

## Northeast Hospital Corporation Community Resource List

Community Benefits Service Area includes: Beverly, Danvers, Essex, Gloucester, Ipswich, Lynn, Manchester, Middleton, and Rockport

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	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
<b>Statewide Resources</b>	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
<b>Domestic Violence</b>	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
	Acord Food Pantry	Provides food assistance to residents of Essex, Hamilton, Ipswich, Manchester, Topsfield and Wenham.	69 Willow St South Hamilton	978.468.7424	www.acordfoodpantry.org
	Action Inc.	Offers emergency SNAP assistance and help applying for food assistance benefits.	370 Main St Gloucester	978.282.1000	www.actioninc.org
	Beverly Bootstraps	Offer emergency and long-term assistance including: access to food, housing stability, adult and youth programs, education, counseling and advocacy.	35 Park St Beverly	978.927.1561	www.beverlybootstraps.org

**Food Assistance**

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
MA 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
Middleton Food Pantry	Provides food assistance to residents of Middleton.	38 Maple St Middleton	978.766.1402	www.middletonma.gov/176/Food-Pantry
My Brother's Table	Provides food assistance to residents of Lynn.	98 Willow St Lynn	781.595.3224	www.mybrotherstable.org
Open Door-Gloucester Food Pantry	Provides food assistance to residents of Gloucester, Rockport, Ipswich, Manchester, and Essex.	28 Emerson Ave Gloucester	978.283.6776	www.foodpantry.org
Open Door-Ipswich Community Food Pantry	Provides food assistance to residents of Topsfield, Rowley, Ipswich, Boxford, Hamilton, and Wenham.	00 Southern Heights Ipswich	978.283.6776	www.foodpantry.org
Project Bread Foodsource Hotline	Provides information about resources in your community as well as assist with SNAP applications over the phone.		800.645.8333	www.projectbread.org/get-help
Supplemental Nutritional Assistance Program	Provides nutrition benefits to individuals and families to help subsidize food costs.		877.382.2363	www.mass.gov/snap-benefits-formerly-food-stamps
St. Stephen's Food Pantry	Provides food assistance to residents of Lynn.	74 South Common St Lynn	781.599.4220	www.ststephenslynn.org/food-pantry
Action Inc. – Emergency Homeless Shelter	Temporary shelter providing advocacy, emergency food and clothing for persons who are unhoused.	370 Main St Gloucester	978.283.4125	www.actioninc.org/client-housing-services/emergency-shelter
Beverly Housing Authority	Provides housing assistance programs to low-resource individuals and families.	137R Bridge St Beverly	978.922.3100	www.beverlyhousing.net
Community Action, Inc.	Provides social service programs and housing resource assistance.	3 Washington Square Haverhill	978.388.2570	www.communityactioninc.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
Essex Housing Authority	Provides affordable, subsidized rental housing for low-resource older adults and persons with disabilities.	Chebacco Terrace Essex	978.768.6821	www.essexha.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
Gloucester Housing Authority	Provides affordable, subsidized rental housing for residents of Gloucester.	259 Washington St Gloucester	978.281.4770	www.ghama.com

**Housing Support**

The Grace Center	Offers a safe, free day resource center for individuals without housing, older adults, people with disabilities by connecting them to critical services, including transportation, health screenings, showers, food, and legal services.	264 Main St Gloucester	978.675.6240	<a href="http://www.lifebridgenorthshore.org/gracecenter">www.lifebridgenorthshore.org/gracecenter</a>
Harborlight Community Partners	Provides information and resources for low and moderate resource families and individuals.	283 Elliott St Beverly	978.922.1305	<a href="http://www.harborlightcp.org">www.harborlightcp.org</a>
The Haven Project	Provides direct services to youth aged 17-24 without housing.	57 Munroe St Lynn	781.913.5738	<a href="http://www.havenproject.net">www.havenproject.net</a>
Ipswich Housing Authority	Provides affordable, subsidized rental housing for low-resource older adults and persons with disabilities.	1 Agawam Village Ipswich	978.356.2860	<a href="http://www.ipswichhousingauthority.com">www.ipswichhousingauthority.com</a>
Lynn Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	10 Church St Lynn	781.581.8600	<a href="http://www.lhand.org">www.lhand.org</a>
Lynn Shelter Association	Temporary shelter providing services for persons who are unhoused.	91 Liberty St Lynn	781.581.0739	<a href="http://www.lsahome.org">www.lsahome.org</a>
Manchester Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	7 Office The Plains Manchester	978.526.1850	<a href="http://www.manchestermaha.org">www.manchestermaha.org</a>
Middleton Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	Orchard Circle Middleton	978.774.4333	<a href="http://www.middletonhousing.org">www.middletonhousing.org</a>
River House, Inc.	Provides emergency-shelter services for individuals without housing in the greater Beverly and North Shore area.	56 River St Beverly	978.921.1304	<a href="http://www.lifebridgenorthshore.org/locations/river-house">www.lifebridgenorthshore.org/locations/river-house</a>
Rockport Housing Authority	Provides affordable, subsidized rental housing for low-resource families.	13 Millbrook Park Rockport	978.546.3181	<a href="http://www.rockportma.gov/housing-authority">www.rockportma.gov/housing-authority</a>
Wellspring House Inc.	Provides services and programs that assist with families and individuals, finances, education and job training.	302 Essex Ave Gloucester	978.281.3558	<a href="http://www.wellspringhouse.org">www.wellspringhouse.org</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>

