

Beth Israel Deaconess Plymouth Community Resource List

Community Benefits Service Area includes: Carver, Duxbury, Kingston and Plymouth

Health Issue	Organization	Brief Description	Address	Phone	Website
	Department of Mental Health-Handhold program	Provides tips, tools, and resources to help families navigate children's mental health journey.		833.773.2445	www.handholdma.org
Executive Office of Elder Affairs		Provides access to the resources for older adults to live healthy in every community in the Commonwealth.	1 Ashburton Place 5th Floor Boston	617.727.7750	www.mass.gov/orgs/executive-office-of-elder-affairs
Find Help		Provides resources for financial assistance, food pantries, medical care, and other free or reduced-cost help.			www.findhelp.org
Mass 211		Available 24 hours a day, 7 days a week, Mass 211 is an easy way to find or give help in your community.		211 or 877.211.6277	www.mass211.org
Massachusetts Behavioral Health Help Line		Available 24 hours a day, 7 days a week, connects individuals and families to the full range of treatment services for mental health and substance use.		833.773.2445	www.masshelpline.com
Massachusetts Elder Abuse Hotline		Hotline is available 24 hours a day or by phone. Older adult abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community.	1 Ashburton Place 5th Floor Boston	800.922.2275	www.mass.gov/orgs/executive-office-of-elder-affairs
Women, Infants and Children (WIC) Nutrition Program		Provides free nutrition, health education and other services to families who qualify.		800.942.1007	infants-children-nutrition-program

Statewide Resources	MassOptions	Provides connection to services for older adults and persons with disabilities.		800.243.4636	www.massoptions.org
	Massachusetts Substance Use Helpline	24/7 Free and confidential public resource for substance use treatment, recovery, and problem gambling services.		800.327.5050	www.helplinema.org
	National Suicide Prevention Lifeline	Provides 24/7, free and confidential support.		988	www.suicidepreventionlifeline.org
	Network of Care Massachusetts	Provides a searchable directory of over 5,000 Behavioral Health service providers in Massachusetts.		833.773.2445	www.massachusetts.networkofcare.org
	Project Bread Foodsource Hotline	Provides information about food resources in the community and assistance with SNAP applications by phone.		1.800.645.8333	www.projectbread.org/get-help
	SafeLink	Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence.		877.785.2020	www.casamyrna.org/get-support/safelink
	SAMHSA's National Helpline	Provides a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families in need of mental health resources and/or information for those with substance use disorders.		800.662.HELP (4357)	www.samhsa.gov/find-help/national-helpline
	Supplemental Nutritional Assistance Program (SNAP)	Provides nutrition benefits to individuals and families to help subsidize food costs.		877.382.2363	www.mass.gov/snap-benefits-formerly-food-stamps
	Veteran Crisis Hotline	Free, every day, 24/7 confidential support for Veterans and their families who may be experiencing challenges.		988	www.veteranscrisisline.net

Domestic Violence	South Shore Resource and Advocacy Center	Provides comprehensive services for intimate partner and familial violence, as well as victim services and prevention for survivors and loved ones of impaired driving crashes, and loved ones who have lost someone to homicide.	PO Box 6237 North Plymouth	508.746.2664	www.ssrac.org
Food Assistance	Christ Church Outreach Plymouth	Provides food assistance to residents of Plymouth.	149 Court St Plymouth	508.746.4959	www.christchurchplymouth.org/outreach
	Duxbury Lions Club Pantry	Provides food assistance to residents of Duxbury and the surrounding communities.	136 Summer St Duxbury		www.duxburylionsclub.org/about-us
	Pilgrims Hope Kingston	Provides food assistance to residents of the Greater South Shore.	149 Bishop's Highway Kingston	781.582.2010	www.plymouthareacoalition.org/food-pantry
	Salvation Army Plymouth	Provides food assistance to residents of Plymouth.	52 Long Pond Rd Plymouth	508.746.1559	easternusa.salvationarmy.org/massachusetts/plymouth/
	Shane Gives Thanks	Provides food assistance to residents of Carver.	128 Main St Bld 2 Unit H Carver	508.866.7673	www.shanegivesthanks.com
	St. Joseph's Church Kingston	Provides food assistance to residents of Kingston.	272 Main St Kingston	781.585.6679	www.stsmarijoseph.org/food-pantry
Housing Support	Carver Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	108 Main St Carver		www.carverma.gov/carver-housing-authority
	Duxbury Housing Authority	Provides affordable, subsidized rental housing for low-resource families.	59 Chestnut St Duxbury	781.934.6618	www.duxburyha.org
	Father Bill's & Mainspring	Provides shelter, job support and case management for people without housing.	38 Broad St Quincy	617.770.3314	www.helpfbms.org
	Kingston Housing Authority	Provides affordable, subsidized rental housing for low-resource families.	15 Hillcrest Rd Kingston	781.585.8028	www.kingstonha.org
	Neighborworks Housing Solutions	Provides housing resource assistance.	169 Summer St Kingston	781.422.4200	www.nhsmass.org

