

The Blueprint

2024-2025

Resource Guide for UMass Graduate Student Employees & Postdocs
Health, Wellness, Family, Legal, Financial, Academic, Social, Veterans,
Disability, Workplace, Food Security, & Other Resources

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

The UAW/UMass Health & Welfare Trust Fund aims to support UMass graduate student employees and postdocs in their capacity as employees, students, and human beings.

In this spirit, we created this **Blueprint** to help you get what you need, when you need it.

This guide includes **campus-based and community resources for health, wellness, and families**, as well as **legal, financial, academic, and workplace support, social resources, resources for veterans and folks with disabilities, food security, and other emergency resources**.

Information is updated annually. If you need more help, we're here to support you. **Connect with us at [HWTF.org](https://www.hwtf.org)**.

DISCLAIMER: The Trust Fund maintains the Blueprint Resource Guide as a reference tool. Every effort is made to ensure listings are up-to-date as of December 2024. The Trust Fund does not endorse or claim to have personal knowledge of the abilities or services of those listed. Consumers should use independent judgment and request references when considering any resource listed in this Resources Guide.

Contents: By Topic

HEALTH.....	4	SOCIAL.....	23
WELLNESS.....	9	VETERANS.....	24
FAMILIES.....	17	DISABILITY.....	25
LEGAL.....	20	WORKPLACE.....	27
FINANCE.....	21	FOOD SECURITY.....	27
ACADEMIC.....	22	OTHER.....	30

Contents: By Question

I am having financial difficulties.....	27-31
I need help paying for childcare	18-19
I need a short term loan.....	30
I am having trouble paying for groceries.....	27-30
My family is preparing to welcome a new child.....	18-19
I'm looking for a way to connect with other people.....	22-23
I'm looking for free fun things to do.....	22-23
I need to find a new dentist.....	8
I'm looking for a childcare provider.....	18
I'm having trouble at work.....	27
I need help with my mental health.....	4-6

Health

Mental Health

UMass Center for Counseling and Psychological Health (CCPH)

Crisis intervention, short-term therapy for individuals, couples and family therapy, support and therapy groups, psychological assessment, behavioral medicine, eating disorders consultations, referrals to community practices.

24/7 Emergency On-Call Services

M-F 8:30AM-4:30PM
(413) 545-2337

111 County Circle
Amherst, MA 01003

umass.edu/counseling

Mental Health

Psychology Today

Popular site to find therapists in your area with comprehensive search filters.

psychologytoday.com

Mental Health

National Domestic Violence Hotline

Free, confidential support for victims and survivors of domestic violence. Support also available for folks wishing to support domestic violence victims. More than 200 languages available.

24/7 Service

Call 1 (800) 799-7233

Text START to 88788

TTY: 1-800-787-3224

Online chat available at website: thehotline.org

Health

Mental Health

Trans Lifeline

Free, confidential support, by and for trans people. You can ask for the “Family & Friends Line” to learn how to best support someone who is transgender in your life. Call and text available 24/7.

24/7 Service

Call **1-877-565-8860**

translifeline.org

Mental Health

Blackline

Free, confidential support for people who have a traumatizing interaction with law enforcement or vigilantes, prioritizing BIPOC victims and survivors using an unapologetic LGBTQ+ Black Femme lens. Call and text available 24/7.

24/7 Service

Call **1-800-604-5841**

callblackline.com

Mental Health

TrevorText

Free, confidential text + call crisis support for the LGBTQIA+ community, available 24/7.

24/7 Service

Text **START** to **678678**

Phone line: **1-866-488-7386**

thetrevorproject.org

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Health

**Mental
Health**

**LGBTQ+
Healthcare
Directory**

Search engine for LGBTQIA+ friendly mental healthcare in your area.

lgbtqhealthcaredirectory.org

**Mental
Health**

**Clinicians of
Color**

Search engine for therapists and other mental healthcare practitioners of color.

cliniciansofcolor.org

**Mental
Health**

**Therapy in
Color**

Search engine for therapists and other mental healthcare practitioners of color.

therapyincolor.org

**Mental
Health**

Calm

The Calm App for meditation, mindfulness, and sleep is available for free for eligible postdocs and grad students through UAW/UMass.

hwtf.org/wellness-apps
calm.com

Health

Physical Health

University Health Services

Our on-campus health center. Primary care, urgent care, acupuncture, birth control, gender affirming care, immunizations, pediatrics, physical therapy, radiology, sexual health, STI testing, sports medicine, and more.