**Mental Health  
and Substance  
Use**

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>
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.	95 Pleasant St Lynn	800.988.1111	<a href="http://www.eliotchs.org/cbhc/">www.eliotchs.org/cbhc/</a>
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	<a href="http://www.eliotchs.org">www.eliotchs.org</a>
Family Continuity	Provides evidence-based, best practice therapies for individuals and families.	9 Centennial Dr Ste 202 Peabody	978.927.9410	<a href="http://www.familycontinuity.org">www.familycontinuity.org</a>
North Shore Counseling Center (NSCC)	Provides evidence-based, best practice therapies for individuals, couples, and families.	100 Cummings Center Ste 307E Beverly	978.922.2280	<a href="http://www.nsc-cc.com">www.nsc-cc.com</a>
North Shore Veterans Counseling Services Inc.	Provides counseling services to Veterans.	45 Broadway St Beverly	978.921.4851	<a href="http://www.northshoreveterans.com">www.northshoreveterans.com</a>
Ryan House	Provides treatment focused halfway house for those seeking recovery from substance abuse disorders and co-occurring disorders for adult men and women.	101-103 Green St Lynn	781.593.9434	<a href="http://www.bilhbehavioral.org">www.bilhbehavioral.org</a>

**Senior Services**

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.	100 Cummings Center Ste 207-L Beverly	781.942.9277	www.triumphcenter.net
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
Beverly Council on Aging	Provides services for older adults in Beverly including fitness, education, social services, recreation, and transportation.	90 Colon St Beverly	978.921.6017	www.beverlyma.gov/172/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
Essex Council on Aging	Provides services for older adults in Essex including fitness, education, social services, recreation, and transportation.	17 Pickering St Essex	978.768.7932	www.essexma.org/essex-senior-center-council-aging
Gloucester Council on Aging	Provides services for older adults in Gloucester including fitness, education, social services, recreation, and transportation.	6 Manuel F. Lewis St Gloucester	978.281.9765	www.gloucester-ma.gov/291/Council-on-Aging
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
Ipswich Council on Aging	Provides services for older adults in Ipswich including fitness, education, social services, recreation, and transportation.	25 Green St Ipswich	978.356.6650	www.ipswichma.gov/335/Council-on-Aging
Manchester-by-the-Sea Council on Aging	Provides services for older adults in Manchester including fitness, education, social services, recreation, and transportation.	10 Central St Manchester	978.526.7500	www.manchester.ma.us/371/Council-On-Aging
Middleton Council on Aging	Provides services for older adults in Middleton including fitness, education, social services, recreation, and transportation.	38 Maple St Middleton	978.777.4067	www.middletonma.gov/179/Council-on-Aging

	Rockport Council on Aging	Provides services for older adults in Rockport including fitness, education, social services, recreation, and transportation.	58 Broadway Rockport	978.546.2573	www.rockportma.gov/rockport-council-aging
	SeniorCare	Provide supportive services for older adults.	49 Blackburn Center Gloucester	978.281.1750	www.seniorcareinc.org
Transportation	Cape Ann Transportation Authority (CATA)	Provides public transportation to the Cape Ann area, which includes Gloucester, Essex, Ipswich and Rockport.	3 Pond Rd Gloucester	978.283.1886	www.cantran.com
	MBTA Commuter Rail Service	Provides service to the Cape Ann region.			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
	Boys & Girls Club of Lynn	Offers programs in Five Core Program Areas: The Arts, Health & Life Skills, Character & Leadership Development, Education & Career Development and Sports, Fitness and Recreation.	25 North Common St Lynn	781.593.1772	www.bgcl.org
	Cape Ann YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	71 Middle St Gloucester	978.283.0470	www.northshoreymca.org
	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
	Demakes Family YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	40 Neptune Blvd Lynn	781.842.8811	www.ymcametronorth.org/locations/lynn-ymca
	Girls Incorporated of Lynn	Provides programs and experiences that advocates on behalf of girls.	50 High St Lynn	781.592.9744	www.girlsinclynn.org
	Greater Beverly YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	254 Essex St Beverly	978.927.6855	www.northshoreymca.org
	Ipswich Family YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	110 County Rd Ipswich	978.356.9622	www.northshoreymca.org

**Additional Resources**

Pathways for Children-Beverly office	Provides programming for children from birth to 13; robust social support services for families throughout Essex County; and professional development initiatives designed to inspire the next generation of teachers and youth/family services workers.	292 Cabot St Beverly	978.236.4101	www.pw4c.org
Pathways for Children-Gloucester office	Provides programming for children from birth to 13; robust social support services for families throughout Essex County; and professional development initiatives designed to inspire the next generation of teachers and youth/family services workers.	29 Emerson Ave Gloucester	978.281.2400	www.pw4c.org
Pathways for Children-Salem office	Provides programming for children from birth to 13; robust social support services for families throughout Essex County; and professional development initiatives designed to inspire the next generation of teachers and youth/family services workers.	79 Willson St Salem	978.515.5400	www.pw4c.org
Tri-Town Council	Provides parent education, youth programs, professional development, prevention services, after-school enrichment to residents of Middleton, Topsfield and Boxford.	7 Grove St Unit 202 Topsfield	978.887.6512	www.tritowncouncil.org











