

Community and Crisis Resources

Hotlines/Helplines

211 (Toll Free alternative number 1-877-211-6277)

American Red Cross Disaster Hotline 1-800-564-1234

Elder Abuse and Neglect 1-800=922-2275

Project Bread 1-800-645-8333

Massachusetts Substance Use Hotline 1-800-327-5050

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

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

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

Parental Stress Hotline 1-800-632-8188

Self Help Inc Crisis Services 1-508-588-0477

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

Veterans Crisis 1-800-273-8255 and Press 1 or text 838255

Women Veterans Hotline 1-855-VA-WOMEN (1-855-829-6636)

Addiction & Recovery

Alcoholics Anonymous

Call: 509-366-0556

<https://ma-al-anon-alateen.org/>

Find local meetings

<https://aaboston.org/meetings>

C.O.P.E. Center - Brockton

81 Pleasant Street, Brockton

Call: 508-583-3405

Email: cope@bamsi.org

<https://www.bamsi.org/services/hiv-services/community-outreach-prevention-and-education-c-o-p-e>

Massachusetts Alliance For Sober Housing

Call: 781-472-2624

<https://mashsoberhousing.org/>

Narcotics Anonymous

Helpline: Call: 1-866-624-3578 and leave a message

Find local meetings: <https://nerna.org/find-a-meeting/>

Detox Beds in MA

<https://www.marsi.org/open-beds/>

Updated every 15 minutes

BRIDGE Clinic @ South Shore Hospital

Call: 1-781-624-5065

Catalyst Clinic @ Boston Medical Center

For youth and young adults

Call: 1-617-414-6655

Citizenship

Citizenshipworks

<https://www.citizenshipworks.org/en>

MassLegalHelp Immigration

<https://www.masslegalhelp.org/immigration>

Pro Bono Legal Services Providers

<https://www.justice.gov/eoir/find-legal-representation>

U.S. Citizenship and Immigration Services - Multilingual

<https://www.uscis.gov/tools/multilingual-resource-center>

Refugee and Immigrant Assistance Center

<https://www.riacboston.org/>

English Language Learning

Literacy Volunteers of Massachusetts - Stoughton
Stoughton Public Library, 84 Park Street, Stoughton
Call: 781-344-2711

Email: stliteracy@ocln.org

<https://www.stoughton.org/275/Adult-Literacy-ESOL>

Thomas Crane Public Library
40 Washington Street, Quincy, MA
Call: 617-376-1300 ext 5

<https://thomascranelibrary.org/community-education-resources-2>

Disability Services

Braille and Talking Book Library at the Perkins School for the Blind
175 North Beacon Street, Watertown, MA

Call: 617-924-3434

Email: <mailto:info@Perkins.org>

<https://www.perkins.org/library>

Carroll Center for the Blind
770 Centre Street, Newton, MA 02458

Call: 1-800-852-3131 or 617-969-6200

<https://carroll.org>

Deaf, Inc.

215 Brighton Avenue Allston, MA 02134

Advocacy, Resources, and Education: supports Deaf, Hard of Hearing, and
Late-Deafened Adults 18 years old and up

Call: 617-505-4823

Email: frontdesk@deafinonline.org

Disability Law Center

11 Beacon Street, Suite 925, Boston, MA 02108

Call: 1-800-872-9992 or 617-723-8455

Email: mail@dlc-ma.org

<https://www.dlc-ma.org>

Massachusetts Commission for the Blind
600 Washington Street, Boston, MA 02111

Call: 1-800-392-6450 or 617-727-5550

Email: MCBinfo@state.ma.us

<https://www.ma.gov/orgs/massachusetts-commission-for-the-blind>

Massachusetts Commission for the Deaf and Hard of Hearing

600 Washington Street, Boston, MA 02110

Call: 1-800-882-1155 or 617-740-1600

TTY: 1-800-530-7570 or 617-740-1700

<https://www.ma.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing>

Massachusetts Personal Care Attendant Directory

Call: 1-888-MASSPCA (627-7722)

