



**Marlborough
PUBLIC LIBRARY**

35 West Main Street

Marlborough, MA 01752

508-624-6900

www.marlboroughpubliclibrary.org

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Social Service/Community Resources

Hotlines/Helplines

Advocates Adult and Youth Mobile Crisis Intervention (MCI) Team

Available 24 hours. (800) 640-5432 Multilingual, including American Sign Language.

Mass211 (A 24/7 United Way Program for resource information)

Call 2-1-1 or access resources online at mass211.org (multilingual).

Crisis Textline Text HOME to 741741 (Available in English and Spanish).

Disaster Distress

Call or text 24/7 to 1(800) 985-5990 (multilingual) For Deaf and Hard of Hearing ASL Callers: call 1 (800) 985-5990 from your videophone.

LGBT National Coming Out Support Hotline (888) 688-5428 LGBTcomingOUT.org.

Massachusetts Behavioral Health Helpline

Call or text 833-773-BHHL or 833-773-2445 (multilingual) Deaf or hard of hearing can use the BHHL by contacting MassRelay at 711.

Massachusetts Substance Use Helpline

1(800) 327-5050 (with multilingual interpretation services) or text HOPE to 800327.

National Domestic Violence Hotline

1 (800) 799-SAFE (7233) TTY 1 (800) 787-3224 (Available in English and Spanish).

National Sexual Assault Hotline

1(800) 656-HOPE (4673) Available in English and Spanish.

National Maternal Mental Health Hotline (Not for suicidal crisis. For suicidal crisis call or text 988 for the National Suicide and Crisis Lifeline) The maternal hotline provides free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. English and Spanish-speaking counselors plus multilingual translation services. Call or text 1-833-TLC-MAMA (1-833-852-6262).

National Suicide and Crisis Lifeline

Call 988 for free 24-hour help (with multilingual interpretation services) For TTY Users: Use your preferred relay service or dial 711 then 988.

The Network/La Red's 24-hour hotline 800-832-1901 provides confidential emotional support, information, referrals, safety planning, and crisis intervention for LGBTQ+ folks, as well as people in kink and polyamorous communities who are being abused by a partner.

Parental Stress Hotline 1(800) 632-8188 (with multilingual interpretation services).

Safelink Domestic Violence 24-hour Hotline

1(877) 785-2020 or TTY at (877) 521-2601 or chat online at casamyrna.org/chat/

SAMHSA Treatment Referral Helpline for mental health and/or substance use

1(800) 662-HELP (4357) or TTY: 1 (800) 487-4889 Available in English and Spanish.

The Trevor Project (LGBTQ) Crisis Line for Young People

1(800) 4-U-TREVOR (488-7386) or text START to 678-678.

Veterans Crisis

Dial 988 then Press 1 or text message 838255.

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Social Service/Community Resources

Addiction and Recovery

Addiction Referral Center (ARC) theaddictionreferralcenter.org

33 Main St., Marlborough, MA 01752/508-485-HELP (4357)

ARC offers support groups, recovery coaching and referrals for a range of needs.

Massachusetts Quitline

1-800-QUIT NOW (1-800-784-8669) provides a free tobacco cessation program with online coaching. Enroll online at KeepTryingMA.org for online supports including quit planning tools, peer support and motivational text messages.

The Recovery Connection

Free peer recovery support services center that offers meetings, education and support services people with substance use disorders and their loved ones.

31 Main St., Marlborough, MA 01752 therecoveryconnection.org (508)485-0298

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 Community Education

assabetace.org 215 Fitchburg St., Marlborough, MA 01752

Info@assabetace.org (508) 263-9651

GED/HiSET Exam Information

Ged.com

Hiset.org

Social Service/Community Resources

Adult Education/General, continued

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/English as a second language

Keefe at Night

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

The **Massachusetts Adult Literacy Hotline** provides referrals to adult education programs that offer one-on-one tutoring, small-group or classroom instruction to adult learners. They offer information about basic reading, math, adult basic education, English language training, family literacy, High School Equivalency Test preparation and testing sites. You can search their website at massliteracyhotline.org/hotline/ or call the hotline at 800-447-8844.

