

Resources for Union Stewards

◆ **HELP Dial 211**

<http://www.mass211help.org> or dial 211
Information and referral 24 hrs/day
Everyday-free- confidential-multilingual
Help with: food shelter, rent, utility, bills, after-school care, child care, counseling, and more.

◆ **Americans with Disabilities Act:** (800) 514-0301; TDD (800) 514-0383

direct questions to: US Dept. of Justice
www.usdoj.gov/crt/ada/adahom1/html
This law requires employers to offer reasonable accommodations to employees with disabilities.

◆ **Family Medical Leave Act:** US Dept of Labor . 866.487.2365 (617) 624-6700 A law that guarantees eligible employees up to 12 weeks of job protected unpaid leave each year for medical needs, caring for an ill family member or childbirth. –protects your job & maintains group health insurance coverage.

◆ **Community Resources & Advocacy program** help with access to food, public benefits, social services, counseling, and financial assistance.

Franklin County: 413.475.1570 393 Main St. Greenfield, MA 01301

Hampshire County: 17 New South St. Suite 116 Northampton, MA 413-582-4237

First Call For Help 43 Amity Street (at the Jones Library) Amherst, MA 01002 (413) 256-0121

North Quabbin: 167 South Main Street Orange, MA 01364 978.544.8091

◆ **Health Insurance for Dependent children:** 1-800-841-2900 or 1-800-909-2677 *Call to find out about low-cost and free health care coverage in MA.*

◆ **Lower Cost Prescriptions** needymeds.org help reducing the cost of prescriptions

Free or low cost Health & Dental Services

<http://www.needymeds.org/fczip.taf> lists free, low cost health & dental services for W. Massachusetts

◆ **Holyoke Health Center**

230 Maple Street Holyoke MA 01040
413-420-2200 free & low-cost health care
Accepts: Uninsured, Underinsured, Insurance, Medicare, Medicaid **Income:** All income levels accepted **Fees:** Sliding scale. No one turned away

◆ **Caring Health Centers** 532 Sumner Ave
Springfield MA 01108 413-693-1045
1040 Main St. Springfield MA 01103
413-739-1100

Accepts: Uninsured, Underinsured, Insurance, Medicare, Medicaid All income levels accepted
Fees: Sliding scale of fees
Medical, Dental Services, Women's Health, Vision, Substance Abuse, Primary Care, Pharmacy, Pediatric, OB/GYN, Counseling, (STD) HIV/AIDS Testing, Lab Services

◆ **Chicopee Dental Center**

601 Memorial Drive Chicopee MA 01020
413-420-6280 All income levels accepted
Sliding scale. No one turned away

◆ **H & H Dental Clinic** 769 Worthington St.
Springfield MA 01105 413-731-9575

◆ **STCC: Low-cost Dental Hygiene**
(413) 420-6250

◆ **MA Department of Mental Health (DMH):** (413) 587-6200 Western MA area office. Local area offices in Greenfield, Northampton, Holyoke & Springfield.

◆ **Department of Developmental Services DDS** (formerly Department of Mental Retardation DMR):: 88 Front Street, 1st Floor Holyoke, MA 01040 **Phone:** (413) 535-1022, (888) 859-1850

◆ **MA Dept. of Children & Families (formerly DSS):** (413) 452-3350 Western Regional Office, 1537 Main Street, 2nd Floor Springfield, MA 01103 to report abuse & neglect

◆ **Springfield Neighborhood Housing Services** 11 Wilbraham Road, Springfield, MA 01109
413 739-4737 Counseling for homeowners having trouble paying their mortgages and for home buyers.

