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Hotlines/Help Lines
211 (United Way: Community Resources)

Crisis Textline 741741

Disaster Distress
1 (800) 985-5990

Massachusetts Substance Abuse Helpline
1 (800) 327-5050

National Domestic Violence Hotline
1 (800) 799-SAFE (7233)

National Sexual Assault Hotline
1 (800) 656-HOPE (4673)

National Suicide Prevention Hotline
1 (800) 273-TALK (8255)

Parental Stress Hotline
1 (800) 632-8188

SafeLink
1 (877) 785-2020

Samaritans Call or Text (If you feel suicidal, lonely, or depressed? Want to talk?) 1 (877) 870-4673

SAMHSA Treatment Referral Helpline
1 (800) 662-HELP (4357)

The Trevor Project (LGBTQ) Crisis Line 1 (800) 4-U-TREVOR (488-7386)

Veterans Crisis
1 (800) 273-8255 and Press 1 or text message 838255
Addiction and Recovery

**Addiction Referral Center** theaddictionreferralcenter.org
33 Main St., Marlborough, MA 01752/508-485-HELP (4357)

**Massachusetts Smokers’ Helpline**
1-800-QUIT NOW (1-800-784-8669) provides free online coaching. Enroll online at KeepTryingMA.org for online supports including quit planning tools, peer support and motivational text messages.

**Prana Recovery Centers** pranarecoverycenters.org (508) 263-0002
82 Brigham St., Marlborough, MA 01752 kelly@pranarecoverycenters.org

**SMOC: South Middlesex Opportunity Council Addiction Services**
smoc.org/addiction-services.php
SMOC Behavioral Health Addiction Service provides groups in specific SMOC Housing or residential programs as well as therapy and groups at:
7 Bishop Street, Framingham MA 01702 / 508-879-2250 and
230 Maple Street, Marlborough, MA 01752 / 508-480-0092

Adult Education

**General**

**Assabet Valley Regional Technical High School Adult Education**
assabet.org/adult_education 215 Fitchburg St., Marlborough, MA 01752
Info@assabetafterdark.com (508) 263-9651

**Joan Brack Adult Learning Center**
smoc.org/joan-brack-adult-learning-center.php
7 Bishop Street, Framingham, MA 01702 / (508) 620-2677. Free GED classes for adults/Young Parents Program/English as a second language

Updated January 2020
Adult Education/General, continued

Keefe at Night  
https://keefeatnight.org/  750 Winter Street Framingham, MA 01702  
(508) 416-2170 / continuinged@jpkeefehs.org

One Family, Inc.  onefamilyinc.org  
423 West Broadway, Suite 402, South Boston, MA 02127 / (617)423-0504  
The One Family Scholars Program provides individualized college, career, and financial coaching to low-income single parents pursuing a college degree. One Family Scholars receive scholarships that offset both direct costs of college (tuition, fees) and indirect costs of college (books, supplies, and living expenses). Credential to Career Coaching (C2C) is a free 12-week program of One Family, Inc. with group workshops and one-on-one coaching that helps homeless and low-income parents identify paths into careers that pay a family-sustaining wage.

Computer Learning

DigitalLearn.org  
If you are new to using computers in your job search, haven’t used them for a while, or just need a bit of a refresher, we have the tools to help you tackle technology at your own pace and gain the confidence you need to succeed.

English Language Learning

Assabet After Dark (ESOL Classes are among offerings)  
assabet.org/adult_education  215 Fitchburg St., Marlborough, MA 01752  
Info@assabetafterdark.com (508) 263-9651

Framingham Adult ESL Plus  
(Website, faesl.org, has links to additional searchable ESL resources)  
Located at Fuller Middle School, 31 Flagg Dr., Framingham, MA 01702 / (508) 626-4282

Updated January 2020
Social Service/Community Resources

English Language Learning, continued

Hudson Maynard Adult Learning Center
hmalc.org/contact-us.html Located at Hudson High School
69 Brigham St., Hudson, MA 01749

Joan Brack Adult Learning Center
smoc.org/joan-brack-adult-learning-center.php
7 Bishop Street, Framingham, MA 01702 / (508) 620-2677

MPL ESL Resources
marlborough-ma.gov/marlborough-public-library/esl-resources

Disability Services

Braille and Talking Book Library at the Perkins School for the Blind (Statewide access to library materials for the blind and visually impaired, or those certified as unable to read normal print) perkins.org/library
Info@Perkins.org / 617-924-3434 / 175 North Beacon St., Watertown, MA 02472

Carroll Center for the Blind
carroll.org 770 Centre St., Newton, MA 02458 / (800) 852-3131

Disability Law Center (DLC), Inc. DLC is responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities.
dlc-ma.org/ 11 Beacon St., Suite 925, Boston, MA 02108 / 800 872-9992

MAB Community Services mabcommunity.org
200 Ivy St., Brookline, MA 02446 / (617) 738-5110
MAB Community Services is an umbrella organization that operates the following: Adult Disability Services: serving adults (22+) with developmental disabilities, Ivy Street School: serving adolescents (13-22) with neurological and behavioral challenges, and Massachusetts Association for the Blind and Visually Impaired: serving adults and elders with vision loss.