MassLINKS Adult Education Online Academy <https://mwcc.edu/mass-links/>
MassLINKS is Massachusetts' statewide free adult education virtual Academy. They offer both GED/HiSet and ESOL/ESL courses for adults.

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 15-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.

Social Service/Community Resources

Adult Education, continued

English Language Learning

Assabet Community Education (ESOL Classes are among offerings)

assabetace.org 215 Fitchburg St., Marlborough, MA 01752

Info@assabetace.org (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

Hudson Maynard Adult Learning Center

hudsonadulted.org. 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

The **Massachusetts Adult Literacy Hotline** provides referrals to English language training, family literacy, High School Equivalency Test preparation and testing sites. You can search their website at massliteracyhotline.org/hotline/ or call the hotline at 800-447-8844.

MassLINKS Adult Education Online Academy <https://mwcc.edu/mass-links/>

MassLINKS is Massachusetts' statewide free adult education virtual Academy. They offer both GED/HiSet and ESOL/ESL courses for adults.

MPL ESL Resources

marlborough-ma.gov/library/esl-resources/pages/esl-programs

Adult Education, English Language Learning continued

SkillBase skillbase.hks.harvard.edu Free online tools that help people find and keep jobs plus tools to learn workplace English.

Social Service/Community Resources

Disability Services

Alzheimer's Association alz.org 24-hour helpline 800-272-3900. Provides information, resources and support for those affected by Alzheimer's and other dementias.

Autism Alliance Provides support, programs and resources to families and individuals affected by autism spectrum disorders. Autismalliance.org (508) 652-9900.

Autism Housing Pathways Helps educate families in Massachusetts about housing options for adults with autism and other developmental disabilities. Autismhousingpathways.org

Better Day Adult Social Day Program Supports, connects and provides meaningful engagement for adults living with cognitive impairment. betterdayprogram.org 508-481-0809 195 Reservoir Street, Marlborough, MA

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

DeafLEAD is a non-profit that provides 24-hour crisis intervention, advocacy, case management, interpreting and mental health services to Deaf, hard of hearing, DeafBlind, and late-deafened individuals who are victims of crime and their families, as well as support to individuals, agencies, and organizations providing victim services to individuals with a hearing loss. 24-hour Deaf Crisis Line: (321) 800-3323 Videophone: (573) 303-5604 Text: Text HAND to 839863.
nationaldeafhotline@adwas.org

Disability Law Center (DLC), Inc. Provides 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

Invisible Disabilities® Association invisibledisabilities.org The association hosts an online support community and is involved in awareness programs and events and other support activities. Contact via invisibledisabilities.org/about/contact/

The Job Accommodation Network (JAN) Provides free, confidential guidance on job accommodations and disability employment issues and self-employment and entrepreneurship options for people with disabilities. For details visit askjan.org or call (800) 526-7234 or (877) 781-9403 (TTY).

Updated April 2024

Social Service/Community Resources

Disability Services, continued

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.

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 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.

Social Service/Community Resources

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 Advocates for the rights and needs of Deaf and hard of hearing people.

MassMATCH is The Commonwealth of Massachusetts's initiative to Maximize Assistive Technology (AT) in Consumer's Hands. They promote the use of AT and AT services to enhance the independence of people with disabilities, enabling equal participation in all of life's activities. Massmatch.org

877-508-3974 (Toll Free) - 617-204-3815 (TTY) - info@massmatch.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 www.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

Social Service/Community Resources

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 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, individuals with disabilities and their caregiver.

