

# SPENCER POLICE DEPARTMENT



Drug, Alcohol, Mental Health  
&  
Domestic Violence Services  
**Resource Guide**



# **GREETINGS FROM THE SPENCER POLICE DEPARTMENT CHAMPION ADDICTION RESPONSE PROGRAM**



Spencer Police Department (Main Number):

By phone: 508-885-6333

Substance Abuse Service Providers:

AdCare Hospital- Worcester:

By phone: 508-799-9000

1-800-345-3552 ext. 4300 or 3010

Online: [www.adcare.com](http://www.adcare.com)

Community Healthlink- Worcester:

By phone: 508-860-1200

Online: [communityhealthlink.org](http://communityhealthlink.org)

Spectrum Health Systems- Southbridge:

By phone: 508-765-5940

Online: [www.spectrumhealthsystems.org](http://www.spectrumhealthsystems.org)

MA Substance Abuse Information Hotline:

By phone: 1-800-327-5050

Online: [www.help-online.org](http://www.help-online.org)

A trained Champion can be made available to provide information and resources on treatment and recovery options for individuals and families facing substance abuse issues. Contact the Spencer Police Department at the number above to arrange a confidential meeting. Spencer Rescue Squad and Champions are equipped to administer NARCAN in an emergency

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**\*Bold Print indicates local or covers Spencer Ma.**

# CENTRAL MASSACHUSETTS RESOURCES

United Way of Central Mass. 24/7

Call 2-1-1 *or* 508-755-5631 and visit: [Unitedway.com](http://Unitedway.com)

## Substance Abuse-

Community Health Link	Worcester	508-860-1244
Harrington Health Care	Southbridge	508-765-2725
AdCare Hospital	Worcester	800-345-3552

## Domestic Violence Services-

New Hope Inc.	Worcester	877-222-0083
	or	800-323-4673
Spectrum Health System	Fitchburg	978-343-2433
Gandra Domestic Violence	Springfield	413-846-0418
YWCA	Central Mass	508-755-9030
District Attorney's Office	Worcester	508-755-8601

## Financial Counseling-

Consumer Credit Counseling Services (CCCS)  
Worcester, MA 866-889-9347 *or* 508-770-1811

## Family Services-

YOU Inc. of Worcester	508-849-5600	<i>or</i> 508-849-5640
Department of Children and Families(DCF)		508-929-2000

## Alzheimer's Association- 24/7 HELP LINE

[Alz.org/MANH](http://Alz.org/MANH)  
800-272-3900

## Veterans Services-

<a href="http://Veteransinc.org">Veteransinc.org</a>		
Veterans Inc.	Worcester	508-791-1213

[MassResources.org](http://MassResources.org)

**Detoxification  
Services/Hospitals**

**Detoxification services can be accessed if you are or someone is in need of detoxification from substance use. The best way to get directly into a detoxification unit is to call and ask if they have open beds and then go to the facility. Each day beds will open so it's important to continue to call and ask.**

**AdCare Hospital (107 Lincoln Street, Worcester MA) 800-345-3552**

**Community HealthLink (68 Jacques Ave, Worcester MA) 508-860-1200**

**Spectrum Detox (154 Oak Street, Westborough MA) 800-366-7732**  
**Hospitals**

**Baystate Medical Center (471 Chestnut St, Springfield MA) 413-733-1423**

**Berkshire Medical Center (165 Tor Court, Pittsfield MA) 413-442-1400**

**Brattleboro Retreat (1 Anna Marsh Lane, Brattleboro VT) 802-258-3700**

**Providence Behavioral Health (1233 Main St, Holyoke MA) 800-274-7724**

**Each Hospital listed will assess you if you are in crisis for either substance use or mental health problems. The hospitals can assist in accessing detoxification and other resources.**