Updated January 2020
Social Service/Community Resources

Disability Services Continued

Massachusetts Commission for the Blind
mass.gov/orgs/massachusetts-commission-for-the-blind
Central Massachusetts - Region 2 (508-754-1148)
390 Main Street, Suite 620, Worcester, MA 01608
Main Office: 600 Washington Street, Boston, MA 02111/ (617) 727-5550
MCB provides the highest quality rehabilitation and social services to Massachusetts residents who are blind, leading to their independence and full community participation.

Massachusetts Commission for the Deaf, Late-Deafened, and Hard of Hearing
mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing
600 Washington St., Boston, MA 02110
(617) 740-1600 / TOLL FREE VOICE (800) 882-1155 TOLL FREE TTY (800) 530-7570
MCDHH provides accessible communication, education, and advocacy to consumers and private and public entities so that programs, services, and opportunities throughout Massachusetts are fully accessible to persons who are deaf and hard of hearing.

Massachusetts Disabled Persons Protection Commission
mass.gov/orgs/disabled-persons-protection-commission Operates a 24-hour Hotline to report incidents of suspected abuse involving adults with disabilities in Massachusetts by dialing 1-800-426-9009 or 1-888-822-0350 TTY.

Massachusetts Office on Disability (MOD)
mass.gov/orgs/massachusetts-office-on-disability
One Ashburton Place, Room 1305, Boston, MA 02108 / (617) 727-7440.
MOD works to ensure the full and equal participation of all people with disabilities in all aspects of life by working to advance legal rights, maximum opportunities, supportive services, accommodations, and accessibility in a manner that fosters dignity and self-determination.
Disability Services Continued

**Massachusetts Rehabilitation Commission (MRC)**
mass.gov/orgs/massachusetts-rehabilitation-commission
600 Washington St., Boston, MA 02111
Main (617) 204-3600 Voice/TDD (800) 245-6543
MRC helps individuals with disabilities to live and work independently. MRC is responsible for Vocational Rehabilitation, Community Living and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs.

**Massachusetts State Association of the Deaf** massdeaf.org

**MetroWest Center for Independent Living**
mwcil.org 280 Irving St., Framingham, MA 01702 / 508-875-7853

**National Library Service for the Blind & Physically Handicapped**
loc.gov/nls/ 1291 Taylor Street, NW Washington, DC 20542
Toll-free: 1-800-424-8567. National Library Service (NLS) is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical disability that prevents them from reading or holding the printed page. Through a national network of cooperating libraries, NLS circulates books and magazines in braille or audio formats, delivered by postage-free mail or instantly downloadable.

**Personal Care Attendant Directory** masspcadirectory.org
Toll Free: 1-888-MASSPCA (627-7722) allows PCA workers and those in need of services to search for one another to find the perfect fit for your needs.

Talking Book Library at the **Worcester Public Library**
talkingbook.mywpl.org / (508)799.1621
Disability Services Continued

Work Without Limits  workwithoutlimits.org
333 South St., Shrewsbury, MA 01545 / 877-YES-WORK
(877-937-9675) A statewide network of engaged employers and innovative, collaborative partners that aims to increase employment among individuals with disabilities. Work Without Limits offers resources and information on employment for individuals with disabilities.

Caregiver Support

CaregivingMetroWest.org caregivingmetrowest.org/
CareGivingMetroWest.org is a website devoted to caregivers of elders in 25 MetroWest communities. The website provides information, connection to resources and community support. This is achieved in part by several customized interactive website features, specifically designed for MetroWest caregivers and their elder care recipients. To speak with a BayPath Elder Services Caregiver Specialist, call (508) 573-7239.

Central Massachusetts Agency on Aging seniorconnection.org
360 West Boylston Street, Suite 216, West Boylston, MA 01583
(508) 852-5539 / TTY Services Dial 71.
Provides leadership, resources, coordination of services and advocacy for area older persons and caregivers.

MassOptions massoptions.org/massoptions 1-844-422-6277
A free resource that links people to services that help elders and individuals with disabilities.

Domestic/Sexual Violence Support

Jane Doe Inc- The MA Coalition Against Sexual Assault and Domestic Violence janedoe.org (617) 248-0922 info@janedoe.org
Massachusetts statewide SAFELINK toll-free domestic violence hotline: 877-785-2020 or TTY 877-521-2601National Sexual Assault Hotline Free. 24/7 Confidential.
(800) 656-4673 casamymra.org/get-support/safelink/

Updated January 2020
Domestic/Sexual Violence Support, continued

**NDVH- The National Domestic Violence Hotline** [thehotline.org](http://thehotline.org)
1-800-799-7233 / 1-800-787-3224 (TTY)

**National Sexual Assault Resource Center** [nsvrc.org](http://nsvrc.org)
2101 N Front St., Governor’s Plaza North, Building #2, Harrisburg, PA 17110
877-739-3895 TOLL-FREE / 717-909-0715 TTY

**SVNETWORK- The National Supervised Visitation Network** [svnworldwide.org](http://svnworldwide.org)
3955 Riverside Ave., Jacksonville, FL 32205 / (904) 419-7861

**RAINN- Rape, Abuse and Incest National Network** [rainn.org](http://rainn.org)
Call (800)656 - HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area. You’ll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider.