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 877-521-2601 National Sexual Assault Hotline Free. 24/7 Confidential. (800) 656-4673 casamyrna.org/get-support/safelink/

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

NDDVH [National Deaf Domestic Violence Hotline](http://NationalDeafDomesticViolenceHotline.org). Available 24 hours / 7 days 1(855) 812-1001 (VP) NationalDeafHotline@adwas.org (Email)

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Social Service/Community Resources

Domestic/Sexual Violence Support, continued

National Sexual Assault Resource Center nsvrc.org

2101 N Front St., Governor's Plaza North, Building #2, Harrisburg, PA 17110
877-739-3895 TOLL-FREE / 717-909-0715 TTY

Our Deaf Survivors Center, Inc. odscunity.org Statewide support service for survivors of domestic violence/sexual assault who are Deaf, hard of hearing and DeafBlind. Contact by email at Connect@odscunity.org or by videophone at (508) 426-2420

RAINN- Rape, Abuse and Incest National Network 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.

SVNETWORK- The National Supervised Visitation Network synworldwide.org

3955 Riverside Ave., Jacksonville, FL 32205 / (904) 419-7861

Voices Against Violence 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

CareerOneStop at Careeronestop.org. A free online source for career exploration, training and jobs. Offers job search assistance, links for free help with resume and cover letter writing, interview preparation and more.

Sponsored by the U.S. Department of Labor in partnership with the American Job Center Network.

The Job Accommodation Network (JAN) Provides free, confidential guidance on job accommodations and disability employment issues and self-employment and entrepreneurship options for people with disabilities. For details visit askjan.org or call (800) 526-7234 or (877) 781-9403 (TTY).

Social Service/Community Resources

Employment & Career Development, continued

JobQuest jobquest.dcs.eol.mass.gov/jobquest/

Find Jobs in Massachusetts with JobQuest, a FREE online service.

MassHire Career Centers at www.mass.gov/masshire-career-centers They provide employment and training services for both job seekers and employers. They also offer job-search skills including assistance with interviews preparation, resume writing and developing a contact network.

To find a location near you, go <https://www.mass.gov/masshire-career-centers/locations> or call the main office at (617) 626-5300.

SkillBase skillbase.hks.harvard.edu Free online tools that help people find and keep jobs.

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 malegislature.gov/Laws/GeneralLaws

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

Voting Information

Commonwealth of Massachusetts Voting Information Page

mass.gov/topics/voting

Social Service/Community Resources

Government and Law, continued

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.

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.

Health Information

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.

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

National Alliance for Hispanic Health Offers the Su Familia Helpline which provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. Staffed by bilingual health promotion advisors who provide basic information on a range of health topics including mental health. To reach Helpline call (866) 783-2645, Monday through Friday from 9 a.m. to 6 p.m.

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
[Health Library \(umassmemorial.org\)](https://umassmemorial.org)

Social Service/Community Resources

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 / kennedychc.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/Health-Stop

150 West Main St., Shrewsbury, MA / (508)842-9795

MetroWest Free Medical Program metrowestfreemedicalprogram.org

Call for hours and to make an appointment.

Adult Medicine: 508-656-0741 (POR + ES) 508-656-0740 (En)

246 Maple Street, Suite 1, Marlborough, MA

Women's Health: 508-656-0834 (POR + ES + En)

246 Maple Street, Suite 1, Marlborough, MA

Vision Clinic at Lexington Eye Associates 534 Boston Post Road, Sudbury, MA. By appointment. (508)656-0885

St. Anne's Free Medical Program 130 Boston Tpke, Shrewsbury, MA

stannesparish.org/free-medical-program (508) 523-6138

Government Insurance Help

Mass Health mass.gov/topics/masshealth

Phone: (800) 841-2900 TTY: (800) 497-4648 Help with [Mass Health paperwork](#) Find help near you: my.mahealthconnector.org/enrollment-assisters

Medicare Rights Center medicarerights.org/counseling-and-advocacy provides a national HelpLine and resources page for individuals with Medicare and their families, including information about Medicare benefits, finding the right coverage and how any existing coverage works (800) 333-4114. Help available in English and Spanish.