**St. Vincent Hospital (123 Summer St, Worcester MA) 508-363-5000**

**UMass Memorial Medical (55 Lake Ave, Worcester MA) 508-334-1000**

**Harrington Memorial (100 South St, Southbridge MA) 508-765-9771**

**Baystate Mary Lane (85 South St, Ware MA) 413-967-6211**

**Athol Memorial Hospital (2033 Main St, Athol MA) 978-249-3511**

**Baystate Medical Center (759 Chestnut St, Springfield MA) 413-794-0000**

**Baystate Wing Hospital (40 Wright St, Palmer MA) 413-283-7651**

**Cooley Dickinson (30 Locust St, Northampton MA) 413-582-2000**

**Heywood Hospital (242 Green Street, Gardener MA) 978-632-3420**

**Holyoke Medical Center (575 Beech St, Holyoke MA) 413-534-2500**

**Johnson Memorial (201 Chestnut Hill, Stafford Springs CT) 860-864-4251**

**Mercy Medical Center (271 Carew St, Springfield MA) 413-748-900**

## Emergency Services/Crisis Centers

Provide emergency screenings and placement for individuals in mental health and or substance use emergencies. If you cannot get to the location you may be seen by mobile team at home or in the community. Services are 24/7 and go by what area you are located in. Statewide ESP 877-382-1609

Worcester County towns include: Auburn, Boylston, Grafton, Holden, Leicester, Milbury, Paxton, Shrewsbury, **Spencer**, West Boylston & Worcester

ESP Provider: UMass Memorial Medical Center  
24 Hour Access number: 866-549-2142  
Sites are located in Worcester

North County towns include (Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Hardwick, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster & Winchendon)

ESP Provider: Community HealthLink Inc.  
24 Hour Access number: 800-977-5555  
Sites are located in Leominster, Gardner

South County towns include (Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Holland, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster & West Brookfield)

ESP Provider: Riverside Community Care  
24 Hour Access number: 800-294-4665  
Sites are located in Hopedale, Upton & Southbridge

Northampton towns include: Amherst, Chesterfield, Cummington, Easthampton, Florence, Goshen, Hadley, Middlefield, Northampton, Pelham, Plainfield, Westhampton, Williamsburg, Worthington

ESP Provider: Clinical and Support Options  
24 Hour Access number: 800-322-0424  
Sites are located in Florence

Southern Pioneer Valley towns include: Agawam, Belchertown, Blandford, Bondsville, Chester, Chicopee, East Longmeadow, Granby, Hampden, Holyoke, Huntington, Indian Orchard, Longmeadow, Ludlow, Monson, Montgomery, Palmer, Russell, South Hadley, Southampton, Southwick, Springfield, Thorndike, Three Rivers, Tolland, Ware, Westfield, West Springfield & Wilbraham

ESP Provider: Behavioral Health Network  
24 Hour Access number: 800-437-5922  
Sites are located in Holyoke, Springfield & Westfield

## Substance Use and Recovery Counselors

These are providers who offer assessment and substance use therapies.

Crossroads Agency Intake line	121 Lincoln St, Worcester MA 508-795-1611
Carson Center for Adults and Families Intake line	96 South St, Ware MA 413-967-6241
Positive Path Counseling Center Appointment Line	4 South Street, Ware MA 413-627-9749
AdCare Outpatient Services Intake line	117 Park Ave, West Springfield MA 413-209-3124
Agawam Counseling Center Intake line	30 Southwick St, Agawam MA 413-789-9623
Carson Center for Adults and Families Intake line	120 Maple St, Springfield MA 413-737-3730
Carson Center for Adults and Families Intake line	77 Mill St (Suite 251), Westfield MA 413-568-6141
Center for Human Development Intake line	367 Pine Street, Springfield MA 800-232-0510
Clinical and Support Options Intake line	1 Arch Place, Greenfield MA 413-774-1000
Clinical and Support Options Intake line	8 Atwood Drive, Northampton MA 413-586-8550
Clinical and Support Options Intake line	130 Maple St, Springfield MA 413-737-9544
Crossroads Agency Intake line	80 Congress (Suite 106), Springfield MA 413-739-1611
Gandara Center Intake line	2155 Main St, Springfield 413-736-0395
Griswold Center Intake line	40 Wright St, Palmer MA 413-284-5285
Holyoke Medical Center Intake line	575 Beech St, Holyoke MA 413-534-2698