**Voices Against Violence** [smoc.org/voices-against-violence.php](http://smoc.org/voices-against-violence.php)
24 Hour HOTLINES: 1-800-593-1125 or 508-626-8686 (TTY-friendly)
Services include a 24-hour hotline, crisis intervention, confidential short-term emergency shelter, counseling and support groups, information and referrals, and medical, legal and criminal justice advocacy.

Employment & Career Development

**JobQuest** [jobquest.dcs.eol.mass.gov/jobquest/](http://jobquest.dcs.eol.mass.gov/jobquest/)
Find Jobs in Massachusetts with JobQuest, FREE online service.

**Workforce Central Career Center** [workforcecentralma.org/home](http://workforcecentralma.org/home)
340 Main St. Suite 400, 4th Floor Worcester, MA 01608 / (508) 799-1600 Provides help with job leads career planning, career training, résumé services, personal computer for job search, Internet access to thousands of jobs, career prep workshop (including Interviewing skills, career directions, and more!), and specialized veterans’ services.

Updated January 2020
Government and Law

Adoption in Massachusetts
mass.gov/info-details/massachusetts-law-about-adoption
A compilation of laws, regulations, cases, and web sources on adoption law by the Trial Court Law Libraries.

Attorney General’s Office  mass.gov/orgs/office-of-attorney-general-maura-healey  1 Ashburton Place, 20th Floor, Boston, MA 02108 / (617) 727-2200

Massachusetts General Laws massachusettsgenerallaws.com/index.htm

Massachusetts RMV (Registry of Motor Vehicles) 
mass.gov/orgs/massachusetts-registry-of-motor-vehicles

Massachusetts Trial Court Law Libraries 
mass.gov/orgs/trial-court-law-libraries (800) 445-8989
Reference librarians via email: masslawlib@gmail.com

Immigration

Massachusetts Immigrant and Refugee Advocacy Coalition
miracoalition.org  105 Chauncy Street, Suite 901, Boston, MA 02111
(617)350-5480

Legal Information/Services

MassLegalHelp masslegalhelp.org is dedicated to improving access to justice for low income and disadvantaged persons through innovative use of the web. Help includes legal resources on income and benefits, disability, and consumer services.
Government and Law, Legal Information/Services, continued

**Metrowest Legal Services** mwlegal.org
63 Fountain Street, Suite 304, Framingham MA, 01702 / (800) 696-1501
Provides free civil legal aid to low-income people and victims of crime who would be denied justice without our help. Our priority practice areas include: Family Law, Housing, Homeless Advocacy, Government Benefits (including Social Security), Education, Elder Law & Immigration.

**Voting Information**

**Commonwealth of Massachusetts Voting Information Page**
mass.gov/topics/voting

**Health Information**

**MedlinePlus** medlineplus.gov  MedlinePlus is the National Institutes of Health’s web site for patients and their families and friends.

**Health Info Lines** nih.gov/health-information/health-info-lines  From A to Z, this online directory provided by the National Institutes of Health. Includes toll-free numbers of health experts to answer your questions.

**Wellness Toolkits**
nih.gov/health-information/your-healthiest-self-wellness-toolkits  Also provided by the National Institutes of Health, these tool kits can help you get on the right track to your healthiest self.

**UMass Memorial Health Care Online Health Library**
myhealth.umassmemorial.org/Wellness/

Updated January 2020
Health Information, continued

Medical Assistance (Free or Income-based clinics)

Edward M. Kennedy Community Health Center
354 Waverly St., Framingham, MA 01702
508-270-5700 / kenedychc.org
Sliding Fee Scale- Serves all patients regardless of ability to pay

UMass Memorial Marlborough Hospital (Financial Counseling for health coverage) 157 Union Street, Marlborough, MA 01752 (508) 334-9300 umassmemorialhealthcare.org/marlborough-hospital/patients-visitors/patient-resources/financial-counseling

India Society of Worcester IMANE Free Health Stop iswonline.org
150 West Main St., Shrewsbury, MA / (508)842-9795

MetroWest Free Medical Program metrowestfreemedicalprogram.org
First Parish Church 110 Edgell Rd., Framingham, MA
Call for hours for Vision and Women’s Health care, by appointment only. Vision (508)656-0885 / Gynecology (508)656-0834