Summer: M-F 8AM-5PM

Fall: M-F 8-8, S/S 11-5

(413) 577-5000

150 Infirmary Way

Amherst, MA 01003

umass.edu/uhs

umass.edu/uhs/immunizations

Physical Health

Amherst Survival Center

Amherst Survival offers a free medical clinic Mondays 12-1PM. Open to all; ages 2+. School and camp physical evaluations available.

Mondays 12-1PM

(413) 549-3968

138 Sunderland Rd.

North Amherst, MA 01059

amherstsurvival.org

Physical Health

Wellfleet

Manages the Student Health Plan. Visit their website to find a doctor, print your ID card, view claims, and more.

wellfleetstudent.com

Health

Physical Health

Tapestry Health

Low-cost access to harm reduction, sexual and reproductive healthcare, food access and nutrition support, abortion services, gender affirming services, and more.

M-F 9AM-5PM
(413) 586-2016
info@tapestryhealth.org
1985 Main St. 2nd Floor, Suite 202
Springfield, MA 01103
tapestryhealth.org

Dental

Altus Dental

Eligible grad student employees and postdocs can enroll in a free dental plan from Altus Dental through UAW/UMass HWTF.

Learn more about Altus and the dental plan:
hwtf.org/dental

Dental

Local Providers

- Amherst Dental Group: amherstdental.net
- Newmarket Dentistry: newmarketdentistry.com
- Linda Robinson Dental: lindarobinsondental.com
- Hadley Dental Care: hadleydentalcare.com
- Amity Street Dental: amitystreetdental.com
- Hampshire Meadow: hampshiremeadowdental.com

For a complete list, visit altusdental.com/FindADentist/SearchForm

Health

Vision

EyeMed Vision

Eligible grad student employees and postdocs can enroll in a free vision plan from Altus Dental through UAW/UMass HWTF.

Learn more about EyeMed and the vision plan:
hwtf.org/vision

Vision

Local Providers

- UHS Eye Clinic: umass.edu/uhs/eye-care
- MyEyeDr. Amherst:
locations.myeyedr.com/ma/amherst
- MyEyeDr. Northampton:
locations.myeyedr.com/ma/northampton
- For a complete list, visit hwtf.org/vision and select “Access the Vision Provider Locator.”

Wellness

Gyms: On Campus

Campus Recreation Center

The big gym on campus. Weight room, basketball, indoor track, fitness & yoga classes, boxing room, open year-round. Memberships eligible for Trust Fund wellness reimbursement.

413-545-0022
161 Commonwealth Avenue
University of Massachusetts
Amherst, MA 01003
umass.edu/campusrec

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Wellness

Gyms:
On
Campus

Boyden Gym

Basketball, badminton, and volleyball courts. Pool with availability for laps and open swim.

413-545-0022
131 Commonwealth Avenue
University of Massachusetts
Amherst, MA 01003
umass.edu/campusrec

Gyms:
On
Campus

The Body Shop

The Department of Kinesiology's teaching lab and gym. The Body Shop offers personal training, workout plans, as well as health and fitness exams. Run by kinesiology students. Memberships eligible for Trust Fund wellness reimbursement.

413-577-4700
30 Eastman Lane
Amherst, MA 01003
umass.edu/public-health-sciences

Gyms:
On
Campus

Curry Hicks

Pool available for open swim, family swim, and laps.

413-545-0022
130 Hicks Way
Amherst, MA 01003
umass.edu/campusrec/aquatics

Wellness

**Gyms:
Off
Campus**

**Central Rock
Gym Hadley**

Climbing gym with bouldering and wall climbing, yoga studio, gym, fitness & yoga classes, and more. Student discount available and free memberships available through the Trust Fund.