Mt. Tom Center for MH and Recovery Intake line	40 Bobala Rd, Holyoke MA 413-536-5473
Mt. Tom City Clinic (BHN) Intake line	230 & 235 Maple St, Holyoke MA 413-532-0389
Providence Behavioral Health Intake line	1233 Main St, Holyoke MA 413-536-5111
Phoenix House Outpatient Intake line	15 Mulberry St, Springfield MA 844-439-4523
ServiceNet Outpatient Programs Intake line	55 Federal St, Greenfield MA 877-984-6855
Sloan Clinic (BHN) Intake line	471 Chestnut St, Springfield, MA 413-733-1431

**Substance Use and Recovery Counselors for Youth**

**These are providers who offer assessment and substance use therapies that specialize in youth services.**

<b>Community Healthlink Youth Outpatient Intake line</b>	<b>71 Jacques Ave, Worcester MA 508-791-3261</b>
<b>Counseling and Assessment Clinic Intake line</b>	<b>51 Union St (G02), Worcester MA 508-756-2005</b>
<b>George Wells Human Services Intake line</b>	<b>29 Pine St, Southbridge MA 508-765-9167</b>
<b>LUK Crisis Center Counseling Intake line</b>	<b>1280 Main St, Worcester MA 508-438-1490</b>
<b>Spectrum Outpatient Youth Intake line</b>	<b>585 Lincoln St, Worcester MA 508-797-6100</b>
<b>Youth Opportunities Upheld Intake line</b>	<b>81 Plantation Street, Worcester MA 508-849-5600</b>
<b>Wayside Youth and Family Support line</b>	<b>121 Providence St, Worcester MA Intake 508-929-2000</b>

Carson Center for Human Services Intake line	20 Broad St, Westfield MA 413-568-1421
Carson Center for Human Services Intake line	96 South St, Ware MA 413-967-6241
Child Guidance Clinic (BHN) Intake line	110 Maple St, Springfield MA 413-732-7419
Clinical & Support Options Intake line	10 Main St, Florence MA 413-586-8550
Gandara Mental Health Youth Intake line	2155 Main St, Springfield MA 413-736-0395
Genesis Counseling Services Intake line	24 Union Ave (11), Framingham MA 508-620-2992
Griswold Center Intake line	40 Wright St, Palmer MA 413-283-7651
LUK Crisis Center Counseling Intake line	545 Westminster St, Fitchburg MA 978-829-2248
North Central Human Service Intake line	31 Lake St, Gardner MA 978-632-9400
Providence Behavioral Health Intake line	1233 Main St, Holyoke MA 413-538-9400
Phoenix Outpatient for Youth Intake line	15 Mulberry St, Springfield MA 413-739-2440
Sloan Clinic Counseling Intake line	471 Chestnut St, Springfield MA 413-794-5555
Spectrum Outpatient Youth Intake line	76 Summer Street (140), Fitchburg MA 978-343-2433

## Resources for Youth

**Alateen refers to, "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help." Alateen "is part of the Al-Anon fellowship designed for the younger relatives and friends of alcoholics through the teen years". For lists of meetings or for more information call 888-425-2666 or visit [www.al-anon.alateen.org](http://www.al-anon.alateen.org)**

**Motivating Youth Recovery (MYR) Detoxification Unit  
26 Queen St, Worcester MA 508-860-1244**

**Motivating Youth Recovery (MYR) Rehabilitation Stabilization Unit  
26 Queen St, Worcester MA 508-860-1244**

**Central Intake and Care Coordination (CICC) 866-705-2807  
[www.healthyrecovery.org](http://www.healthyrecovery.org)  
Free and confidential help with finding the right youth service or program**

**Department of Public Health Bureau of SA 617-624-5161  
[www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)  
Office of Youth and Young Adult Services**