	Pilgrims Hope Family Shelter	Provides safe temporary shelter, professional case management, and support services.	149 Bishop's Highway Kingston	781.582.2010	www.plymouthareacoalition.org
	Plymouth Housing Authority	Provides affordable, subsidized rental housing for low-resource families.	130 Court St Plymouth	508.746.2105	www.plymha.org
Mental Health and Substance Use	Aspire Health Alliance	Provides early intervention and mental health treatment and recovery programs.	64 Industrial Park Rd Plymouth	800.852.2844	www.aspirehealthalliance.org
	Beth Israel Lahey Health (BILH) Behavioral Services	Provides high-quality mental health and addiction treatment for children and adults ranging from inpatient to community-based services.		978.968.1700	www.bilhbehavioral.org
	Child and Family Services, Inc.	Provides psychiatric assessment and intervention to people of any age who are in a crisis situation.	61 Industrial Park Rd Plymouth	877.996.3154	www.child-familyservices.org/plymouth
	Family Continuity	Provides evidence-based, best practice therapies for individuals and families.	118 Long Pond Rd Ste 106 Plymouth	508.747.6762	www.familycontinuity.org
	High Point Treatment Center Plymouth	Provides a broad range of evidence-based treatment programs for individuals recovering from substance use disorders and co-occurring disorders.	1233 State Rd Plymouth	508.224.7701	www.hptc.org
	PCO Hope	Provides financial resources that enable individuals the opportunity to seek treatment and maintain long-term sobriety.	385 Court St Unit 101 Plymouth	774.283.4763	www.pcohope.org
	Plymouth Center for Behavioral Health	Provides mental health and behavioral support services to children and adults throughout the South Shore and Cape Cod area of Massachusetts.	34 Main St Ext Ste 103 Plymouth	508.830.0012	www.plymouthbehavioralhealth.com

	Plymouth Family Resource Center	Provides community-based, multi-cultural, support groups, parenting programs, assessment services, information and referral resources, and education for families whose children range in age from birth to 18.	430-3 Court St Plymouth	774.283.6531	www.plymouthfamilyrc.org
	Plymouth Recovery Center	Provide peer facilitated groups, sober social events, computers for job search activities, advocacy, coaching, and family-led support groups.	5 Main St Ext Plymouth	774.776.3515	www.plymouthrecoverycenter.org
	South Bay Community Services-Plymouth Outpatient and Community Behavioral Health Clinic	Provides continuum of services including adult behavioral health, substance use disorder counseling, children's behavioral health, day services, autism services and early childhood services.	50 Aldrin Rd Plymouth	508.521.2200	www.southbaycommunityservices.com
Senior Services	Carver Council on Aging	Provides services for older adults in Carver including fitness, education, social services, and recreation.	48 Lakeview St South Carver	508.866.4698	www.carverma.gov/council-aging
	Duxbury Senior Center	Provides services for older adults in Duxbury including fitness, education, social services, and recreation.	10 Mayflower St Duxbury	781.934.5774	www.town.duxbury.ma.us/senior-center
	Kingston Council on Aging	Provides services for older adults in Kingston including fitness, education, social services, and recreation.	30 Evergreen St Kingston	781.585.0511	www.kingstonma.gov/292/Council-on-Aging
	Old Colony Elder Services Regional	Provide supportive services for older adults and persons with disabilities.	144 Main St Brockton	508.584.1561	www.ocesma.org
	Plymouth Center for Active Living	Provides services for older adults in Plymouth including fitness, education, social services, transportation and recreation.	44 Nook Rd Plymouth	508.830.4230	www.plymouth-ma.gov/1099/Programs-Activities

Transportation	GATRA (Greater Attleboro Transportation Authority)	Provides bus service in Plymouth, Carver, Kingston, and Duxbury.	10 Oak St Taunton	1.800.483.2500	www.gatra.org
	MBTA	Provides transportation thru out Plymouth and surrounding communities.			www.mbta.com
Additional Resources	BID Plymouth ACCESS Program	Provides primary care services including physical examinations; treatment services and planning; laboratory testing; immunizations and screening; antiviral medications; referrals to specialty care and clinical trials as well as medical case management.	275 Sandwich St Plymouth	508.732.8981	www.bidplymouth.org/about-us/classes-events/access-program
	Boys and Girls Club Plymouth	Offers programs in Five Core Program Areas: The Arts, Health & Life Skills, Character & Leadership Development, Education & Career Development and Sports, Fitness and Recreation.	9 Resnik Rd Plymouth	508.746.6070	www.bgcplymouth.org
	Old Colony YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	2 Greenside Way Plymouth	508.927.3100	www.oldcolonymca.org/locations/plymouth-branch
	South Shore Community Action Council	Provides programs in the areas of Youth and Family Development, Income Maintenance, Nutrition, Emergency Assistance, Self-Sufficiency, Energy Assistance, Employment, and Transportation Assistance.	71 Obery St Plymouth	508.747.7575	www.sscac.org