<https://www.mass.gov/orgs/massachusetts-office-on-disability>

Domestic and Sexual Violence

DOVE (Domestic Violence Ended)

Call 24 hour Hotline: 617-471-1234

<https://dovema.org/>

National Child Abuse Hotline

Call: 1-800-4-A-CHILD (1-800-422-4453)

<https://www.childhelp.org/hotline/>

Jane Doe Inc

Call: 1-877-785-2020

<https://www.janedoe.org/>

A New Day

Call: 1-888-293-7273 or 508-588-8255 (Brockton location)

<https://healthimperatives.org/a-new-day>

Love Is Respect

Call: 1-866-331-9474

Text: loveis to 22522

<https://www.loveisrespect.org>

RAINN (rape, Abuse, and Incest National Network)

Call: 1-800-656-HOPE (4673)

<https://www.rainn.org>

Partner and Abuse Hotline for Gender and Sexual Minorities

Call: 1-617-742-4911 or 1-800-832-1901

Employment and Career Development

MassHire Greater Brockton Career Center
34 School Street #2, Brockton, MA 02301
Call: 508-513-3400
<https://www.careerworks.org>

MassHire south Shore Career Center
1515 Hancock St. #101, Quincy, MA 02169
Call: 617-745-4000
<https://www.masshiresouthshorecc.com>

Food, Fuel, and Transitional Assistance

FoodSource Hotline (Project Bread)
<https://www.projectbread.org/get-help>
Call: 1-800-645-8333
Offers information and referrals to local organizations in more than 180 languages

Holbrook/Avon Food Pantry
153 S. Franklin Street
Food Distribution for the communities of Holbrook and Avon occurs the 2nd Saturday of the Month
617-510-3988

Holbrook Micro Food Pantries
Walgreens
1 Plymouth Street
Located on the South Franklin St. side of the building

Family Dollar
Highland Plaza
North Franklin Street

Meals on Wheels - South Shore Elder Services
Visit: <https://www.sselder.org/mealsonwheels> or call: 781-848-3910

Residential Assistance to Families in Transition (RAFT) - Utility Help
<https://nhsmass.org/raft-program/>

RAFT hotline at 781-422-4204

LIHEAP Local Services Provider - Self Help, Inc.

Call: 1-800-255-0875 or 508-588-5440

Holbrook COA

9 Jewel Rd

781-767-4617

Holbrook Housing Authority

1 Holbrook Court

Call: 1-781-767-0024

Salvation Army Good Neighbor Fund

Call: 1-800-334-3047 to see if you are eligible

SNAP (Supplemental Nutrition Assistance Program)

Call: 1-877-382-2363

<https://www.mass.gov/snap>

Transitional Assistance Offices

Brockton

60 Main Street, Brockton, MA 02301

Call: 508-895-7000

<https://www.mass.gov/locations/brockton-transitional-assistance-office-dta>

Quincy

1515 Hancock Street, Suite 105, Quincy, MA 02169

Call: 617-249-8200

<https://www.mass.gov/locations/quincy-transitional-assistance-office-dta>

Legal Information Services

Dial-a-Lawyer: Free Legal Advice by Phone

Free legal advice on a variety of topics, including family law, bankruptcy, real estate, labor, consumer rights, and more

Call: 1-877-686-0711 or 617-338-0610 on the first Wednesday of the month between 5:30pm-7:30pm

Greater Boston Legal Service

Free civil (non-criminal) legal assistance to low income individuals and families around Boston

<https://www.gbls.org/>

Massachusetts Office for Victim Assistance

Provides services such as social and emotional support, housing advocacy, financial assistance, education and employment assistance

<https://www.mass.gov/orgs/askmova>

Call 1-844-878-6682

Massachusetts Senior Legal Helpline

The Helpline is a project of the Volunteer Lawyers Project of Boston that provides free legal information and referral services to Massachusetts residents who are 60 years old or older