Social Service/Community Resources

Immigration Help

JFS of Metrowest jfsmw.org/immigrant/

475 Franklin Street Suite 101 Framingham MA 01702 | Phone 508-875-3100

Offers integrated resources that address the social, emotional, and financial needs of immigrants, refugees, and asylees, giving them the tools they need to succeed.

Massachusetts Department of Mental Health (DMH) Multicultural Mental Health Resource Directory, which includes refugee and immigration-specific help can be accessed online [here](#).

Massachusetts Immigrant and Refugee Advocacy Coalition

miracoalition.org 105 Chauncy Street, Suite 901, Boston, MA 02111 (617)350-5480

Metrowest Legal Services mwlegal.org

63 Fountain Street, Suite 304, Framingham MA, 01702 / (800) 696-1501 MWLS's Immigration Unit provides free service to immigrants by helping them to secure a permanent immigration status in the United States and keep their families together. MWLS helps immigrant adult and juvenile survivors of domestic violence, sexual assault and other crimes to apply for immigration statuses in the United States, representing immigrants before the Immigration Court and the U.S.

Victim Rights Law Center victimrights.org

Phone: (877) 758-8132 x19 or (Español): (877) 758-8132 x35

The Victim Rights Law Center provides free, comprehensive legal services for sexual assault victims with civil legal issues in Massachusetts (including Immigrants, refugees, and undocumented persons regardless of legal status).

Mental Health Resources

Advocates 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 82 Brigham St., Marlborough, MA/ (508) 485-5051

employmentoptions.org/#HomeClubhouse/Assistance for young adults/families as well as employment help.

Social Service/Community Resources

Mental Health Resources, continued

Inclusive Therapists provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). Contact via website at inclusivetherapists.com

Institute for Muslim Mental Health provides the largest (insha'Allah) global directory of Muslim Mental Health Care providers to find a therapist aligned with your values. The verify the credential of each therapist on the platform to ensure you get the best mental health care possible. Also discusses the relationship between Islam and Mental Health. muslimmentalhealth.com
Call 1-800-273-TALK (8255)

Massachusetts 24/7 Behavioral Health Helpline

Offers real-time clinical triage and service navigation in more than 200 languages to help individuals and families access treatment for mental health and addiction offered in the Commonwealth, including outpatient, urgent, and immediate crisis intervention. Phone or text at 833-773-BHHL, or chat online at masshelpline.com.

Massachusetts Department of Mental Health (DMH) Resource Guides

mass.gov/service-details/dmh-resource-guides (includes consumer and family, emergency service programs, Young Adult and more. DMH Multicultural Mental Health Resource Directory, can be accessed online [here](#)).

National Alliance on Mental Illness (NAMI) MetroWest

namimetrowest.org Help Line: (508) 251-9595.

Trans Lifeline is a crisis intervention and suicide prevention services for transgendered individuals (hotline is run by transgendered individuals). They also provide help for individuals wanting to change legal name on passport, license, ID and more. Calls are accepted at (877) 565-8860 Monday through Friday from 10 a.m. – 4 p.m. ET. Spanish-language hotline also available.

Social Service/Community Resources

Mental Health, continued

BIPOC Mental Health Support

Asian Mental Health Collective raises awareness about the importance of mental health care, promotes emotional well-being, and challenges the stigma concerning mental illness amongst Asian communities globally. Has an Asian American Therapist Directory, support groups, Facebook group, resource library, video web-series, and meetup groups. Also runs the Lotus Therapy Fund, a program that gives 8 free therapy sessions for those who qualify. The program is a needs-based and people are chosen on a first-come, first-served. Contact them via their website at <https://www.asianmhc.org/contact/>

Black Emotional and Mental Health Collective (BEAM) is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Includes a directory where you can find a virtual Black therapist, doula, yoga teacher, or mediator and many other wellness tools. Access their resources at <https://beam.community/>