**National Teen Dating Abuse Helpline 866-331-9474**

**Child at Risk Hotline 800-792-5200**

**CASTLE (Clean and Sober Teens Living Empowered) Detoxification Unit  
10 Meadowbrook Rd, Brockton MA 508-638-6000**

**CASTLE (Clean and Sober Teens Living Empowered) Rehabilitation Unit  
10 Meadowbrook Rd, Brockton MA 508-638-6000**

**Central Intake and Care Coordination (CICC) 866-705-2807  
[www.healthyrecovery.org](http://www.healthyrecovery.org)  
Free and confidential help with finding the right youth service or program**

**Department of Public Health Bureau of SA 617-624-5161  
[www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)  
Office of Youth and Young Adult Services**

**The CASTLE (Clean and Sober Teens Living Empowered) Detoxification Unit  
10 Meadowbrook Rd, Brockton MA 508-638-6000**

**The CASTLE (Clean and Sober Teens Living Empowered) Rehabilitation Unit  
10 Meadowbrook Rd, Brockton MA 508-638-6000**

### Day Treatment; Intensive Outpatient Program (IOP)

These are services that meet 3-5 days per week for a minimum of 3.5 hours a day. These programs are designed to assist substance users in stabilizing and finding personal recovery.

AdCare Hospital Intake line	95 Lincoln St, Worcester MA 800-345-3552
Community HealthLink Day Treatment Intake line	71 Jacques Ave, Worcester MA 508-860-1000
Crossroads Agency Intake line	121 Lincoln St, Worcester MA 508-795-1611
Counseling & Assessment Clinic Intake line	51 Union St (Suite G02), Worcester MA 508-756-2005
Spectrum IOP Intake line	585 Lincoln St, Worcester MA 508-854-3320
Carson Center for Human Services Intake line	96 South St, Ware MA 413-967-6241
Beacon Programs Intake line	48 Sanderson St, Greenfield MA 413-773-4444
Center for Behavioral Health Intake line	575 Beech St, Holyoke MA 413-534-2627
Clinical and Support Options Intake line	8 Atwood Drive, Northampton MA 413-586-8550
Crossroads Agency Intake line	80 Congress (Suite 106), Springfield MA 413-739-1611
Gandara Center Intake line	2155 Main St, Springfield MA 413-736-0395
George B. Wells Center Intake line	29 Pine St, Southbridge MA 508-765-9167
Holyoke Medical Center Intake line	575 Beech St, Holyoke MA 413-534-2627
Phoenix House Academy Intake line	15 Mulberry St, Springfield MA 413-739-2440

Providence Behavioral Health  
Intake line 1233 Main St, Holyoke MA  
800-274-7724

Sloan Clinic  
Intake line 471 Chestnut St, Springfield MA  
413-794-5555

### **Medication- Assisted Treatment Providers**

**These providers offer specific medication for the treatment of substance use problems; most often opiate related addiction treatment.**

