### Food Assistance

**Rhode Island Community Food Bank Network**
www.rifoodbank.org/find-food

The Food Assistance List is being updated regularly to reflect program changes. **Guests must wear masks or face coverings** when receiving food from any program.

**All Are Welcome** at member agencies of the Food Bank.

**SNAP—Supplemental Nutrition Assistance Program**
RI Department of Human Services  
1-855-697-4347 | healthyrhode.ri.gov

SNAP is a monthly benefit that helps families purchase nutritious food. **Eligibility depends on household size and income.** Eligible households can apply online through the HealthsourceRI website. The $600/week unemployment benefit counts as income and must be reported. The $1,200 stimulus check does not count as income.

**RI Older Adult Resources**
RI Office of Healthy Aging  
401-462-4444 | oha.ri.gov

Older adults and people with underlying conditions are at higher risk of severe COVID-19 illness. If you are a part of this higher-risk population, or caring for someone who is, call the Healthy Aging Helpdesk, at the Point, at 401-462-4444.

If you are 65 or older, homebound, and need assistance making meals, call **Meals on Wheels** at 401-351-6700.

**WIC—Women, Infants, and Children**
401-222-5920 | health.ri.org/wic

WIC is a public health program that offers nutrition education and provides healthy food benefits to RI families who qualify. WIC is available to pregnant women, breastfeeding and postpartum mothers, and infants and children up to age 5. **Contact a local WIC office to see if your family qualifies and to apply.**

During the COVID-19 crisis, all WIC sites are **still open** and providing remote services by phone and mailing benefits.

**Grab and Go meals for School Children**
401-462-2020
health.ri.gov/diseases/ncov2019/about/foodsites/

Anyone aged 18 or under can pick up a meal at a ‘Grab and Go’ site. Parents and guardians can pick up food on behalf of a student. Visit the website above for more details.

The Grab and Go meal sites will continue distributing throughout the summer.

**Healthcare**

**Food Assistance List**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhode Island Health Center Association</td>
<td>401-274-1771</td>
<td><a href="http://www.rihca.org">www.rihca.org</a></td>
</tr>
<tr>
<td>Clinica Esperanza</td>
<td>401-347-9093</td>
<td>Adults only</td>
</tr>
<tr>
<td>Rhode Island Free Clinic</td>
<td>401-274-6374</td>
<td>Adults only</td>
</tr>
</tbody>
</table>

**COVID-19 Testing**

If you think you need to be tested for COVID-19, call your doctor. There is no cost for testing. Call **401-222-8022** to find a testing site. If you do not have a doctor, call **401-274-1771** to find a **community health center** for an evaluation.

**CVS, Walgreens, and some regional pharmacies can deliver medications for free.** Find more options at [www.ridelivers.com](http://www.ridelivers.com)

**Health Coverage**

If you recently lost a job and your health coverage, or have recently experienced another qualifying life event, you can sign up for insurance through Healthsource RI. Depending on your income, you may be eligible for Medicaid coverage. People eligible for Medicaid can apply at anytime.

Apply at healthsourceri.com or call 1-855-840-4774

**Did you know?** All people have the right to an interpreter when applying for and seeking health insurance and care, at no cost, and regardless of your immigration status.

**Mental Health Care**

Adults seeking mental or behavioral health support can find help by reaching out to behavioral health clinics.

**BH Link**
Hotline: 401-414-5465 | [www.bhlink.org](http://www.bhlink.org)

For kids, call Kid’s Link at 1-855-543-5465. Call to connect with a licensed counselor, 24/7.

People struggling with addiction can find resources on [www.preventoverdoseri.org](http://www.preventoverdoseri.org).

Dial **2-1-1**  
Hotline available 24/7/365 for information and referrals to the resources you need.
Housing

**Housing Help RI (emergency rental assistance)**
www.housinghelpri.org

The State has created a rental assistance fund for eligible households at risk of homelessness. Eligible households may receive a grant of up to $5,000 for past due rent, late fees, or moving costs. Visit the Housing Help RI website to check your household's eligibility and to apply.

**RI Housing Help Center**
401-457-1000 | www.rihousing.com

If you are a homeowner with an FHA-insured single family home mortgage and you are having difficulty making your monthly mortgage payments:

- Continue to make your monthly mortgage payments if you can
- Contact your mortgage servicer—the entity to which you make your monthly mortgage payments—and discuss your situation to see the options available to you.
- Contact an HUD-Approved Housing Counseling Agency such as RI Housing.

**Coordinated Entry System Hotline**
Hotline: 401-277-4316 | www.rihomeless.org/coordinated-entry

If you are homeless or at risk of becoming homeless, call the RI Coordinated Entry System hotline to be connected to a shelter.

**Capital Good Fund Crisis Relief Loans**
1-866-584-3651 | www.capitalgoodfund.org/loans/crisisloan

Capital Good Fund has developed the Crisis Relief Loan to help people financially impacted by the COVID-19 crisis. This loan can be used for (but is not limited to) paying utilities, covering medical bills, paying rent, and purchasing groceries.

Visit capitalgoodfund.org to learn more, see other types of loans, and to check eligibility.

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Utilities

**Energy Assistance from Community Action Programs**
401-921-4968 | www.ricommunityaction.org/member-services/

Rhode Islanders who need energy assistance at this time should contact their local Community Action Program. Find a local CAP agency using the information above or call 2-1-1.

Your household may be eligible for the Good Neighbor Energy Fund if your income was impacted by the COVID-19 crisis.

**National Grid Discount Rate (A-60)**
www.nationalgridus.com/ri-home/bill-help/discount-rates

Low-income households may be eligible for a discounted rate on gas and electric through National Grid. If you have lost your job or income, call National Grid right away to be placed on the A-60 rate. Find the number to National Grid on your bill or online account.

**Internet Service**
www.everyoneon.org/find-offers

Find low-cost internet service and computers in your area by using your zip code on the EveryoneOn website. You can also find links to free resources for online education, job searches, internet basics, and more.

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Other

**Domestic Violence Hotline**
24/7 Hotline: 1-800-799-7233 or 1-800-787-3224 for TTY

**RI Coalition Against Domestic Violence**
24 Hour Hotline: 1-800-494-8100 | www.ricadv.org

**Rhode Island Legal Services**
401-274-2652 | www.helprilaw.org

**RI Serves—Veterans, Service members, and military families**
401-921-2119 | www.riserves.org

**CRUSH COVID RI app—Information, Resource, Contact Tracing**
health.ri.gov/crushcovid

**Family Service of Rhode Island**
401-519-2283 | www.familyserviceRI.org

**Rhode Island Department of Health—COVID-19 updates**
401-222-8022 | health.ri.gov/covid—Available in Multiple languages.

**AMOR Response Network—24/7 Support line in English & Spanish**
401-675-1414 | www.amorri.org/covid-19

Visit the AMOR website to learn more about their services and how you may be able to assist your community during the crisis.

**Rhode Island Department of Education**
401-222-4600 | ride.ri.gov

**Rhode Island Community Food Bank**
401-942-6325 | www.rifoodbank.org

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Income

**Unemployment Insurance**
401-462-2020 | dlt.ri.gov

If you have been laid off, furloughed, had hours cut, or can’t find work in this time, you may be eligible for Unemployment Insurance. Apply online at the Department of Labor website above.

**Jobs**
backtowork.skillsforri.com | www.jobsinri.com
www.networkri.org | www.employri.org

Also try dlt.ri.gov/DLITlinksJobs.htm for job search sites specific to women, minorities, veterans, and people who are disabled.