Congregation Beth El
105 Hudson Rd., Sudbury, MA
Call for hours of walk-in medical care and specialty services (508) 656-0740 – English / (508)656-0741 – Portuguese & Spanish

St. Anne’s Free Medical Program 130 Boston Tpke, Shrewsbury, MA stannesparish.org/clinic.php
(508) 757-5154 Church number to ask for clinic hours

Updated January 2020
Health Information, continued

Medical Insurance

Mass Health [mass.gov/topics/masshealth](mass.gov/topics/masshealth)
Phone: (800) 841-2900   TTY: (800) 497-4648
Do you need help with your Mass Health paperwork? Try here to get some help near you: [my.mahealthconnector.org/enrollment-assisters](my.mahealthconnector.org/enrollment-assisters)

Mental Health

Advocates [advocates.org/services/counseling-psychiatry](advocates.org/services/counseling-psychiatry)
340 Maple Street 4th Floor Marlborough, MA (508) 485-9300
354 Waverly St., Framingham, MA 01702 (508) 661-2020

Employment Options, Inc. [employmentoptions.org/#Home](employmentoptions.org/#Home)
82 Brigham St., Marlborough, MA / (508) 485-5051
Clubhouse/Assistance for young adults/families as well as employment help.

Massachusetts Department of Mental Health (DMH) Resource Guides [mass.gov/service-details/dmh-resource-guides](mass.gov/service-details/dmh-resource-guides)
(includes consumer and family, emergency service programs, Young Adult, 2019 Multicultural Mental Health and extreme risk protective order).

Multicultural Wellness Center [multiculturalwellness.org](multiculturalwellness.org)
44 Front St., 2nd Floor, Worcester, MA / (508) 752-4665
Staff includes Spanish speaking workers. Offers culturally sensitive counseling, youth and family services, adult, substance abuse, and group services. Some are eligible for transportation to the office. Masshealth accepted.

National Alliance on Mental Illness (NAMI) MetroWest [namimetrowest.org](namimetrowest.org) Help Line: (508) 251-9595

Updated January 2020
Parenting Support

Family Ties of Massachusetts 2019 Resource Directory
(web address has underscores after 2019 and FTIES)

Health and Parenting Site  webmd.com/parenting/default.htm
This site from WebMD covers popular hot topics in parenting and health, popular searches as well as access to their online parenting community.

Marlborough Special Education Parent Advisory Council
mps-edu.org/Page/641

Parent’s Guide to Special Education
fcsn.org/parents-guide (from the Federation for Children with Special Needs (English, Spanish and Portuguese versions available).

Parents Helping Parents Parental Stress Line 1-800-632-8188
parentshelpingparents.org/

Planned Parenthood - Tools for Parents  plannedparenthood.org/learn/parents
Tips on talking to children about growing up.

Wayside MetroWest Parent Support Services (508) 879-9800
waysideyouth.org/ourservicesoverview/waysidemetrowest/parentsupportservices offers guidance, resources, and support to parents and caregivers of children and adolescents with social, emotional, behavioral, learning differences or mental health needs.

Adoption

Adoption Choices  jfsmw.org/adoption/about/
475 Franklin St., Suite 101, Framingham, MA / (508) 875-3100
Parenting Support, continued

**Child Care**

**Boys and Girls Club of MetroWest** bgcmetrowest.org/
Marlborough Clubhouse
169 Pleasant Street, Marlborough, MA 01752 (508) 485-4912
**Argeo R. Cellucci, Jr.  Hudson Clubhouse**
21 Church Street, Hudson, MA 01749 (978) 562-9924

**SMOC Child Care** smoc.org/child-care.php (508) 820-8380
Centers are located in Framingham, Marlboro and Hudson. Family Child Care homes are located in Framingham, Marlboro, Hudson, Ashland and Natick.

**Grief Support (for children, teens and parents)**

**Children’s Friend - The Carriage House Grief Support Center**
(508)753-5425 x6430 Support for children ages 3 to 18 years old and their families, providing children and teens a space to grieve the death of a loved one surrounded by peers also experiencing feelings of grief and loss. The Carriage House provides free peer support groups to children and teens following the death of a parent, caregiver or sibling. Adult support groups are also available to the caregivers of children and teens participating in peer support at The Carriage House.

**Health Information for Kids**

**BAM! Body & Mind** cdc.gov/healthyschools/bam/teachers.htm
This site is designed for kids ages 9-12 focusing on healthy behaviors, activities, food, and general nutrition.

Updated January 2020
Parenting Support, continued

Internet Safety

On Guard Online
consumer.ftc.gov/features/feature-0038-onguardonline
Federal government site that provides tips for parents for navigation online safety including talking with your kids.

NetSmartz missingkids.org/NetSmartz
National Center for Missing and Exploited Children's site with links for parents, educators, law enforcement to find information for internet safety. This site also has a link for parents with teens and a special section just for kids.