**CleanSlate Addiction Treatment Center (Suboxone Treatment) 411 Chandler St, Worcester MA  
508-471-5600**

**CleanSlate Addiction Treatment Center (Suboxone Treatment) 85 South St, Ware MA  
877-218-2340**

**Family Health Center of Worcester (Suboxone Treatment) 26 Queen St, Worcester MA  
508-860-7700**

**Spectrum Outpatient (Methadone Treatment) 585 Lincoln St, Worcester MA  
508-854-3320**

**Spectrum Outpatient (Methadone Treatment) 176 Main St, Southbridge MA  
508-765-5940**

**Spectrum Outpatient (Methadone Treatment) 105 Merrick St, Worcester MA  
800-464-9555**

**Baystate Medical Center (Suboxone Treatment) 759 Chestnut St, Springfield MA  
413-794-0000**

**CleanSlate Addiction Treatment Center (Suboxone Treatment) 278 Main St (Suite 307), Greenfield MA  
413-376-4343**

**CleanSlate Addiction Treatment Center (Suboxone Treatment) 117 Park Ave, West Springfield MA  
413-788-0100**

**CleanSlate Addiction Treatment Center (Suboxone Treatment) 384 High Street, Holyoke MA  
413-650-0590**

**CleanSlate Addiction Treatment Center (Suboxone Treatment) 133 Maple St, Springfield MA  
413-736-1458**

**Community Substance Abuse Centers (Methadone Treatment) 628 Center St, Chicopee MA  
413-746-0051 ext. 101**

Community Substance Abuse Centers (Methadone Treatment)	125 North Elm St (3 <sup>rd</sup> Fl), Westfield MA 413-568-6600
Community Substance Abuse Centers (Methadone Treatment)	297 Pleasant St, Northampton MA 413-584-2404
Community Substance Abuse Centers (Methadone Treatment)	117 Shelburne Rd, Greenfield MA 413-774-3321
Experience Wellness Center (Suboxone Treatment)	80 Congress St, Springfield MA 413-732-0040
Habit OPCO (Methadone Treatment)	155 Airport Rd, Fitchburg MA 978-343-6300
Habit OPCO (Methadone Treatment)	2257 Main St, Springfield MA 413-733-3488
Healthy Living Program (Suboxone Treatment)	568 Main St, Indian Orchard MA 413-301-7759
Holyoke Health Center (Suboxone Treatment)	230 Maple St, Holyoke MA 413-420-2200
Providence Behavioral Health (Methadone Treatment)	1233 Main St, Holyoke MA 413-536-5111
Providence Behavioral Health (Methadone Treatment)	227 Mill St, Springfield MA 413-781-1926

### Pain Management

These providers specialize in treatment of pain.

<b>New England Pain Associates Intake line</b>	<b>123 Summer St, Worcester MA 508-926-8922</b>
<b>Pain Management and Spinal Care 508-795-1810</b>	<b>295 Lincoln St, Worcester MA Intake line</b>
Dr. Bentley A. Ogoke, MD Intake line	125 Liberty St, Springfield MA 413-733-7515
Northern Pain Management Intake line	125 Liberty St, Springfield MA 413-374-9447
Pain Management and Rehab Center Intake line	250 Belmont Ave, Springfield MA 413-788-4224

Pain Management and Rehab Center      673 Main St, West Springfield MA  
Intake line                                      413-734-4585

S V Pain Management                        171 Dwight Rd, Longmeadow MA  
Intake line                                      413-754-3793

### Recovery Learning Communities (RLC's)

**Recovery Learning Communities, RLC's, are consumer run networks of self help and peer support, information and referral, advocacy and training activities. RLC's promote recovery for individuals with mental health and substance use problems at no cost.**

Central Mass RLC site                        91 Stafford St, Worcester MA  
Phone    508-751-9601

RLC Bowen Center                            340 Main St, Springfield MA  
Phone    413-732-1703

RLC Caledonian Building                    187 High St (303), Holyoke MA  
Phone    413-539-5941

RLC Greenfield Center                      74 Federal St, Greenfield, MA  
Phone    413-772-0715

Western Mass RLC site                      187 High St, Holyoke MA  
Phone    866-641-2853

### Domestic Violence Resources

**The list below include services, hotlines, groups, and resources for those being abused in a domestic relationship. Resources for abusers are also listed.**

YWCA Central MA; DayBreak and BWR (Domestic Violence Program,  
Emergency Domestic Violence Shelter)      Worcester, MA  
Phone    508-755-9030

Pathways for Change (Rape Crisis Center for Central MA)      Worcester, MA  
Phone    800-870-5905

New Hope (Domestic Violence Program, Emergency Domestic Violence Shelter,  
Sexual Assault/Rape Crisis Program)      Webster, MA  
Phone    800-323-4673

Batterer's Intervention Program at Carson Center      96 South St, Ware MA  
Contact Cole Murphy                              413-579-7569

