

## Lahey Hospital and Medical Center Community Resource List

Community Benefits Service Area includes: Arlington, Bedford, Billerica, Burlington, Lexington, Lowell, Lynnfield, and Peabody

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
<b>Statewide Resources</b>	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	www.mass.gov/orgs/women-infants-children-nutrition-program
	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
	Healing Abuse Working for Change	Provides support in Survivor Services, including advocacy, counseling, legal assistance, support groups and 24/7 Confidential Hotline.	27 Congress St Salem	978.744.8552 24/7 Hotline 800.547.1649	hawcdv.org
<b>Domestic Violence</b>	REACH Beyond Domestic Violence	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.	PO Box 540024 Waltham	781.891.0724 Hotline: 800.899.4000	www.reachma.org
	Saheli	Offers non-judgmental culturally sensitive services for domestic and sexual violence survivors from South Asia and the Middle East.	PO Box 1345 Burlington	866.472.4354	www.saheliboston.org

Food Assistance	Arlington EATS Market	Provides food assistance to residents of Arlington.	117 Broadway Arlington	339.707.6757	www.arlingtoneats.org
	Bedford Food Pantry	Provides food assistance to residents of Bedford.	99 McMahon Rd Bedford	781.275.7727	www.bedfordfoodpantry.org
	Billerica Food Pantry	Provides food assistance to residents of Billerica.	11 Concord Rd Billerica	978.357.7560	www.billericacommunitypantry.com
	Danvers People to People Food Pantry	Provides food assistance to residents of Danvers.	12 Sylvan St Danvers	978.739.4188	www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry
	Haven from Hunger	Provides food assistance to residents of Peabody and Lynnfield.	71 Wallis St Peabody	978.531.1530	www.citizensinn.org/haven-from-hunger
	Lexington Interfaith Food Pantry	Provides food assistance to residents of Lexington.	6 Meriam St Lexington	781.861.5060	www.lexingtonfoodpantry.org
	MA Women, Infants and Children (WIC) Nutrition Program	Provides free nutrition, health education and other services to families in Massachusetts.		800.942.1007	www.mass.gov/orgs/women-infants-children-nutrition-program
	Merrimack Valley Food Pantry	Provides food assistance and personal care items to residents of the Merrimack Valley.	735 Broadway St Lowell	978.454.7272	www.mvfb.org
	The Open Pantry of Greater Lowell	Provides food assistance to residents of Greater Lowell.	13 Hurd St Lowell	978.453.6693	www.theopenpantry.org
	People Helping People Food Pantry	Provides food assistance to Burlington residents.	21-23 Murray Ave Burlington	781.270.6625	www.peoplehelpingpeopleinc.org
	Project Bread Foodsource Hotline	Provides referrals to food assistance programs in Massachusetts.		800.645.8333	www.projectbread.org/get-help
	Supplemental Nutritional Assistance Program (SNAP)	Provides food assistance to individuals and families in Massachusetts.		877.382.2363	www.mass.gov/snap-benefits-formerly-food-stamps
	Arlington Housing Authority	Provides housing assistance programs to low-resource individuals and families.	4 Winslow St # 1 Arlington	781.646.3400	www.arlingtonhousing.org
	Bedford Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	1 Ashby Place Bedford	781.275.2428	www.bedfordma.gov/480/Bedford-Housing-Authority

**Housing Support**

Billerica Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	16 River St Billerica	978.667.2175	www.billericahousing.org
Burlington Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	15 Birchcrest St Burlington	781.272.7786	www.burlington.org/572/burlington-housing-authority
Citizens Inn, Inc.	Provides social service programs and housing resource assistance.	81 Main St Peabody	978.531.9775	www.citizensinn.org
Community Teamwork Inc.	Provides services and programs that assist with family and children, finances, education and job training, food and nutrition, and housing and utilities.	155 Merrimack St Lowell	978.459.0551	www.commteam.org
Danvers Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	14 Stone St Danvers	978.777.0909	www.danvershousing.org
Family Promise North Shore Boston	Provides shelter, meals, job support and case management for people without housing.	330 Rantoul St Beverly	978.922.0787	www.familypromisensb.org
House of Hope	Temporary shelter providing advocacy, emergency food and clothing for persons who are unhoused.	812 Merrimack St Lowell	978.458.2870	www.houseofhopelowell.org
Housing Corporation of Arlington	Provides information and resources for low and moderate resource families and individuals in Arlington.	252 Massachusetts Ave Arlington	781.859.5294	www.housingcorporarlington.org
Lexington Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	1 Countryside Village Lexington	781.861.0900	www.lexingtonhousing.org
Lowell Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	350 Moody St Lowell	978.364.5311	www.lhma.org
Lowell Transitional Living Center	Provides assistance to individuals without housing for shelter, showers, laundry, and food.	205-209 Middlesex St Lowell	978.458.9888	www.ltlc.org
Lynnfield Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families, older adults and persons with disabilities.	600 Ross Dr Lynnfield	781.581.5783	www.town.lynnfield.ma.us/lynnfield-housing-authority
Mission of Deeds	Provides basic home essentials to those in need of assistance.	6 Chapin Ave Reading	781.944.9797	www.missionofdeeds.org
North Shore Community Action Programs	Provides a wide range of social services for individuals and families in need of assistance.	119 Rear Foster St Peabody	978.531.0767	www.nscap.org