413-584-7625
165 Russel Street
Hadley, MA 01035
centralrockgym.com/hadley

**Gyms:
Off
Campus**

**Hampshire
Athletic
Center**

Local gym with weight room, cardio, basketball court, indoor pool, aerobics studio, plus a roster of fitness classes. Student discounts available.

413-256-6446
90 Gatehouse Lane
Amherst, MA 01002
hampshireac.com

**Gyms:
Off
Campus**

**Northampton
Athletic Club**

Local gym with weight room, cardio, basketball court, rock climbing wall, aerobics studio, sauna, and a roster of fitness classes. Student discounts available.

413-585-8500
306 King Street
Northampton, MA 01060
nohoac.com

Wellness

Gyms:
Off
Campus

F45 Training

“Functional” 45-minute fitness classes. Cardio, resistance, hybrid, and recovery classes offered. Individual class passes and weekly / monthly plans available.

413-387-0159
207 Russel Street
Hadley, MA 01035
f45training.com/studio/hampshiremeadows

Gyms:
Off
Campus

Amherst
Fitness

Private personal training studio. Individual sessions or packages of 10.

413-230-3824
375 College Street
Amherst, MA 01002
amherstfitness.com

Gyms:
Off
Campus

Fitness
Together
Amherst

Personal training studio with in-person and virtual options.

413-461-3032
534 Main Street
Amherst, MA 01002
fitnesstogether.com/amherst

Wellness

**Gyms:
Off
Campus**

**The Aerobics
and Fitness
Studio**

Full schedule of small group fitness, personal training & small group training, nutrition & health coaching, CPR/AED/First Aid Training courses, and osteoporosis programming.

413-387-0159
220 Russel Street, Suite 300
Hadley, MA 01035
theaerobicsandfitnessstudio.com

**Gyms:
Off
Campus**

**Amherst
Recreation
Department**

Adult and youth programming, including swim lessons, qi gong, pickleball, and much much more. Reserve local recreation facilities, too.

413-259-3065
170 Chestnut Street, Suite 1
Amherst, MA 01002
amherstma.gov

**Gyms:
Off
Campus**

**Pure Barre
Northampton**

Barre-style fitness classes focusing on low-impact full-body workouts. Free intro class for first-timers.

413-341-3125
63 King Street
Northampton, MA 01060
purebarre.com/location/northampton

Wellness

Nutrition **Women,
Infants, and
Children (WIC)
Nutrition
Program**

Pregnant mothers may be eligible for WIC, a federal program providing low-income families with supplemental foods, health care referrals, and nutrition education.

Amherst WIC: 413-548-1285
1200 North Pleasant Street,
Amherst, MA 01002
www.fns.usda.gov/wic

Nutrition **Happy Valley
Nutrition**

Local nutrition counseling services with a focus on body positivity and intuitive eating with support from registered dietitians. Copayments eligible for Trust Fund wellness reimbursement.

413-437-0278
25 Pray Street
Amherst, MA 01002
happyvalleynutrition.com

Nutrition **UHS Nutrition**

Nutrition support right on campus from registered dietitians. Concerns from meal planning to GI issues to disordered eating. Copayments are eligible for Trust Fund wellness reimbursement.

413-577-5101
UHS Rm. 134
150 Infirmary Way
Amherst, MA 01003
umass.edu/uhs/nutrition

Wellness

**Acupun-
cture**

**UHS
Acupuncture**

Sign up for acupuncture appointments on campus from registered independent practitioners. Covered by the student health insurance plan. Copayments eligible for Trust Fund wellness reimbursement.

413-577-6511
UHS Ground Floor
150 Infirmary Way
Amherst, MA
umass.edu/uhs/acupuncture

**Acupun-
cture**

**Wellness
House
Northampton**

Acupuncture, Chinese herbal medicine, chiropractor, and more services available in downtown Northampton.