**Domestic Violence Advocacy, Support and Safe house Program**  
**Carson Center** 96 South St, Ware MA  
**Contact Donna Covino** 413-578-2924

**SafeLink Hotline (MA Statewide 24/7 Hotline)** 877-785-2020

**BreaktheCycle.org**

**Gay Men’s Domestic Violence Project** 800-832-1901

**GLBTQ Domestic Violence Project Hotline** 800-832-1909

**JaneDoe.org**

**LoveisRespect.org**

**Massachusetts Office for Victim Assistance (MOVA)** 617-586-1340

**National Domestic Violence Hotline** 800-799-7233

**National Sexual Assault Hotline** 800-656-4673

**Child at Risk Hotline** 800-792-5200

**Elizabeth Freeman Center (Domestic Violence Program, Emergency Shelter, Sexual Assault/Rape Crisis Program)** Pittsfield, MA  
**Phone** 866-401-2425

**Center for Women and Community (Sexual Assault/Rape Crisis Program)** Amherst, MA  
**Phone** 413-545-0800

**NELCWIT (Domestic Violence Program, Emergency Domestic Violence Shelter, Sexual Assault/Rape Crisis Program)** Greenfield, MA  
**Phone** 413-772-0806

**Safe Passage (Domestic Violence Program, Emergency Domestic Violence Shelter)** Northampton, MA  
**Phone** 888-345-5282

**Women’s Shelter/Companeras (Domestic Violence Program, Emergency Domestic Violence Shelter)** Holyoke, MA  
**Phone** 877-536-1628

**YWCA Western MA (Domestic Violence Program, Emergency Domestic Violence Shelter, Sexual Assault/Rape Crisis Program)** Springfield, MA  
**Phone** 800-536-1628

## Hotlines

Hotlines are run by consumers and professionals to assist those in crisis.

- Alanon/Alateen** 508-366-0556  
This is a statewide number for accessing local groups; support groups for family and friends of persons with addictions. Alateen is specifically to address the support the needs of young people ([www.al-anon.org](http://www.al-anon.org) and [www.al-anon.teen.org](http://www.al-anon.teen.org))
- Alcoholics Anonymous (AA)** 800-327-5050  
[www.westernmassaa.org](http://www.westernmassaa.org) 413-532-2111  
12-step support groups for persons with alcohol addiction
- Massachusetts Council on Compulsive Gambling** 800-426-1234  
support groups for persons with a gambling addiction
- Massachusetts Substance Abuse Hotline** 800-327-5050  
Provides information and referral about substance abuse and treatment; run through Department of Public Health
- Mass Suicide Prevention (DPH)** 617-624-5438
- Narcotics Anonymous (NA)**  
[www.nerma.org](http://www.nerma.org) 866- NA HELP U  
[www.newenglandna.org](http://www.newenglandna.org) 866- 624-3578  
12-step support groups for persons with drug addiction
- National Suicide Prevention Hotline** 800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
federally funded suicide prevention hotline; connects individuals to crisis centers across the country; staff have essential resources to assist in a suicide crisis
- Recovery Hotline for Alcohol** 800-252-6465  
Crisis hotline staffed by volunteers
- Samaritans** 877-870-4673  
Crisis hotline staffed by volunteers; provides support to persons who are suicidal or in despair
- Trevor Helpline** 866-488-7386  
Crisis hotline specifically for Lesbian, Gay, Bisexual, and Transgender youth and young adults

## Warm Lines

Warm lines are run by and for consumers; they are used by consumers who need to talk to someone, but are not in crisis

### Central Massachusetts

Central Mass. Recovery Learning Community                      508-468-9740  
Hours: daily 6-8 pm

Crossroads Warm line    978-629-8485  
Hours: daily 4-7 pm and 10-12 pm

Tradewinds Warm line    508-864-0270  
Hours: Friday 4-10 pm, weekends 10 am-10pm

Westwinds Warm line    508-426-1660  
Hours: daily 6-9 pm

### Western Massachusetts

Pioneer Valley Warm Line    413-747-8658  
Hours: Wed-Sun 5pm -1am

Western Mass Peer Support    888-407-4515  
Hours: daily 8pm -midnight

## Additional and Educational Resources

Dual Recovery Anonymous (DRA)    913-991-2703  
[www.draonline.org](http://www.draonline.org)  
12 step groups for persons with both mental illness  
and addiction; website list local groups

Emotions Anonymous    651-647-9712  
12-step format for dealing with emotional distress;  
call for statewide meeting list

### Learn 2 Cope

“Learn to Cope is a support organization that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs”.