Call: 1-800-342-5297

Hours: Monday-Friday 9am-12pm

Mass Legal Help

Provides information on a range of legal topics and lawyer referral services

<https://www.masslegalhelp.org/>

Norfolk County Probate and Family Court

<https://www.mass.gov/location-details/norfolk-probate-and-family-court-lawyer-for-the-day>

Grief and Loss

Losing a Child

The compassionate Friends

<https://www.compassionatefriends.org/>

Louis D. Brown Peace Institute

<https://ldbpeaceinstitute.org/>

Parents of Murdered Children

<https://pomc.org/>

Due to Substance Use Loss

The Sun Will Rise

Call: 1-781-789-4604

Due to Suicide Loss

Safe Place

Call: 1-617-536-2460

**For children
Good Grief Program at BMC
Call: 1-671-414-7046**

**For any loss
You Are Not Alone
Call: 1-617-328-8666**

Housing and Emergency Shelter

State Shelter Help Email: shelterhelp@mass.gov

**Housing Navigator Massachusetts
A free database of income restricted rentals form all over the state. View and search
online at
<https://www.housingnavigatorma.org/>**

**Bay State Community Services
1120 Hancock Street, Quincy, MA 02169
Call 1-617-471-8400
<https://www.baystatecs.org/>**

**Father Bill's Place
38 Broad Street, Quince, MA 02169
Call: 1-617-770-3314
<https://helpfbms.org/>**

**Mainspring House
54 North Main Street, Brockton, MA 02301
Call: 1-508-587-5441**

**Massachusetts Coalition for the Homeless
Call: 1-781-595-7570
<https://www.mahomeless.org/>**

**Massachusetts emergency Housing Assistance
60 Main Street
Brockton, MA 02184
Call: 1-617-573-1106
<https://www.mass.gov/hot-to/find-emergency-family-shelter>**

LGBTQIA+

BlackLine

Call or Text 1-800-604-5841

Email: info@callblackline.org

<https://www.callblackline.com/>

Blackline is a 24 hour hotline geared towards the Black, Black LGBTQIA+, Brown, Native and Muslim community. Blackline provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experience of folxs who are most impacted by systematic oppression with an LGBTQIA+ Black Femme Lens

Boston Alliance of Gay Lesbian Bisexual Transgender Youth

28 Court Square Boston, MA 02108

Call: 1-617-227-4313

Email: info@bagly.org

<https://www.bagly.org/contact>

GLBT National Help Line

Call: 1-800-246-PRIDE (1-800-246-7743)

<https://www.glbthotline.org/>

PFLAG (Parents, Friends, and Family of Lesbians and Gays)

<https://pflag.org/>

Trans Lifeline

Call: 1-877-565-8860

<https://www.translifeline.org>

The Trevor Project

Call or Text 1-866-4-U-TREVOR (1-866-488-7386)

<https://www.thetrevorproject.org>

TCORE (Trans Community Outreach, Resources, and Empowerment)

500 Belmont Street, Brockton, MA

Massachusetts Commission on LGBTQ Youth

Call: 1-617-624-5494

Email: commission@ma-lgbtq.org

Health Imperatives

942 West Chestnut Street, Brockton, MA

Call: 1-800-530-2770

<https://www.healthimperatives.org/youth-support>

Their mission is to ensure safe and supportive communities for gay, lesbian, transgender, and questioning youth.

SSHAGLY (South Shore Alliance of Gay, Lesbian, Bisexual, and Transgender Youth)

Email: sshagly@gmail.com

GLAD

<https://www.glad.org>

Call: 1-617-426-1350

New England's leading legal rights organization dedicated to ending discrimination based on sexual orientation, HIV status, and gender identity and expression

GLSEN

<http://www.glsen.org/chapters/massachusetts>

GLSEN is a national organization making schools safer for ALL students, regardless of sexual orientation or gender identity/expression

LGBT Helpline and Peer Listening Line

Call: 1-671-297-9001 or 1-888-340-4528 ages 25+

Call: 1-617-267-2535 or 1-800-399-PEER

Mental Health Support

Always call 911 in an emergency situation

Suicide and Crisis Hotline

Call or Text 988

Mass.gov Behavioral Health Help Line (BHHL)