MannMukti is a storytelling platform that enables the South Asian diaspora to normalize and discuss mental health issues. Has a "Stories of Stigma" podcast series that features experts on South Asian mental health. Includes research and articles about scientific developments on the link between immigration, South Asian culture, and mental health. Has a South Asian Therapist Directory. Contact via their website at mannmukti.org

The NAN Project thenanproject.org Delivers the education, prevention and intervention strategies to school staff, parents and their children using a safe and supportive school-based, peer-to-peer model. Their offering of BIPOC Mental Health Resources at this [link: TNP-BIPOC-Mental-Health-Resource-Guide_ENG.pdf \(thananproject.org\)](#)

TherapyForBlackMen.org provides a directory to help Black men and boys search for a therapist or coach by their location and specialization. Call (646) 780-8278 or email info@therapyforblackmen.org

Social Service/Community Resources

Mental Health, continued

Multicultural Mental Health Support

Cambridge Health Alliance (CHA)

CHA offers Multicultural Mental Health Programs where people with limited English skills can find confidential, safe and sensitive mental health care. Services are provided by Telehealth or at the CHA Central Street Care Center in multiple languages including Haitian Kreyol, Spanish and Portuguese. CHA will extend services to people in MetroWest areas if multicultural and language supportive services are not available locally for your needs. Please specify your need for multicultural/multilingual access needs when calling for services. To request an appointment, call (866) 781-6727 or email admissions@northsuffolk.org.

Multicultural Wellness Center multiculturalwellness.org

10 Winthrop Street, 3rd Floor, Worcester, MA 01604 (508) 752-4665
Staff includes Spanish speaking workers. Offers culturally sensitive counseling, youth and family services, adult, substance abuse, and group services. Masshealth accepted

Parenting Support

Family Ties of Massachusetts [Massachusetts Family TIES \(massfamilyties.org\)](http://massfamilyties.org)

Provides information and referral services, emotional support, and trainings to parents of children and youth with special needs. 1-800-905-TIES (8437)

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

Massachusetts Substance Use Helpline Helps families access services for youth and young adults with substance use problems. Talk with a Helpline Specialist by calling 800.327.5050 or texting 800327. To search options on their website, visit <https://helplinema.org/treatment-recovery/youth-young-adult-services/>

Parent's Guide to Special Education

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

Updated April 2024

Social Service/Community Resources

Parenting Support, continued

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.

PLAG of Greater Boston offers support, education, and advocacy to parents, caregivers, friends of LGBTQ+ people via a parent-to-parent support program, support groups, help by phone and more. gbpflag.org/home (781) 891-5966

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 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.

Massachusetts Adoption Resource Exchange (MARE)

mareinc.org

National Council For Adoption

adoptioncouncil.org (703) 299-6633

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.

Updated April 2024

Social Service/Community Resources

Parenting Support, continued

Grief Support (for children, teens and parents)

Children's Friend - The Carriage House Grief Support Center

Grief Support - Seven Hills Foundation

sevenhills.org/programs/grief-support

(508)796-0431 Located at 20 Cedar St., Worcester, MA

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.

TEARS Foundation Serves families in need with both financial and emotional support services for families who have lost a child. thetearsfoundation.org

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.

The [Clay Center for Young Healthy Minds](#), based Massachusetts General Hospital, is a free on-line educational resource to empower adults to support the mental, emotional and behavioral well-being of the young people in their lives, in challenging times. It's innovative multimedia platform offers engaging content with blogs (articles, Q+A, practical tips), videos (short films, PSAs, webinars) and a podcast, all regularly updated by new research, current events and user feedback. Topics include anxiety, stress, depression, learning, trauma, suicide, and societal issues like digital media, cyber bullying, plus self-care and resilience building to manage through uncertainty and promote endurance. Many of these resources are available in Spanish.

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.

