

## 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.			<a href="http://www.handholdma.org">www.handholdma.org</a>
	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	<a href="http://www.mass.gov/orgs/executive-office-of-elder-affairs">www.mass.gov/orgs/executive-office-of-elder-affairs</a>
	MA 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	<a href="http://www.mass211.org">www.mass211.org</a>
	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	<a href="http://www.mass.gov/orgs/executive-office-of-elder-affairs">www.mass.gov/orgs/executive-office-of-elder-affairs</a>
	MA Women, Infants and Children (WIC)	Provides free nutrition, health education and other services to families who qualify.		800.942.1007	<a href="http://www.mass.gov/orgs/women-infants-children-nutrition-">www.mass.gov/orgs/women-infants-children-nutrition-</a>
	MassOptions	Provides connection to services for older adults and persons with disabilities.		800.243.4636	<a href="http://www.massoptions.org">www.massoptions.org</a>
	Massachusetts Substance Use Helpline	24/7 Free and confidential public resource for finding substance use treatment and recovery services.		800.327.5050	<a href="http://www.helplinema.org">www.helplinema.org</a>

<b>Statewide Resources</b>	National Suicide Prevention Lifeline	Provides 24/7, free and confidential support.		988	<a href="http://www.988lifeline.org">www.988lifeline.org</a>
	Network of Care Massachusetts	Provides a searchable directory of over 5,000 Behavioral Health service providers in Massachusetts.			<a href="http://www.massachusetts.networkofcare.org">www.massachusetts.networkofcare.org</a>
	Project Bread Foodsource Hotline	Provides information about food resources in the community and assistance with SNAP applications by phone.		1.800.645.8333	<a href="http://www.projectbread.org/get-help">www.projectbread.org/get-help</a>
	SafeLink	Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence.		877.785.2020	<a href="http://www.casamyrna.org/get-support/safelink">www.casamyrna.org/get-support/safelink</a>
	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)	<a href="http://www.samhsa.gov/find-help/national-helpline">www.samhsa.gov/find-help/national-helpline</a>
	Supplemental Nutritional Assistance Program (SNAP)	Provides nutrition benefits to individuals and families to help subsidize food costs.		877.382.2363	<a href="http://www.mass.gov/snap-benefits-formerly-food-stamps">www.mass.gov/snap-benefits-formerly-food-stamps</a>
	Veteran Crisis Hotline	Free, every day, 24/7 confidential support for Veterans and their families who may be experiencing challenges.		988	<a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>

<b>Domestic Violence</b>	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
<b>Food Assistance</b>	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	www.massachusetts.salvationarmy.org/MA/Plymouth?openDocument&charset=utf-8
	Shane Gives Thanks	Provides food assistance to residents of Carver.	128 Main St Bld 2 Unit G 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.stsmaryjoseph.org/food-pantry
<b>Housing Support</b>	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
<b>Mental Health and Substance Use</b>					
	Aspire Health Alliance	Provides early intervention and mental health treatment and recovery programs.	64 Industrial Park Rd Plymouth	800.852.2844	www.aspirehealthalliance.org
	BAMSI (Brockton Area MultiService Inc.)	Provides clinic and community-based mental health services for individuals, couples and groups.	12 Resnick Rd Plymouth	508.580.8700	www.bamsi.org/program/individual-and-family-counseling
	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.	202 South Meadow Unit 5B 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.	400 Pleasant St East Bridgewater	508.261.5488	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
	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
<b>Senior Services</b>					
	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, and recreation.	44 Nook Rd Plymouth	508.830.4230	www.plymouth-ma.gov/center-active-living

<b>Transportation</b>	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
<b>Additional Resources</b>					
	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
	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