Nantucket	21	11	11	Sheffield	3	3	3
Chelsea	6	6	6	Haverhill	4	2	4	Natick	19	19	19	Shelburne	9	9	9
Cheshire	3	3	3	Hawley	9	9	9	Needham	18	18	18	Sherborn	19	19	19
Chester	22	17	22	Heath	9	9	9	New Ashford	3	3	3	Shirley	13	13	13
Chesterfield	9	9	9	Hingham	21	21	21	New Bedford	15	7	7	Shrewsbury	19	19	19
Chicopee	22	17	22	Hinsdale	3	3	3	New Braintree	13	13	13	Shutesbury	9	9	9
Chilmark	21	11	11	Holbrook	18	18	18	New Marlborough	3	3	3	Somerset	7	7	7
Clarksburg	3	3	3	Holden	23	23	23	New Salem	9	9	9	Somerville	5	6	1a
Clinton	13	13	13	Holland	22	17	22	Newbury	4	2	4	Southborough	19	19	19
Cohasset	21	21	21	Holliston	19	19	19	Newburyport	4	2	4	Southbridge	23	23	23
Colrain	9	9	9	Holyoke	22	17	22	Newton	1a	1a	1a	South Hadley	9	9	9
Concord	19	19	19	Hopedale	19	19	19	Norfolk	18	18	18	Southampton	9	9	9
Conway	9	9	9	Hopkinton	19	19	19	North Adams	3	3	3	Southwick	22	17	22
Cummington	9	9	9	Hubbardston	13	13	13	North Andover	10	10	10	Spencer	23	23	23

Community Listings for

EA—Energy Assistance

W—Weatherization

HS—Heating Services

	EA	W	HS
Springfield	22	17	20
Sterling	13	13	13
Stockbridge	3	3	3
Stoneham	1b	6	6
Stoughton	18	18	18
Stow	19	19	19
Sturbridge	23	23	23
Sudbury	19	19	19
Sunderland	9	9	9
Sutton	23	23	23
Swampscott	12	2	2
Swansea	7	7	7
Taunton	7	7	7
Templeton	13	13	13
Tewksbury	8	8	8
Tisbury	21	11	11
Tolland	22	17	22
Topsfield	14	2	2
Townsend	13	13	13
Truro	21	11	11
Tyngsborough	8	8	8
Tyringham	3	3	3
Upton	19	19	19
Uxbridge	19	19	19
Wakefield	12	6	2
Wales	22	17	22
Walpole	18	18	18
Waltham	8	6	1a
Ware	9	9	9
Wareham	21	11	11
Warren	23	23	23
Warwick	9	9	9
Washington	3	3	3
Watertown	8	6	1a
Wayland	19	19	19
Webster	23	23	23
Wellesley	19	19	19
Wellfleet	21	11	11
Wendell	9	9	9
Wenham	2	2	2
W. Boylston	23	23	23
W. Bridgewater	18	18	18
W. Brookfield	23	23	23
W. Newbury	4	2	4
W. Springfield	22	17	22
W. Stockbridge	3	3	3
W. Tisbury	21	11	11
Westborough	19	19	19
Westfield	22	17	22
Westford	8	8	8
Westhampton	9	9	9
Westminster	13	13	13
Weston	19	19	19
Westport	7	7	7
Westwood	18	18	18
Weymouth	16	16	16
Whatley	9	9	9
Whitman	18	18	18
Wilbraham	22	17	22
Williamsburg	9	9	9
Williamstown	3	3	3
Wilmington	8	8	8
Winchendon	13	13	13
Winchester	1b	6	6
Windsor	3	3	3
Winthrop	6	6	6
Woburn	1b	6	6
Worcester	23	23	23
Worthington	9	9	9
Wrentham	18	18	18
Yarmouth	21	11	11

If you need additional housing related support including housing vouchers, public housing, avoiding eviction, etc., please call 211 or use the EOHLC Resource Locator, a look-up tool to find housing assistance programs in your area.



Massachusetts
Resource Locator

“No one should have to worry about how they’re going to afford heat this winter. The Home Energy Assistance Program is 100% free and could help you pay your heating bills.”

-Governor Maura Healey