	Peabody Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	75 Central St Peabody	978.531.1938	<a href="http://www.peabodyhousing.org">www.peabodyhousing.org</a>
	Advocates Community Behavioral Health Centers	Provides routine appointments, same-day access for urgent issues, and 24/7 crisis intervention for people of all ages.	675 Main St Waltham	781.893.2003	<a href="http://www.advocates.org/services/cbhc">www.advocates.org/services/cbhc</a>
	Arlington Youth Counseling Center	Provides a variety of high quality, innovative, and therapeutic outpatient and school-based mental health services including individual, group, and family counseling, psychiatric evaluation and medication management.	670R Mass Ave Arlington	781.316.3255	<a href="http://www.arlingtonma.gov/departments/health-human-services/arlington-youth-counseling-center-aycc/services">www.arlingtonma.gov/departments/health-human-services/arlington-youth-counseling-center-aycc/services</a>
	Arbour Counseling Services	Provides therapy and individual treatment plans for individual, couple, family, and group counseling starting at age 5 as well as psychiatric services.	21 George St Lowell	978.453.5736	<a href="http://www.arbourhealth.com">www.arbourhealth.com</a>
	Bedford Youth and Family Services	Offers counseling for children, adolescents, adults, and families, adult and youth information and referral, community education, substance use education, screening and diversion.	12 Mudge Way Bedford	781.275.7727	<a href="http://www.bedfordma.gov/299/Youth-Family-Services">www.bedfordma.gov/299/Youth-Family-Services</a>
	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	<a href="http://www.bilhbehavioral.org">www.bilhbehavioral.org</a>
	Danvers Treatment Center	Offers medication-assisted treatment and counseling for adults with substance use disorders by offering 3 types of medication-assisted treatments.	111 Middleton Rd Danvers	978.777.2121	<a href="http://www.bilhbehavioral.org">www.bilhbehavioral.org</a>
	Eliot Community Behavioral Health Centers	Provides substance use and mental health treatment programs including urgent and emergency services, crisis stabilization, individual and family therapy services and care coordination for youth, families and adults.	10 Harbor St Danvers	888.769.5201	<a href="http://www.eliotchs.org/cbhc/">www.eliotchs.org/cbhc/</a>

<b>Mental Health and Substance Use</b>	Eliot Community Human Services	Provides services for people of all ages throughout Massachusetts through a continuum of services includes diagnostic evaluation, 24-hour emergency services, and crisis stabilization, outpatient and court-mandated substance-use prevention services; individual, group and family outpatient counseling, early intervention, specialized psychological testing; day, residential, social and vocational programs for individuals with developmental disabilities, outreach and support services for people experiencing homelessness.	125 Hartwell Ave Lexington	781.861.0890	www.eliotchs.org
	Family Continuity	Provides evidence-based, best practice therapies for individuals and families.	9 Centennial Dr Ste 202 Peabody	978.927.9410	www.familycontinuity.org
	North Shore Veterans Counseling Services Inc.	Provides counseling services to Veterans.	45 Broadway St Beverly	978.921.4851	www.northshoreveterans.com
	Right Turn	Provides a broad range of evidence-based treatment programs for individuals, and families recovering from substance use	440 Arsenal St Arlington	781.646.3800	www.right-turn.net
	Riverside Outpatient Center	Offers comprehensive mental health services for children and families.	6 Kimball Ln Ste 310 Lynnfield	781.246.2010	www.riversidecc.org
	Triumph Center	Provides counseling, social skills groups, summer programming and psychological evaluation services for children, adolescents, young adults and families, as well as consultation and evaluations for schools and other institutions.	36 Woburn St Reading	781.942.9277	www.triumphcenter.net
	Vinfen Community Behavioral Health Center	Provides urgent and routine outpatient services; crisis intervention services to support individuals and families.	40 Church St Lowell	978.674.6744	www.vinfen.org/services/cbhcc/
	Youth Counseling Connection	Provides walk-in, accessible crisis counseling services for Lexington teens who are experiencing suicidal thoughts. They are a resource for Lexington teens who are struggling, feeling stressed, anxious, depressed or just need a place to talk and get support.	7 Harrington Rd Lexington	781.862.0330	www.youthcounselingconnection.org