413-222-8616
27 Brewster Ct.,
Northampton, MA, 01060
wellnesshousenorthampton.com

Yoga

Cadence Yoga

Our partner yoga studio. Get classes through UAW/UMass or directly through Cadence. Vinyasa, hatha, gentle yoga, chair yoga, and many more offerings.

413-577-5101
289 Amherst Rd
Sunderland, MA 01375
cadenceyogacenter.com

Wellness

Yoga	Sanctuary	Yoga and “healing arts” studio, with offerings from massage to aromatherapy to yoga therapy. Also a traditional yoga studio with an emphasis on restorative practice.	413-585-9642 UHS Ground Floor 150 Main St. Northampton, MA 01060 Thornes Marketplace, 3rd Floor yoga-sanctuary.com
Yoga	Karuna Yoga	Yoga studio with traditional and themed offerings as well as shiatsu massage, bodywork, and meditation.	413-535-9180 25 Main Street, 3rd Floor Northampton, MA 01060 karunayoga.com
Yoga	Newmass Yoga	A local option for folks living on and around campus with student discounts available. Classes emphasize a slow flow hybrid style of yoga.	*No phone number provided* 20 Dickinson Street Amherst, MA 01002 newmassyoga.com

Wellness

**Mindful-
ness**

**Vipassana
Meditation
Center**

Learn and practice vipassana meditation. Courses available for children, teens, and adults, including 10-day meditation retreats.

413-625-2160
386 Colrain Shelburne Road
Shelburne, MA
dhara.dhamma.org

**Mindful-
ness**

**Downtown
Mindfulness**

Mindfulness classes in Amherst. Single courses and multi-week programs available, as well as retreats and specialized courses. Free intro course available.

413-687-1499
67 N. Pleasant St.
Amherst, MA 01002
knowyourmind.training/downtown-mindfulness

Families

**On
Campus**

**Family-
Friendly
Workspace
(FFW)**

UAW/UMass's FFW is a study room designed for grad and postdoc parents to bring their kids and get some work done. Reserve through your portal.

(413) 345-2156
Thompson Lowrise Room 10
240 Hicks Way
Amherst, MA 01003
hwtf.org/family

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Families

**On
Campus**

**Student
Parent
Programs
(SPP)**

UMass Amherst's organization dedicated to supporting student parents. Childcare subsidies available. Family events, resources, and family study lounge in Bartlett Hall. Study lounge available: check out the link for details.

413-577-1005
Room 103 Bartlett Hall
130 Hicks Way
Amherst, MA 01003
umass.edu/ofr
umass.edu/student-life/events/spp-study-lounge

Online

**Mass.gov
Childcare
Search**

Find licensed Massachusetts childcare providers online through Mass.gov.

eeclead.my.site.com/findchildcare

**Off
Campus**

**Round the
World Women**

An Amherst-based group of American and international women gathering to share and learn from one another. See the events page for a full list of family-friendly offerings.

RWWAmherst@gmail.com
atcis.org/rww

Families

**Off
Campus**

**Hilltown
Families**

Award-winning organization connecting Massachusetts families with enriching events, resources, and communities across the state.

hilltownfamilies@gmail.com
Hilltown Families
Post Office Box 332
Williamsburg, MA 01096
hilltownfamilies.org

**Off
Campus**

**Bridge Family
Resource
Center**

Diaper bank in downtown Amherst with additional family support resources available for parents and families.

413-549-0297
**101 University Avenue, Suite
A3**
Amherst, MA 01002
frcma.org

**Off
Campus**

**Northampton
Parents Center**

Offers free drop-in playgroups in fun, educational spaces for kids, as well as family events, a lending library for parents, community resource information, snacks for kids, and much more.

**northamptonparentscenter@
gmail.com**
297 Main Street
Lower Level, Edwards Church
Northampton, MA 01060
northamptonparentscenter.org

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Legal

**On
Campus**

**Equal
Opportunity
and Access
Office (Title IX)**

Get support from UMass's Title IX office if you witness or experience discrimination based on gender or sexuality on campus, and get resources to understand your rights.