Updated April 2024

Social Service/Community Resources

Parenting Support, Internet Safety, continued

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.

www2.fbi.gov/publications/pguide/pguidee.htm

Senior Services

BayPath Elder Services, Inc. baypath.org

33 Boston Post Road West, Marlborough, MA (508) 573-7200

Services include Meals on Wheels, a Money Management Program and Caregiver Support Program, as well as providing information and referrals for senior services such as home care, housing options, public benefits, legal assistance, hospice care, the ombudsman program, health insurance, senior companions and adult day care.

Central Massachusetts Agency on Aging

seniorconnection.org/ 360 West Boylston St., Suite 216, West Boylston, MA

Phone: 508-852-5539 Provides information and resources to older adults and caregivers.

LGBT National Senior Hotline 888-234-7243 Mon through Friday from 4 p.m. to midnight; Saturdays from noon to 5 p.m.

Marlborough Council on Aging and Senior Center

marlborough-ma.gov/council-aging

(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

To access their information and referral services, call (617) 558-0202 or 1-800-CARE-FOR or visit maseniorcare.org/consumers

SAGE Advocacy and Services for LGBTQ+ Elders. A national advocacy and services organization for LGBTQ+ elders. Sageusa.org (877)360-5428

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Social Service/Community Resources

Social Services

Clothing

Marlborough Community Cupboard

255 Main St., Marlborough, MA 01752 • 888-811-3291 ext.4902

Emergency Shelter Resources

Massachusetts Coalition for the Homeless

mahomeless.org 73 Buffum Street, Lynn, MA 01902
(781)595-7570

Massachusetts Housing and Community Development Emergency Housing Assistance Resource For family emergency housing crisis.

(866) 584-0653 mass.gov/how-to/find-emergency-family-shelter

SMOC: South Middlesex Opportunity Council's Common Ground Resource Center (CGRC) [Common Ground Resource Center \(CGRC\) \(smoc.org\)](https://smoc.org)

smoc.org/common-ground-resource-center.php Hub of housing and shelter services for single adults in Metrowest. Provides a single point of entry into all SMOC's transitional and sober housing for the targeted population. 508-620-2690
Office Location: 7 Bishop Street, Framingham, MA

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) for up to 21 days, as well as emergency assistance, support and services for youth at-risk of becoming homeless.

Financial Assistance

Emergency Aid to the Elderly, Disabled and Children (EAEDC) Cash assistance for those who are unable to work due to a physical or mental disability, or are over 65 years old and waiting for SSI payments to begin, or are caring for a child, or who are participating in a Massachusetts Rehabilitation Commission program. Apply online at mass.gov/economic-assistance-cash-benefits. Contact the DTA Assistance Line at (877) 382-2363.

MA Good Neighbor Energy Fund For any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. magoodneighbor.org

Social Service/Community Resources

Social Services, Financial Assistance, continued

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

Modest Needs modestneeds.org (844) 667-3776. Provides short-term financial assistance to individuals and families in temporary crisis who, because they are working and live just above the poverty level, are ineligible for most types of conventional social assistance but who are living one or two lost paychecks away from the kind of financial catastrophe that eventually leads to homelessness.

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/

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

Furniture and Home Goods Help

Fresh Start Furniture Bank freshstartfurniturebank.org/

16 Brent Dr., Hudson, MA | (508) 485-2080

Housing Resources

[Springwell \(formerly BayPath Elder Services\)](#) 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

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 or HCEC hotline: 508-872-0765

Social Service/Community Resources

Social Services, Housing Resources, continued

Marlborough Community Development Authority (MCDA)

[Apply for Housing | marlboroughma \(marlborough-ma.gov\)](#)

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

SMOC Rental Assistance Programs

smoc.org/smoc-rental-assistance-programs.php (508) 620-2335

Internet/Phone Assistance

EveryoneOn The National Offer Locator Tool, found at everyoneon.org/find-offers, is an online platform of resources for affordable internet and devices, searchable by zip code. EveryoneOn partners with internet service providers and device refurbishers that provide low-cost offers to individuals and families who qualify. You can search for offers in three simple steps by: 1. Visiting the Offer Locator Tool 2. Entering your zip code 3. Choosing from the search results a low-cost internet and/or device offer that matches your needs.