◆ **HAP HOUSING**, eviction help: the Housing Consumer Education Center directly at 413-233-1600 or 1-800-332-9667, ext. 1600. You may also email questions to hcec@haphousing.org
For information on how to represent yourself in court, www.MassLegalHelp.org/housing

◆ **Tenants' Eviction Counseling-SPCA**, Eviction Counselor & Certified Credit Counseling (413) 263-6500 ext. 6567

◆ **Housing Discrimination Project:**

(413) 539-9796 or (800) 675-7309

57 Suffolk St. Holyoke, MA info@massfairhousing.org

Provides education, counseling and free legal services to anyone who has been illegally denied housing

◆ **MA Dept of Early Education & Care: (EEC)**

95 Liberty St., Suite 1124 Springfield, MA 01103

Phone: (413) 788-8401 Fax: (413) 784-1227

<http://www.eec.state.ma.us/EEC> regulations can be downloaded: <http://www.eec.state.ma.us/docs/HomelessChildrenRecordVariance.pdf>

◆ **Occupational Safety and Health Administration (OSHA):**

1-800-321-OSHA (6742) {Toll Free U.S.}

<http://www.osha.gov/> you can also file a complaint at

<http://www.osha.gov/pls/osha7/eComplaintForm.html>

◆ **Social Security Administration:** Springfield

(413) 785-0100; Holyoke (413) 536-3649; (866) 964-5061; www.ssa.gov

70 Bond St., 200 High St.
Springfield, MA Holyoke, MA 01040

◆ **UAW Local 2322:** 1-800-682-0269

4 Open Square Way 4th Floor, #406

Holyoke, MA 01040 <http://www.uaw2322.org>

Represents Higher Education, Human Services and Early Childhood employees throughout W. Mass.

◆ **Unemployment (to file a claim):**

Dept. of Employment & Training

1-877-626-6800 <http://www.detma.org/default.htm>

*If you lose your job, call & **file right away** to avoid losing benefits. Also, find out if you and your family are also eligible for health insurance coverage under the Medical Security Program (MSP) by calling the Program at 1-800-908-8801.*

◆ **Veterans Health Care Clinics (800-893-1522)**

1985 Main St. (Northgate Plaza) Springfield 01103
phone 413-737-5167

25 Bond Street Springfield, MA 01104

Phone: 413-731-6000

VA Hospital 421 North Main Street Leeds,
MA 01053-9764

Phone: 413-584-4040 Or 800-893-1522

◆ **MA Attorney General's Fair Labor and Business Practices Division:** (413) 784-1240

1350 Main Street, 4th Floor Springfield, MA 01103-1629 <http://www.ago.state.ma.us/>

Investigates Wage and hour law violations.

◆ **MA Commission Against Discrimination**

(MCAD): (413) 739-2145

436 Dwight Street, Second Floor, Room 220

Springfield, MA 01103

<http://www.mass.gov/mcad>

Legal help for people who believe they have been discriminated against. You have 300 days from the date of the most recent incident of discrimination to file a claim.

◆ **Community Legal Aid :** Springfield 413-781-

7814 Northampton- 413-584-4034 Greenfield

773-3747 *Low-cost or free legal assistance for low-income clients in some cases: housing, government benefits, Family Law, Employment Law, SSDI, Elder law*

◆ **Lawyer Referrals Services**

Hampden County Bar (413) 732-4648

Hampshire County Bar (413) 586-8729

Low income clients can apply for legal help at reduced cost

◆ **Workers' Compensation:** (413) 784-1133

Department of Industrial Accidents(DIA)

436 Dwight Street, Room 105 Springfield, MA 01103

<http://www.state.ma.us/dia>

Employee's Guide To Massachusetts Workers' Comp:

<http://www.mass.gov/dia/DESKSCAN/eeguide.pdf>

Report any on the job injuries to your supervisor immediately, before leaving, preferably in writing.

*Keep good records. You are **not** required to sign a waiver allowing your employer to access your entire medical history. When unable to earn full wages for 5 or more days due to an injury on the job, your employer must report the injury to its insurance company & to the DIA. For more information contact an attorney specializing in Workers' Comp.*

◆ **Western Mass Coalition for Occupational Safety and Health & Alliance for Injured**

Workers: (413) 731-0760

640 Page Boulevard, Suite 104 Springfield, MA 01104

wmasscost@verizon.net 413 731-0760

Information, counseling and supports for injured workers

5/14/2014