413-545-3464
Room 225 Bartlett Hall
130 Hicks Way
Amherst, MA 0100
umass.edu/equalopportunity

**Off
Campus**

**Community
Legal Aid**

Community Legal Aid of Northampton offers free civil legal services to low-income Mass residents.

855-252-5342
Northampton Office:
20 Hampton Avenue, Suite 100
Northampton, MA 01060
communitylegal.org

**On
Campus**

**Student Legal
Services**

UMass's student-funded law office providing legal assistance to fee-paying UMass Amherst students and student groups. Get free, confidential advice and/or referrals, legal assistance, and representation.

413-545-1995
Room 922 Campus Center
1 Campus Center Way,
Amherst, MA 01002
umass.edu/slso

Finance

**On
Campus**

**UMass
Financial Aid
Services**

UMass's Financial Aid office offers free financial aid counseling appointments to students receiving aid. Available via phone or zoom.

413-545-0801
**Room 243 Whitmore
Administration Building**
181 Presidents Drive
Amherst, MA 01003
umass.edu/financialaid

**Off
Campus**

**Community
Action Pioneer
Valley**

Offers free, individualized, judgement-free financial coaching to individuals and families with income up to 200% of the federal poverty level.

413-376-1179
Northampton Office:
155 Pleasant St,
Northampton, MA 01060
communityaction.us/program/money

**On
Campus**

**Smart About
Money (SAM)**

Financial coaching, workshops, and resources by and for UMass students. Get free advice on budgeting, loans, retirement planning, and more.

413-545-2517
smartaboutmoney@umass.edu
New Africa House, Room 430
180 Infirmary Way
Amherst, MA 01003
umass.edu/studentsuccess/smartaboutmoney

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Academic

**On
Campus**

CMASS

In addition to organizing student cultural centers and events, the UMass Center for Multicultural Advancement and Student Success offers academic Success Coaching.

413-545-2517
Room 101 Wilder Hall
221 Stockbridge Road
Amherst, MA 01003
umass.edu/cmass

**On
Campus**

**UMass
Libraries**

Connect with your department librarian, find curated subject guides, and access the dedicated Graduate Commons on the 5th floor of the Du Bois Library.

413-545-0801
Room 243 Whitmore
Administration Building
181 Presidents Drive
Amherst, MA 01003
library.umass.edu

**On
Campus**

**UMass Writing
Center**

Free writing support to all UMass student, faculty, and staff, including ad-hoc or recurring project support with trained tutors. Support with anything from copyediting to outlining to best-practice writing habits.

413-577-1293
W.E.B. DuBois Library
Learning Commons
154 Hicks Way
Amherst, MA 01003
umass.edu/writing-center

Social

Local

Jones Library

Amherst's local library offers a suite of free offerings to cardholders, including free museum passes, streaming subscriptions, language learning software, and more!

413-259-3090
43 Amity Street
Amherst, MA 01002
joneslibrary.org

Local

The Trustees

Join the Trustees of Reservations at dozens of free and low-cost events in beautiful natural settings across Massachusetts. Many family-friendly events, too.

617-542-7696
tickets@thetrustees.org
thetrustees.org/events

**On
Campus**

RECESS

RECESS stands for Recharge, Engage, Connect, Energize, Support, and Succeed. Head to RECESS on the Du Bois Library 2nd floor to RECESS with crafts, game nights, and more.

413-545-2623
purplehairlibrarian@umass.edu
154 Hicks Way
Amherst, MA 01003
library.umass.edu/recess

Veterans

**On
Campus**

**UMass
Veterans
Services**

UMass Veterans Services provides programming, resources, and support to prospective student and student veterans.

413-545-0939
Rooms 18-19 Dickinson Hall
151 Orchard Hill Drive
Amherst, MA 01003
umass.edu/veterans

Local

**Central
Hampshire
Veterans
Services**

Offering a variety of support services to veterans in central Hampshire county, including emergency financial assistance programs.

Amherst: 413-259-3028
70 Boltwood Walk, First Floor
Amherst, MA 01002
Tuesday-Wednesday, 8-4PM
amherstma.gov/435

Local

**Veteran
Engagement
Team (V.E.T.)**

VET is a local organization dedicated to promoting community among veterans and first responders to encourage access to resources.