[Learn2cope.org](http://Learn2cope.org)

Massachusetts Legal Assistance Corporation	617-367-8544
Massachusetts Organization for Addiction Recovery www.neaar.org/moar Advocacy organization focusing on addiction recovery; provides education and support	877-423-6627
Massachusetts Smokers Helpline Free and confidential way to get support and help to quit smoking	800-784-8669
Massachusetts Substance Abuse Info and Education www.helpline-online.com Information on youth and adult programs in MA	800-327-5050
Massachusetts Smokers Helpline Free and confidential way to get support and help to quit smoking. <a href="http://www.makesmokinghistory.org">www.makesmokinghistory.org</a>	1-800-QUIT-NOW 1-800-784-8669
Recovery Project 68 Federal St, Greenfield MA "Community opened to all concerned with alcohol and drug addiction. It exists to foster recovery and empower individuals, families, and the greater community" <a href="http://www.RecoeryProject.org">www.RecoeryProject.org</a>	423-774-5489
Residential Assistance for Families in Transition (RAFT)	800-224-5124
Quaboag Hills Community Coalition Substance Use Task Force qhcc.weebly.com/substance-use-task-force.html Community resource to be involved with addressing the problem of drug use	
Springfield Recovery High School 334 Franklin Street, Springfield MA Sps.springfield.ma.us/schoolsites/recovery	413-750- 2484 TTY: 413- 750-2660
Smart Recovery www.smartrecovery.org Alternative to AA/NA for recovery from addiction	766-951-5357
Tapestry Health 296 Nonotuck Rd, Florence MA Provide Narcan Training, family planning, nutritional assistance, HIV/AIDS services, clean needle exchange	413-586-2016
Try-To-Stop Tobacco Resource Center of MA www.trytostop.org	800-879-8678

**Basic Needs**

<b>Department of Transitional Services</b> Assistance with food and SNAP benefits	<b>866-950-3663</b>
<b>Energy and Utility</b> Fuel assistance and utility discounts. Telephone discounts.	<b>800-632-8175</b>
<b>Massachusetts Coalition for the Homeless (MHC)</b> Advocacy to help states homeless and near-homeless	<b>781-595-7570</b>
<b>Masshealth Enrollment</b> Free health insurance for those that qualify.	<b>888-665-9993</b>
<b>MBTA Special Needs Office</b> Helps persons with disabilities to obtain passes for reduced fares for public transportation	<b>617-222-5438</b>
<b>Project Bread Food Source Hotline</b> MA food banks offer emergency assistance; food banks and food assistance	<b>800-645-8333</b>
<b>Worcester County Food Bank</b>	<b>508-842-3663</b>
<b>The Food Bank of Western MA</b>	<b>413-247-9738</b>
<b>SNAP (Supplemental Nutrition Assistance Program)</b>	<b>866-950-3663</b>
<b>Women, Infants and Children (WIC) Nutrition Program</b>	<b>413-737-8868</b>
<b>Our Lady of the Rosary Church</b> Food Bank (Kathy Sullivan)	<b>508-885-3111</b>
<b>WRTA Main Number</b>	<b>508-791-WRTA</b>
<b>WRTA Para-Transit Services</b>	<b>508-791-WRTA option 3.</b>



**the carson center**



*Printing provided courtesy of  
Hampshire Hope Coalition & Baystate Mary Lane Hospital*

Baystate  Mary Lane Hospital