FBI's Parent Guide to Internet Safety -this is a direct link to the FBI's informational pamphlet to online exploitation and the risks to your children. 2.fbi.gov/publications/pguide/pguidee.htm

Social Services

Clothing

Marlborough Community Cupboard
255 Main St., Marlborough, MA 01752 • 888-811-3291 xt.4902

Emergency Shelter Resources

Massachusetts Coalition for the Homeless
mahomeless.org 73 Buffum Street, Lynn, MA 01902
(781)595-7570

Updated January 2020
Social Services, Emergency Shelter Resources, Continued

**Roland's House - Temporary Emergency Shelter (508) 481-7847**
The Roland's House is a temporary emergency shelter serving up to 18 unaccompanied adult males. Roland's House is linked to SMOC's continuum of housing and services through the Common Ground Resource Center. Guests at Roland's House are eligible for employment and housing search services, mental health and substance abuse services and more.

**Financial Assistance**

**Low Income Home Energy Assistance Program (LIHEAP)** Known commonly as Fuel Assistance, LIHEAP provides eligible households with help in paying a portion of winter heating bills. Contact the Cold Relief Heatline at 1-800-632-8175

**Emergency Aid to the Elderly, Disabled and Children (EAEDC)** Emergency Aid to the Elderly, Disabled and Children (EAEDC) provides cash assistance to persons who are unable to work due to a physical or mental disability, over 65 years old and waiting for SSI payments to begin, caring for a child, or who are participating in a Massachusetts Rehabilitation Commission program. EAEDC is administered by the Department of Transitional Assistance. Apply online at [mass.gov/economic-assistance-cash-benefits](https://mass.gov/economic-assistance-cash-benefits) Contact the DTA Assistance Line (877) 382-2363.

**Food Assistance**

**Marlborough Community Cupboard** 255 Main St., Marlborough, MA 01752 888-811-3291 ext.4902

**Massachusetts Supplemental Nutrition Assistance Program (SNAP)** This program is administered by the Department of Transitional Assistance. Contact the DTA Assistance Line (877) 382-2363 or visit [dtaconnect.eohhs.mass.gov/](https://dtaconnect.eohhs.mass.gov/)

**Women, Infants & Children Food Assistance Program (WIC)** To apply for WIC, call (800) 942-1007 to make an appointment or apply online at [mass.gov/forms/apply-for-wic-online](https://mass.gov/forms/apply-for-wic-online)

Updated January 2020
Social Services, continued

Furniture and Home Goods Help

Fresh Start Furniture Bank [freshstartfurniturebank.org/](freshstartfurniturebank.org/)
16 Brent Dr., Hudson, MA | (508) 485-2080

Housing Resources

BayPath Elder Services, Inc., 33 Boston Post Rd West, Marlborough, MA
508-573-7200 Assists with Elder Housing Options.

The Housing Consumer Education Center (HCEC) through SMOC
[smoc.org/housing-consumer-education-center.php](smoc.org/housing-consumer-education-center.php)
Assistance locations: Marlborough Human Services, 255 Main St, Suite 113, Marlborough, MA and at SMOC, 7 Bishop St, Framingham, 1st floor
Contact via Email: [hcec@smoc.org](hcec@smoc.org) or HCEC hotline: 508-872-0765

Marlborough Community Development Authority (MCDA)
250 Main Street Marlborough, MA. MCDA administers four primary affordable housing programs: Senior Public Housing, HUD Section 8 Portable Vouchers, Massachusetts Vouchers, and Special Needs Housing:
Contact MCDA at
(508) 624-6908

Marlborough Housing Authority 255 Main Street, Suite 212 Marlborough, MA. (508) 624-6908 Provides housing assistance to low income residents through the management of the areas Housing Choice Voucher Program - Section 8.

SMOC Rental Assistance Programs
[smoc.org/smoc-rental-assistance-programs.php](smoc.org/smoc-rental-assistance-programs.php) (508) 620-2335
So
Social Service/Community Resources

Social Services, Continued

Transportation

MetroWest Regional Transit Authority (MART)
mwrta.com 508-935-2222 TTY: 508-935-2242
MART Senior and Disabled Ride Service Dial a Ride: 508-820-4650

F.I.S.H. (Friends in Service Helping) F.I.S.H. is a free, all volunteer service that provides no-cost transportation to medical appointments for Marlborough residents when family and friends cannot. This is a program of the Marlborough Council on Aging/Senior center. (508) 485-6492 ext. 32199

Marlborough Council on Aging Transportation
(508) 485-6492 ext. 32198

Senior Services

BayPath Elder Services, Inc. baypath.org
33 Boston Post Road West, Marlborough, MA (508) 573-7200

Central Massachusetts Agency on Aging
seniorconnection.org/ 360 West Boylston St., Suite 216, West Boylston, MA
Phone: 508-852-5539

Marlborough Council on Aging and Senior Center
(508) 485-6492 | 40 New St., Marlborough, MA

Massachusetts Assisted Living Facilities Association mass-ala.org
465 Waverley Oaks Rd., Suite 300, Waltham, MA (781) 622-5999

Massachusetts Senior Care Association
maseniorcare.org/ 800 South St., Suite 280 Waltham, MA
(617) 558-0202 or 1-800-CARE-FOR

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Social Service/Community Resources

Teen Resources

Bullying

**Stopbullying.gov**—Information from government agencies on bullying and getting help.

**Teens Against Bullying** pacerteensagainstbullying.org Created by and for teens, this website is a place for middle and high school students to find ways to address bullying/take action.