413-309-2648
Thea.Schlieben@VA.GOV
amherstma.gov/3825

Veterans

Local

**CRESS
Veteran's
Breakfast for
All**

CRESS's veterans outreach program includes a Veteran's Breakfast every first and third Thursday of the month from 8-9am. Enjoy bagels, donuts, and coffee, and get to know your community of veterans.

**413-259-3370
Bangs Community Center
70 Boltwood Walk
Amherst, MA 01002**

Disability

On
Campus

**UMass
Disability
Services**

Your disability support on campus. Register your disability with Disability Services to receive the academic accommodations you need. Work with an access coordinator to find out what accommodations are available to you, including service animals.

**413-545-0892
161 Whitmore Administration
Building
181 Presidents Drive
University of Massachusetts
Amherst, MA 01003
umass.edu/disability**

On
Campus

**Disability
Culture Club**

A student-run organization that welcomes any students who identify as disabled. Hybrid meetings Fridays 6:30-8pm.

umassamherst.campuslabs.com/engage/organization/dcc

Disability

**On
Campus**

**The Accessible
Workplace
Unit**

Request employment-related accommodations through The Accessible Workplace Unit, a part of UMass HR. Request your accommodations by emailing and attaching relevant documentation.

413-545-3464
accessibleworkplace@umass.edu
Bartlett Hall Room 225
130 Hicks Way
Amherst, MA 01003
umass.edu/hr/workplace-accommodations/ac

Local

**Olmstead
Rights
Resources**

The Olmstead Rights website has a comprehensive list of Massachusetts resources for persons with disabilities as well as information on the Olmstead decision.

olmsteadrights.org/self-helptools

Local

MassOptions

A free service connecting disabled folks to the resources they need. Find anything from transportation to housing to supplies. Call, chat, or browse the MassOptions website.

1(800) 243-4636
Call or chat Mon-Friday 9-5pm
massoptions.org

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Workplace

**Your
Union**

**GEO-UAW
2322**

Your workplace advocates on campus. Get support with filing grievances, understanding your rights and benefits, and get direct support from union leaders.

413-545-0705
Room 917 Campus Center
Amherst, MA 01003
geouaw.org

**On
Campus**

**UMass
Ombuds Office**

Speak confidentially with Ombuds staff about any on-campus concern, issue, or conflict, and get help finding a solution.

413-545-0867
Room 823 Campus Center
1 Campus Center Way
Amherst, MA 01003
umass.edu/ombuds

Food Security

**Food
Pantry**

**Amherst
Survival
Center**

Community meals, food pantry, fresh food distribution, health clinic and health insurance assistance, SNAP support, fuel assistance, homelessness resources, and more. In-person, curbside pickup, and delivery options available for food bank.

413-549-3968
138 Sunderland Rd.
North Amherst, MA 01059
amherstsurvival.org

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Food Security

Food Pantry

Northampton Survival Center

Outdoor food distribution Monday 2-6 and Wednesday/Friday 12-3. Learn more about locations and eligibility at their website.

413-586-6564
265 Prospect Street
Northampton, MA 01060
northampton-survival.org

Food Pantry

First Baptist Church Amherst

Food pantry open every Wednesday, 2-4pm.

413-549-3596
434 North Pleasant
Amherst, MA 01002
fbcamherst.org

Communi- ty Meals

Project Bread

Children are eligible for free meals across MA through Project Bread. Also access their FoodSource Hotline to learn about food access resources available to you. (180 languages available).

FoodSource Hotline: 1-800-645-8333
info@projectbread.org
145 Border Street,
East Boston, MA 02128
projectbread.org

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Food Security

Community Meals

Not Bread Alone

Family-style homemade meals prepared and served every Saturday and Sunday at noon, Wednesday at 4pm, Thanksgiving, and Christmas.

413-439-2245
165 Main St
Amherst, MA 01002
chd.org/programs-services

Food Subsidy

SNAP (previously Food Stamps)

Low-income U.S. citizens may be eligible for SNAP benefits, also known as Food Stamps, which provides money for groceries based on your income.

