

Who can help me find housing?

Finding housing can be hard. It helps to have people who can support you with your search! Below are some ideas on who may be able to help you. [You can use the worksheet in our Finding Home guide to keep track of the people that can help you with your housing search.](#)

Your Local Independent Living Center

Independent Living Centers are run by and for people with disabilities. They help people set goals and explore options for living independently. Independent Living Centers often support people in finding housing. Your local Independent Living Centers can help you understand housing options, show you how to look for housing, support you with completing applications, and help you request housing-related accommodations. Many Independent Living Centers offer free workshops about housing, which can be a good place to start your search.

Find your local Independent Living Center: www.masilc.org/findacenter/

Your Local Housing Consumer Education Center

Housing Consumer Education Centers are programs that help people make informed decisions about their housing. Your local Housing Consumer Education Center can help you with your housing search, accessing rental assistance programs, understanding your housing rights and more.

Find your local Housing Consumer Education Center: www.masshousinginfo.org

Your Local Community Action Program

Community Action Programs are organizations that help people gain self-sufficiency. They address the causes of poverty through programs that fight unemployment, inadequate housing, poor nutrition, and lack of educational opportunity. Some Community Action Programs directly support people with housing searches.

Find your local Community Action Program: www.masscap.org/agencies

Your Department of Mental Health Team

If you get support from the Department of Mental Health's Adult Community Clinical Services program or Program of Assertive Community Treatment, the housing specialist on your team can support you. The housing specialist can tell you about housing options, support you with your housing search, help you with completing applications, and take you to look at apartments. Once you have housing, the housing specialist can help you with requesting housing-related accommodations and resolving issues with your housing.



Peer supporters and other members of your team can help you figure out your housing preferences, and offer emotional support and encouragement during the search process.

Family, Friends, and Other Supporters

Are you staying at an overnight shelter or getting support at a day shelter? Many shelters offer housing search help and related support for their guests. The folks at Mass 2-1-1 can help you find a shelter, if needed.

Find out more about Mass 2-1-1: www.mass211.org.

Are you getting support from a Clubhouse or Recovery Learning Community (RLCs)? Ask there for help with housing. Clubhouses and RLCs often support their members with housing searches and offer emotional support if the search becomes overwhelming.

Do you get support from a therapist, care manager, community partner, or other support person? This person may not know where to look for housing or how to apply, but may be able to help you fill out applications or ask for housing-related accommodations.

Do you have a trusted family member or friend? This person may be able to help you to keep track of your housing search or take you to check out apartments. You can even share this guide with them, and ask them if you can work on it together.

Compass Helpline

You can contact the Compass Helpline at NAMI Massachusetts if you need help finding resources related to housing and beyond. We're not able to support you directly with your search, but we can help you understand what options are available and where to start your search.

Compass is available Monday through Friday, 9 am - 5 pm. Call us at 617-704-6264 or email us at compass@namimass.org.

Learn more about the Compass Helpline: www.namimass.org/compass