**TeenCentral**- teencentral.com/bullying/ A free, safe, and anonymous site that offers help when you need it most by KidsPeace, a charity dedicated to serving behavioral and mental health.

**TeensHealth**—Bullying, teenshealth.org/en/teens/bullies.html?ref=search Accurate information and advice about health, emotions and life by the Nemours Center for Children’s Health Media.

Crisis Help

**Crisis Text Line**—Text HOME to 741741 Provides free, 24/7 support for those in crisis. Text to chat with a trained crisis counselor.

**Lifeline Crisis Chat** National chat network that can provide online emotional support, crisis intervention, and suicide prevention services. suicidepreventionlifeline.org/chat/ Offered 24 hours per day/Seven days per week. 1-800-273-8255

**National Child Abuse Hotline** 1-800-422-4453 childhelp.org A trained counselor will tell you how to get help if you have been sexually and physically abused. Free. 24/7.

**National Human Trafficking Resource Center Hotline** 1-888-373-7888 or SMS: 233733 (Text "HELP" or "INFO") humantraffickinghotline.org/

**National Runaway Safeline** 1-800-RUNAWAY (1-800-786-2929) 1800runaway.org/youth-teens/

**National Sexual Assault Hotline (RAINN – Rape, Abuse & Incest National Network)** 1-800-656-HOPE (1-800-656-4673) or Online Hotline Chat rainn.org

Updated January 2020
Teen Resources, Crisis Help, continued

**Samariteens** samaritanshope.org (877) 870-HOPE (4673) | Call or Text 24/7. The main suicide hotline for teens in Massachusetts, with other helpful information for teens in crisis. This teen help line provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness and stress. From 3 p.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 16 and 18; outside those hours, calls are answered by adult volunteers.

**Teen Line**– Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) –Email– Message Board Nonprofit organization helping troubled teenagers address their problems. teenlineonline.org/

**Wayside Campus, Framingham** Provides a variety of intensive therapeutic and educational services for adolescents struggling with emotional and behavioral challenges. 1 Frederick Abbott Way, Framingham, MA waysideyouth.org/ourservicesoverview/waysidecampusframingham/ (508) 879.9800

**Death and Dying/Grief Resource**

**Children’s Friend - The Carriage House Grief Support Center** sevenhills.org/programs/grief-support (508)753.5425 ext. 6430 info@childrensfriend.org Support for children ages 3 to 18 years old and their families, providing children and teens a space to grieve the death of a loved one surrounded by peers also experiencing feelings of grief and loss. The Carriage House provides free peer support groups to children and teens following the death of a parent, caregiver or sibling. Adult support groups are also available to the caregivers of children and teens participating in peer support at The Carriage House.

**The Dougy Center–Help for Teens** dougy.org/grief-resources/help-for-teens/Part of The National Center for Grieving Children & Families

**Go Ask Alice!–Grief & Loss** goaskalice.columbia.edu/category/grief-loss Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.
Teen Resources, Death and Dying/Grief, continued

**Hello Grief** – hellogrief.org/ Online community to support those living with grief. Specific Massachusetts resources at hellogrief.org/resources/massachusetts/

**Lifeline Crisis Chat** suicidepreventionlifeline.org/chat/
National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

**Depression**

**Lifeline Crisis Chat** suicidepreventionlifeline.org/chat/National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

**Massachusetts Department of Mental Health** (DMH)– Emergency/Crisis Line - Available 24 Hours (877) 382-1609. Main (617) 626-8000 Available Monday through Friday 9am-5pm. DMH Information and Resource Line Voice mailbox (800) 221-0053. Provides services and support to meet the mental health needs of all individuals. mass.gov/orgs/massachusetts-department-of-mental-health

DMH Resources for Transition Age Youth and Young Adults (Ages 16-22) mass.gov/resources-for-transition-age-youth-and-young-adults-ages-16-22

**National Alliance on Mental Illness (NAMI)** – NAMI Helpline 800-950-NAMI or text “NAMI” to 741741 Provides free information, referrals, and support to people living with a mental health condition, family members and caregivers, mental health providers, and the public. Nami.org

**TeenCentral** teencentral.com A free, safe, and anonymous site that offers help when you need it most by **KidsPeace**, a charity dedicated to serving behavioral and mental health.

**TeensHealth**–(for the mind) teenshealth.org/en/teens/your-mind/
Information and advice about health, emotions and life by the Nemours Center for Children’s Health Media.