877-382-2363
72-100 Front Street
Holyoke, MA 01040
fns.usda.gov/snap

Free Meal Swipes

UMass Dining Food Security Initiatives

UMass Dining works with the Dean of Students office to ensure no student goes hungry. Free meal swipes to students experiencing food insecurity, as well as reduced price meals 1hr before close are available.

Dean of Students:
413-545-2684
Room 227 Whitmore
181 Presidents Drive
Amherst, MA 01003
umassdining.com/food-security-initiatives

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Food Security

**Meals
On
Campus**

**Food Recovery
Network Free
Meals To Go**

The Food Recovery Network will be providing free to-go meals in the old Newman Center on Wednesdays from 5-6pm. Enter through the back door to the cafe.

frnumass@gmail.com
472 North Pleasant Street
Amherst, MA 01003
On Instagram:
@umassfoodrecovery

Other

**Emergen-
cy Funds**

**Dean of
Students
Short Term
Loans**

Get short-term loans for temporary financial emergencies, hardship or personal/family emergencies. The maximum loan amount is \$1000 for graduate students.

413-545-2684
Room 227 Whitmore
181 Presidents Drive
Amherst, MA 01003
umass.edu/dean_students/support/loan-program

**Emergen-
cy Funds**

**Dean of
Students
Microgrants**

Small microgrants of up to \$500 are distributed to matriculated undergrad and grad students for unexpected financial emergencies.

413-545-2684
Room 227 Whitmore
181 Presidents Drive
Amherst, MA 01003
umass.edu/dean_students/microgrant

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Other

Personal Supplies **Student Care Supply Closet**

Provides free toiletries/personal care items and household items to students facing economic insecurity and/or unexpected financial emergencies. **Diapers available.**

413-545-2684
Room 227 Whitmore
181 Presidents Drive
Amherst, MA 01003
umass.edu/dean_students/student-care-supply-closets

Personal Supplies **Free Clothing**

Free clothing is available throughout Western Massachusetts to those who need it. Consult this list from the Amherst Survival Center to see locations and open hours.

413-239-4990
amherstsurvival.org

Homelessness **Off-Campus Student Life**

Get support with finding off-campus housing. SNAP signup assistance also provided.

413-577-1005
Room 103 Bartlett
130 Hicks Way
Amherst, MA 0100
umass.edu/offcampuslife

UAW/UMass Health & Welfare Trust Fund: Electronic Resource Guide 2024-2025

Other

**Homeless-
ness** **3 County CoC**

Youth and young adult homelessness resources for Franklin, Hampshire, and Berkshire counties.

413-376-1184
393 Main Street
Greenfield, MA 01301
threecountycoc.communityaction.us

**Homeless-
ness** **Massachusetts
Housing
Assistance**

Provides resources for renters struggling to make payments, facing eviction, or navigating housing crises.

617-573-1100
100 Cambridge St, Suite 300,
Boston, MA 02114
mass.gov/info-details/massachusetts-housing-assistance

**Homeless-
ness** **Western Mass
Network to
End
Homelessness**

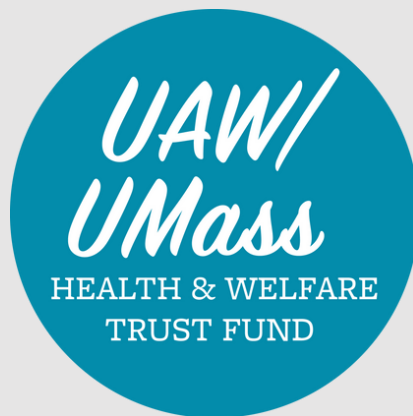
Emergency housing for families, teens and young adults, homelessness prevention resources, rapid rehousing and help accessing shelters.

413-219-5658
westernmasshousingfirst.org

Have ideas for more resources?

We'd love to hear them.

Drop your suggestions [here](#).



413-345-2156

uwdental@umass.edu

#ilovemybenefits