Lifeline

Federal Program that provides free or low-cost phone or Internet service to low-income households through monthly service discount. Apply online at <https://www.mass.gov/how-to/apply-for-a-discounted-communications-service-through-the-lifeline-program> or call Department of Telecommunications and Cable Consumer Hotline for assistance Monday through Friday from 9 a.m.-5 p.m. at (800) 292-6066

Wi-Fi Hotspots free to borrow from the Marlborough Public Library (and/or other local libraries). Hotspots enable you to connect to cellular data networks in your area on the go. To request a Marlborough Hotspot, visit tinyurl.com/bdf83yrr. To view a list of other libraries with hotspots, visit <https://libraries.state.ma.us/hotspots#>. (Contact the owning library for their loan policy as some only loan to residents of their town).

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**

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Social Service/Community Resources

Social Services, Transportation, continued

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. 32100

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/Mental Health Help

988 Suicide & Crisis Lifeline - 988lifeline.org Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

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

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 at-risk of becoming homeless.

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 access to 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

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Social Service/Community Resources

Teen Resources, Crisis/Mental Health Help, continued

National Alliance on Mental Illness(NAMI) – NAMI Helpline 800-950-NAMI (6264) or text “Helpine” to 62640 from 10 a.m. to 10 p.m. Monday through Friday. 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](https://www.nami.org)

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/ Available 24/7 days a week in English or Spanish, or in more than 200 additional languages through an on-call interpreter. Hearing and speech-impaired individuals can reach us by dialing 711 the national access number that connects to Telecommunications Relay Services (TRS).

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

National Sexual Assault Resource Center nsvrc.org

Samariteens samaritanshope.org Offers Hey Sam, a peer-to-peer texting service for people up to 24 years old. Staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are feeling lonely, depressed, overwhelmed, or suicidal, or need someone to talk to. Text Hey Sam to 439-726 during the hours of 9 a.m. to 9 p.m. Outside of those hours, Samaritans Helpline is available 24/7 and is available to anyone of any age by calling or texting to 988.

TeenCentral teencentral.com Website powered by KidsPeace as a free and safe prevention and intervention resource specifically for youth.

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.

Social Service/Community Resources

Teen Resources, Crisis/Mental Health Help, continued

Teen Line– Anonymous, nonjudgmental space for youth. Teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals. Call 800-852-8336 or text 839863 from 3 p.m. to 7 p.m. EST daily. After hours, calls are directed to Didi Hirsch's Suicide Prevention Center. 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

BIPOC Mental Health

AAKOMA Project helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. Resources including a toolkit, statistics, fact sheets, and articles. Offers 5 sessions of free virtual therapy with culturally competent providers nationwide. To qualify, individuals must be 12-30 years old and a member of a racially/culturally marginalized community. For services visit aakomaproject.org

Black Girls Smile encourages positive mental health education, resources, and support, geared toward young Black women and girls. Their Therapy Assistance Program connects and provides financial support for 2-6 months of culturally, racially, and gender-competent and sensitive therapy sessions for individuals identifying as Black/African American and femme (including pronouns she/her/hers and they/their/theirs). Contact via their website at <https://www.blackgirlssmile.org/>

Social Service/Community Resources

Teen Resources, continued

Death and Dying/Grief Resources

Children's Friend - The Carriage House Grief Support Center

Grief Support - Seven Hills Foundation

sevenhills.org/programs/grief-support

(508)796-0431 Located at 20 Cedar St., Worcester, MA

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.