The BHHL is available 24 hours a day, 365 days a year by phone call or text at

1-833-773-2445 (BHHL) and online chat at <https://www.masshelpline.com>

<https://www.mass.gov/info-details/behavioral-health-help-line-bhhl-faq>

MassSupport Network

Call: 1-888-215-4920

Email: MAssSupport@riversidecc.org

Free counseling support for kids, teens, and adults

National Alliance on Mental Illness (NAMI) Massachusetts

Call: 1-877-382-1609

<http://www.namimass.org/resources>

National Eating Disorders Association (NEDA)

Call: 1-800-931-2237

<http://www.nationaleatingdisorders.org>

National Suicide Prevention Hotline

Call: 1-800-273-TALK (8255)

Samaritans Call or Text

Call: 1-877-870-4673

Substance Abuse and Mental Health Services Administration (SAMHSA)

Call: 1-800-662-HELP (4357)

TTY: 1-800-487-4889

<https://www.samhsa.gov>

Community Counseling of Bristol County Intake

Call: 1-508-828-9116

South Bay Community Services

Call: 1-508-580-4691

Aspire Health Alliance Intake

Call: 1-617-847-1914

Parents and Families

Coordinated Family and Community Engagement Program

Self Help, Inc.

<https://selfhelpcpc.org/>

Daily emails, information and referrals, virtual activities, and literacy bags

Head Start

Self Help, Inc

<https://selfhelpinc.org/program-services/about-head-start/>

Quincy Family Resource Center

Call: 1-617-481-7227

Department of Children and Families

Call: 1-617-748-2000 for resources

Senior Services

Holbrook Council on Aging
9 Jewel Rd
Call: 1-781-767-4617

Massachusetts Senior Care Association
Call: 1-800-CARE-FOR or 617-558-0202
<https://www.massseniorcare.org>

SHINE Program Administered by the Massachusetts Executive Office of Elder Affairs
Call: 781-784-4944

South Shore Elder Services
350 Granite Street, Braintree, MA
Call: 1-781-848-3910
TTY: 1-781-356-1992
<https://sselder.org/>

Health

Planned Parenthood
1055 Commonwealth Ave, Boston, MA
<http://www.plannedparenthood.org/>
Call: 1-800-258-4448

Health Imperatives
942 West Chestnut St, Brockton, MA
<http://healthimperatives.org/>
Email: info@healthimperatives.org

Brockton Neighborhood Health Center
63 Main Street Brockton, MA
Call: 1-508-894-3681 for Dental Services
158 Pleasant Street, Brockton, MA
Call: 1-508-559-6699 for Adult Medical Services
Call: 1-508-894-3363 for Pediatrics Services
Call: 1-508-559-6699 for Interpreter Services

Veterans

Veterans Crisis Hotline

1-800-273-8255 and press 1 or text message 838255

Make the Connection

www.maketheconnection.net

www.facebook.com/veteransmtc

Veterans Crisis Line

<http://www.veteranscrisisline.net>

Additional Mental Health Resources @ VA.gov

<https://www.mentalhealth.va.gov/spread-the-word/>

Women Veterans Hotline

1-855-VA-WOMEN (1-855-829-6636)

Massachusetts Department of Veterans' Services

Call: 1-617-210-5480

<https://www.mass.gov/orgs/massachusetts-department-of-veterans-services>

RSVP: Veterans Ride Program

<https://www.norfolkcounty.org/departments/retired-senior-volunteer-program/rsvp-rides-for-veterans.php>

Call the Norfolk County RSVP Office at &81-329-5788 to locate a volunteer driver near you. The office is open 8am-4pm weekdays excluding holidays. A minimum of one week notice is needed prior to your appointment date. Rides are free, subject to volunteer availability. Passenger is responsible for tolls and required parking charges.

Veterans Connect

Housing, Transportation, Outreach, Case Management

Email: mvs@nechv.org

Holbrook Veterans Agent

Vincent Fontaine

Call: 781-794-8217

Email: vfontaine@braintreema.gov