	AgeSpan	Provides programs and services which are available and accessible to meet the diverse needs and changing lifestyles of older adults.	300 Rosewood Dr Ste 200 Danvers	978.683.7747	www.agespan.org
<b>Senior Services</b>	Arlington Council on Aging	Provides services for older adults in Arlington including fitness, education, social services, recreation, and transportation.	27 Maple St Arlington	781.316.3400	www.arlingtonma.gov/departments/health-human-services/council-on-aging
	Bedford Council on Aging	Provides services for older adults in Bedford including fitness, education, social services, recreation, and transportation.	12 Mudge Way Bedford	781.275.6825	www.bedfordma.gov/council-on-aging
	Billerica Council on Aging	Provides services for older adults in Billerica including fitness, education, social services, recreation, and transportation.	25 Concord Rd Billerica	978.671.0916	www.billericacoa.org
	Burlington Council on Aging	Provides services for older adults in Burlington including fitness, education, social services, recreation, and transportation.	61 Center St Burlington	781.270.1950	www.burlington.org/509/council-on-aging
	Danvers Council on Aging	Provides services for older adults in Danvers including fitness, education, social services, recreation, and transportation.	25 Stone St Danvers	978.762.0208	www.danversma.gov/434/Senior-Social-Services
	Greater Lynn Senior Services	Provides a broad range of services, including: information and referral; home care services; nutrition programs; transportation assistance; housing supports; clinical and protective services; programs designed to promote consumer engagement and better health and well-being.	8 Silsbee St Lynn	781.599.0110	www.glss.net
	Lexington Senior Center	Provides services for older adults in Lexington including fitness, education, social services, recreation, and transportation.	39 Marrett Rd Lexington	781.698.4840	www.lexingtonma.gov/354/Senior-Services
	Lowell Senior Center	Provides services for older adults in Lowell including fitness, education, social services, recreation, and transportation.	276 Broadway St Lowell	978.674.4131	www.lowellma.gov/373/senior-center
	Lynnfield Council On Aging	Provides services for older adults in Lynnfield including fitness, education, social services,	525 Salem St Lynnfield	781.598.1078	www.town.lynnfield.ma.us/council-aging
	Minuteman Senior Services	Provide supportive services for older adults and persons with disabilities.	1 Burlington Woods Dr Ste 101 Burlington	781.272.7177	www.minutemansenior.org

	Peabody Council on Aging	Provides services for older adults in Peabody including fitness, education, social services, recreation, and transportation.	75 Central St Peabody	978.531.2254	www.peabodycoa.org
	Bedford Local Transit	Offers scheduled fixed runs to shopping malls and other stops in Bedford, Billerica, and Burlington, and also on-demand door-to-door service within Bedford.	12 Mudge Way Bedford	781.275.2255	www.bedfordma.gov/521/Bedford-Local-Transit-BLT
	Lexpress	Provide local bus service to Lexington residents.	39 Marrett Rd Lexington	781.861.1210	www.lexingtonma.gov/lexpress
<b>Transportation</b>	Lowell Regional Transit Authority (LRTA)	Provides public transportation to the Greater Lowell area.	115 Thorndike St Lowell	978.459.0164	www.lрта.com
	MBTA Bus	Provide local bus service to Boston.			www.mbta.com
	MBTA Commuter Rail Service	Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.			www.mbta.com
	The Ride (MBTA)	Provides a 365 days a year door-to-door, shared-ride transportation to persons who are unable to use bus, subway or trolley transportation.		617.222.3200	www.mbta.com/accessibility/the-ride
<b>Additional Resources</b>	Arlington Boys & Girls Club	Offers programs in Five Core Program Areas: The Arts, Health & Life Skills, Character & Leadership Development, Education & Career Development and Sports, Fitness and Recreation.	60 Pond Ln Arlington	781.648.1617	www.abgclub.org
	Billerica Boys & Girls Club	Offers programs in Five Core Program Areas: The Arts, Health & Life Skills, Character & Leadership Development, Education & Career Development and Sports, Fitness and Recreation.	19 Campbell Rd Billerica	978.667.2193	www.billericabgc.com
	Danvers Community YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	34 Pickering St Danvers	978.774.2055	www.danversymca.org
	YMCA of Greater Lowell	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	35 YMCA Dr Lowell	978.454.7825	www.greaterlowellymca.org



YMCA of Metro North / Torigian Family YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	259 Lynnfield St Peabody	978.977.9622	<a href="http://www.ymcametronorth.org">www.ymcametronorth.org</a>
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