Divorce

Families Change Teen Guide to Separation & Divorce Free online guide at familieschange.ca.gov/en/teens

Drugs and Alcohol Concerns

Al-Anon/Alateen [al-anon.org/al-anon-meetings/find-an-alateen-](https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/)

meeting/Support groups (in person and chat) for friends and families of problem drinkers. **Alateen Chat** A place just for teens affected by someone else's alcoholism. al-anon.org/newcomers/teen-corner-alateen/

Get Smart About Drugs A site with free informational online publications about drugs of abuse from the DEA (Drug Enforcement Administration).

getsmartaboutdrugs.gov/publications

GirlsHealth—Drugs, Alcohol & Smoking girlshealth.gov/substance/index.html

A variety of information especially for girls aged 10-16 by the National Women's Health Center.

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Social Service/Community Resources

Teen Resources, Drug 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.

Massachusetts Substance Use Helpline For help accessing services for youth and young adults with substance use problems. Talk with a Helpline Specialist by calling 800.327.5050 or texting 800327. To search options on their website, visit <https://helplinema.org/treatment-recovery/youth-young-adult-services/>

A Quick Guide to Substance Use Services for Young People From the Bureau of Substance Addiction Services' Office of Youth and Young Adult Services at the Massachusetts Department of Public Health Access the guide online at SA3531_Guide.indd (hria.org)

Health/Sexuality

GirlsHealth girlshealth.gov Information for girls aged 10-16 by the National Women's Health Center.

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 alcohol and drugs, body image, eating disorders, nutrition and physical activity, pregnancy options, sexual and reproductive health, weight gain and loss, and more.

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.

Power to Decide powertodecide.org

LGBTQ Health and Support

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.

Social Service/Community Resources

Teen Resources, Health/Sexuality, LGBTQ Health and Support, continued

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.

GLBT National Youth Talkline glnh.org Phone: 800-246-7743

Hours: Mon. thru Fri. from 4 p.m. to Midnight, Saturday from noon to 5 p.m.

The Trevor Project– thetrevorproject.org

Trevor Lifeline 866-488-7386 (24/7/365) **TrevorChat:** thetrevorproject.org/get-help-now/ TrevorText text "START" to 678-678 Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questions (LGBTQ) young people ages 13-24.

Relationships and Dating

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 Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse. Call 1-866-331-9474 or text 'LOVEIS' to 22522

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/relationships/

A free and anonymous site that offers help by KidsPeace, a charity dedicated to serving behavioral and mental health.

Social Service/Community Resources

Teen Resources, Relationships and Dating, Continued

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.

School

TeensHealth teenshealth.org/en/teens/school-jobs/

Information and advice about health, emotions and life by the Nemours Center for Children's Health Media.

Transition to Adulthood

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.

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

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

Veterans Crisis Dial 988 then Press 1 or text message 838255

Veteran's Inc. veteransinc.org/

Veterans Online Shopping Benefit vetverify.org/index.xhtml

Social Service/Community Resources

Veterans Assistance, continued

MassHire Central Career Centers

masshirecentralcc.com/veteran-services/

Services include specialized veterans' services.

Victim Assistance

AskMOVA mass.gov/orgs/askmova is a free online resource offered by the Massachusetts Office for Victim Assistance (MOVA). MOVA supports free and accessible direct services throughout Massachusetts that help crime victims and their families recover from the impacts of violent crime. AskMOVA allows victims, survivors, and service providers to find these free services in an area that is convenient, accessible, and safe for the victim or survivor.

DeafLEAD is a non-profit that provides 24-hour crisis intervention, advocacy, case management, interpreting and mental health services to Deaf, hard of hearing, DeafBlind, and late-deafened individuals who are victims of crime and their families, as well as support to individuals, agencies, and organizations providing victim services to individuals with a hearing loss. 24-hour Deaf Crisis Line: (321) 800-3323 Videophone: (573) 303-5604 Text: Text HAND to 839863.

Victim Rights Law Center victimrights.org

Phone: (877) 758-8132 x19 or (Español): (877) 758-8132 x35

The Victim Rights Law Center provides free, comprehensive legal services for sexual assault victims with civil legal issues in Massachusetts (including Immigrants, refugees, and undocumented persons regardless of legal status).