Updated January 2020
Teen Resources, Depression, continued

**Teen Line**—Call 800-TLC-TEEN (from 3pm-7pm EST)—Text TEEN to 839863 (3-6pm EST) –Email–Message Board: teenlineonline.org/talk-now/
Nonprofit organization helping troubled teenagers address their problems.

**Divorce**

**Crisis Text Line** [crisistextline.org/](http://crisistextline.org/) Text HOME to 741741 Provides free, 24/7 support. Text to chat with a trained crisis counselor.

**Lifeline Crisis Chat** [suicidepreventionlifeline.org/chat/](http://suicidepreventionlifeline.org/chat/) National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

**Teen Line** [teenlineonline.org](http://teenlineonline.org) Nonprofit organization helping troubled teenagers address their problems. Call 800-TLC-TEEN (from 3pm-7pm EST)—Text TEEN to 839863 (3-6pm EST) Email–Message Board: teenlineonline.org/talk-now/

**Drugs and Alcohol Concerns**


**Crisis Text Line**—Text HOME to 741741 Provides free, 24/7 support. Text to chat with a trained crisis counselor. [crisistextline.org](http://crisistextline.org)

**Get it Straight!** Online publication from the DEA (Drug Enforcement Administration). Contains information about specific drugs, what it’s called on the street, a description of how it looks, where it comes from, how it’s used, and/or the legal issues surrounding its use. [getsmartaboutdrugs.gov/sites/getsmartaboutdrugs.com/files/publications/DEA_Student%20FINAL.pdf](http://getsmartaboutdrugs.gov/sites/getsmartaboutdrugs.com/files/publications/DEA_Student%20FINAL.pdf)

**GirlsHealth—Drugs, Alcohol & Smoking**
[girlshealth.gov/substance/index.html](http://girlshealth.gov/substance/index.html)
A variety of information especially for girls aged 10-16 by the National Women’s Health Center.

Updated January 2020
Teen Resources, Drugs and Alcohol Concerns, continued

Go Ask Alice!–Alcohol goaskalice.columbia.edu/category/alcohol
Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

Lifeline Crisis Chat
suicidepreventionlifeline.org/chat/
1-800-273-8255 Options for Deaf + Hard of Hearing 1-800-799-4889
National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Emergency Shelter for Homeless Teens

Wayside MetroWest Basic Center Program
waysideyouth.org/ourservicesoverview/waysidemetrowest/emergencyshelterforhomelessteens/ (508) 879-9800
Provides FREE emergency shelter for runaway and homeless youth (ages 12-17) in the Metro West area for up to 21 days, as well as emergency assistance, support and services for youth who are at-risk of becoming homeless.

Health/Sexuality

Adolescent Health Transition Project
depts.washington.edu/healthtr/ A resource for adolescents with special health care needs, chronic illnesses, physical or developmental disabilities. From the University of Washington, Seattle.

GirlsHealth girlishealth.gov Information for girls aged 10-16 by the National Women's Health Center.
Teen Resources, Health/Sexuality, continued

**Go Ask Alice!** goaskalice.columbia.edu Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals. Information available on topics such as BODY IMAGE: goaskalice.columbia.edu/category/body-image
DISORDERED EATING AND EATING DISORDERS: goaskalice.columbia.edu/category/disordered-eating-eating-disorders
SKIN CONDITIONS: goaskalice.columbia.edu/category/skinconditions
WEIGHT GAIN & LOSS goaskalice.columbia.edu/category/weight-gain-loss
PREGNANCY OPTIONS: goaskalice.columbia.edu/category/pregnancy-options

**I Wanna Know**– iwannaknow.org iwannaknow.org offers information on sexual health for teens and young adults. This is where you will find the facts, the support, the resources to answer your questions, referrals, and get access to in-depth information about sexual health, sexually transmitted infections (STIs), healthy relationships, and more.

**It’s Your (Sex) Life**– itsyoursexlife.com MTV’s Emmy and Peabody Award-winning public information campaign to support young people in making responsible decisions about their sexual health.

**Power to Decide** powertodecide.org

**LGBTQ**

**Crisis Text Line**– Text HOME to 741741 Provides a free, 24/7 support for those in crisis. Text to chat with a trained Crisis Counselor. critisextline.org

**GLADD**– glaad.org GLADD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.

**Go Ask Alice!**– goaskalice.columbia.edu/category/lesbian-gay-bi-trans-queer-and-questioning-lgbtq Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

**It’s Your (Sex) Life**– LGBTQ: itsyoursexlife.com/lgbtq MTV’s Emmy and Peabody Award-winning public information campaign to support young people in making responsible decisions about their sexual health.
Teens Resources, LGBTQ continued

I Wanna Know—LGBTQ: iwannaknow.org/teens/lgbt.html
Answers for teens on sexual health and sexually transmitted diseases from the American Sexual Health Association.

Lifeline Crisis Chat suicidepreventionlifeline.org/chat
National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Planned Parenthood—Info For Teens—LGBTQ: plannedparenthood.org/learn/teens/lgbtq Provides vital reproductive health care, sex education, and information to millions of women, men and young people worldwide.

Teen Line—Call 800-TLC-TEEN (from 3pm-7pm EST)—
Text TEEN to 839863 (3-6pm EST) teenlineonline.org/ Email—Message Board: teenlineonline.org/talk-now/
Nonprofit organization helping troubled teenagers address their problems.

The Trevor Project— thetrevorproject.org

Sexual Assault

National Sexual Assault Resource Center nsvrc.org

RAINN— rainn.org Nation’s largest anti-sexual violence organization. Call 800-656-HOPE –Chat Online:— hotline.rainn.org/online
About Sexual Assault: rainn.org/about-sexual-assault
Safety and Prevention: rainn.org/safety-prevention
After Sexual Assault: rainn.org/after-sexual-assault
Teen Resources, continued

Relationships and Dating

It's Your (Sex) Life—itsyoursexlife.com/relationships MTV’s Emmy and Peabody Award-winning public information campaign to support young people in making responsible decisions about their sexual health.

Break The Cycle—breakthecycle.org/ Nonprofit that provides comprehensive dating abuse programs for young people ages 12 to 24.

GirlsHealth girlshealth.gov/relationships/index.html Information for girls aged 10-16 by the National Women’s Health Center.

Go Ask Alice!—goaskalice.columbia.edu/category/relationships Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

I Wanna Know–iwannaknow.org/teens/relationships.html Answers for teens on sexual health and sexually transmitted diseases from the American Sexual Health Association.

Love Is Respect loveisrespect.org 1-866-331-9474 Provides information and resources on healthy teen relationships.

Lifeline Crisis Chat suicidepreventionlifeline.org/chat/ National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Planned Parenthood–plannedparenthood.org/learn/teens/relationships Provides vital reproductive health care, sex education, and information to millions of women, men and young people worldwide.

TeenCentral–teencentral.com/dating-violence/ A free and anonymous site that offers help by KidsPeace, a charity dedicated to serving behavioral and mental health.

Teen Line– teenlineonline.org/ Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) – Email–Message Board: teenlineonline.org/talk-now/ Nonprofit organization helping troubled teenagers address their problems.

Updated January 2020
Teen Resources, continued

School

**TeensHealth** [teenshealth.org/en/teens/school-jobs/](teenshealth.org/en/teens/school-jobs/)
Information and advice about health, emotions and life by the Nemours Center for Children’s Health Media.

Self-esteem

**Crisis Text Line** [crisistextline.org/](crisistextline.org/)
Text HOME to 741741 Provides free, 24/7 support for those in crisis. Text to chat with a trained Crisis Counselor.

**Lifeline Crisis Chat** [suicidepreventionlifeline.org/chat/](suicidepreventionlifeline.org/chat/)
National chat network that provides online emotional support, crisis intervention, and suicide prevention services.

**Teen Line** [teenlineonline.org/](teenlineonline.org/)
Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) – Email–Message Board: teenlineonline.org/talk-now/
Nonprofit organization helping troubled teenagers address their problems.

Stress and Anxiety

**Lifeline Crisis Chat** [suicidepreventionlifeline.org/chat/](suicidepreventionlifeline.org/chat/)
National chat network that provides online emotional support, crisis intervention, and suicide prevention services.

**TeensHealth** [teenshealth.org/en/teens/your-mind/](teenshealth.org/en/teens/your-mind/)
Information and advice about health, emotions and life by the Nemours Center for Children’s Health Media.

**Teen Line** [teenlineonline.org/](teenlineonline.org/)
Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) – Email–Message Board: teenlineonline.org/talk-now/
Nonprofit organization helping troubled teenagers address their problems.
Teen Resources, Continued

Suicide

Crisis Text Line crisistextline.org/ Text HOME to 741741 Provides free, 24/7 support for those in crisis. Text to chat with a trained Crisis Counselor.

Go Ask Alice! goaskalice.columbia.edu/category/suicide
Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

Transition to Adulthood

Tempo Young Adult Resource Center
waysideyouth.org/services/waysidemetrowest/tempoyoungadultresourcecenter/ A one-stop resource center for young adults with extra challenges. They focus on achievement, employment, schooling, healthy relationships, and practical skills to reach goals. Young adults learn to be leaders, learners, workers, and role models.

Veterans Assistance

City of Marlborough Department of Veterans Services
marlborough-ma.gov/veterans-services

Massachusetts Office of Attorney General Resources Guide for Veterans and Service members

U.S. Department of Veterans Affairs va.gov/

Veterans Crisis1 (800) 273-8255 and Press 1 or text message 838255

Veteran’s Inc. veteransinc.org/

Veterans Online Shopping Benefit vetverify.org/index.xhtml

Workforce Central Career Center
masshirecentralcc.com/veteran-services/
Services include specialized veterans' services.

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