

# **TRI-TOWN COMMUNITY RESOURCES**

**The following information was compiled by the School Health Advisory Council of the Masconomet Regional School District, Tri-Town School Union and Tri-Town Council as a free service to the individuals and families of the Tri-Town community.**

*\*Please feel free to copy and share this information\**

*Updated: August 2019*

## **TRI-TOWN COMMUNITY RESOURCES**

### **CRISIS and OTHER HOTLINE SERVICES:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Tri-Town Council***

**Provides:** Crisis helpline counseling and referral services including mental health and substance abuse

**Clientele:** Youth & Families (children, adolescents and caregivers)

**Locations:** 7 Grove Street Unit 202, Topsfield, MA 01983

**Telephone contact info:** 978-887-6512 **OR 24-HOUR Helpline:** 978-771-4619

**Website:** <http://www.tritowncouncil.org>

#### ***Masconomet Safe School Helpline***

**Provides:** Anonymous Reporting 24/7/365

**Telephone contact info:** 1-800-418-6423 Ext. 359

**Website:** <http://www.safeschoolhelpline.com>

#### ***HAWC (Healing Abuse Working for Change)***

**Provides:** An array of services for those dealing with any type of domestic violence

**Clientele:** Children, adolescents, adults and families

**Locations:** 27 Congress Street Salem, MA 01970

**Telephone contact info:** 978-744-8552 **OR 24-HOUR Hotline:** 1-800-547-1649

**Website:** <https://hawcdv.org/>

#### ***Parent Stress Hotline***

**Provides:** Support for parents with problems related to their children

**Clientele:** Massachusetts parents

**Telephone contact info:** 1-800-632-8188

**Website:** <https://www.parentshelpingparents.org/copy-of-parental-stress-line>

#### ***Beverly Hospital Emergency Room***

**Provides:** Emergency services for psychiatric evaluations/mental health

**Clientele:** Children and Adolescents

**Locations:** 85 Herrick Street, Beverly, MA 01915

**Telephone contact info:** 978-922-3000

#### ***North Shore Children's Hospital Emergency Room-Psychiatric Services***

**Provides:** Emergency services for mental health

**Clientele:** Children and Adolescents

**Locations:** 57 Highland Ave, Salem, MA 01970

**Telephone contact info:** 978-745-2100

#### ***Jeanne Geiger Crisis Center Inc.***

**Provides:** An array of services for those dealing with any type of domestic violence

**Clientele:** Children, adolescents, adults and families

**Locations:** 2 Harris Street Newburyport, MA 01950

5 Market Square Amesbury, MA 01913

**24-HOUR Hotline:** 978-388-1888

**Website:** <http://www.jeannegeigercrisiscenter.org>

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### **CRISIS and OTHER HOTLINE SERVICES continued:**

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#### ***YWCA Northeastern Massachusetts***

**Provides:** Individual and group counseling, medical and legal advocacy, educational outreach, and a 24-hour toll-free hotline. All services are confidential and free of charge.

**Clientele:** Victims of domestic violence

**Locations:** 20 Central Avenue, Suite 510 Lynn, MA 01901

**Telephone contact info:** 781-477-2313 or **24-HOUR Hotline:** 1-800-922-8772

**Website:** <http://ywcansrcc.org/>

#### ***Lahey Health Behavioral Services:***

**Provides:** Individual and group therapy for mental health and substance use issues to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts; addiction treatment; family services (including couples counseling); mobile crisis teams for behavioral and substance-related emergencies; inpatient psychiatric care, plus home and school-based programs for children and teens.

**Clientele:** Adults, teens, families and children

**Locations:** Haverhill, Salem, Beverly

**Contact info:**

Emergency Psychiatric Services:

Haverhill: 1-800-281-3223 or 978-521-7777

Salem: 1-866-523-1216 or 978-744-1585

Outpatient Clinics:

Beverly: 978-921-1190

Salem: 978-745-2440

**Website:** <http://nebhealth.org>

**Additional Info:** On the Lahey Health Behavioral Services website there is a LARGE listing of Youth Services and programs as well as a significant amount of additional information.

#### ***National Suicide/Self Injury Prevention Lifeline***

**Provides:** Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

**Clientele:** Children/families/adolescents/adults

**Telephone contact info:** 1-800-273-(talk) 8255

**Website:** <http://www.suicidepreventionlifeline.org>

#### ***GLBT National Help Center***

**Provides:** Free and confidential peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

**National Hotline:** 888-843-4564 **E-mail:** [help@GLBTHotline.org](mailto:help@GLBTHotline.org)

**Website:** <http://www.glbtnationalhelpcenter.org>

**Additional Info:** The website offers a resource database which contains information on social and support groups, as well as gay-friendly religious organizations, sports leagues, student groups and more.

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### **CRISIS and OTHER HOTLINE SERVICES continued:**

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#### ***Parent Stress Hotline***

**Provides:** Support for parents with problems related to their children

**Clientele:** Massachusetts parents

**Telephone contact info:** 1-800-632-8188

**Website:** <http://www.parentshelpingparents.org>

#### ***Crisis Text Line (Text only)***

**Provides:** Free, 24/7, confidential text message service that connects people in crisis to trained Crisis Counselors. Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.

**Clientele:** All

**Telephone contact info:** 741-741

**Website:** <https://www.crisistextline.org/>

## **TRI-TOWN COMMUNITY RESOURCES**

### **FAMILY RESOURCES:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Department of Children and Family Services***

##### **Haverhill Area DCF Office**

3 Ferry St. #2

Haverhill, MA 01835

**Phone:** 978-469-8800

**Fax:** 978-469-8990

**(SERVICES FAMILIES IN BOXFORD and TOPSFIELD)**

##### **Cape Ann Area DCF Office**

45 Congress St., Building 4

Salem, MA 01970

**Phone:** 978-825-3800

**Fax:** 978-825-9091

**(SERVICES FAMILIES IN MIDDLETON)**

#### ***Focus Adolescent Services***

**Provides:** Information and referral services for families and troubled teens

**Clientele:** Adolescents and families

**Telephone contact info:** 443-358-4691

**Website:** <http://www.focusas.org>

#### ***Parent Stress Hotline***

**Provides:** Support for parents with problems related to their children

**Clientele:** Massachusetts parents

**Telephone contact info:** 1-800-632-8188

**Website:** <http://www.parentshelpingparents.org>

#### ***PAL (Parent/Professional Advocacy League)***

**Provides:** Information to an organization that advocates for improved access to mental health services for children, youth and their families

**Clientele:** Massachusetts parents

**Location:** 15 Court Square, Suite 660 Boston, MA 02108

**Telephone contact info:** 1-866-815-8122

**Website:** <http://ppal.net>

#### ***Family Ties of Massachusetts***

**Provides:** A network for families & professionals supporting children and youth with special needs

**Clientele:** Massachusetts parents and professionals

**Telephone Contact:** 1-800-905-(TIES) 8437

**Website:** <http://massfamilyties.org>

#### ***Care Dimensions***

**Provides:** Hospice care, Palliative Care, Specialized Care, Grief Support

**Clientele:** All

**Locations:** 75 Sylvan Street, Suite B-102, Danvers, MA 01923

**Telephone contact info:** 1-888-283-1722

**Website:** <https://www.caredimensions.org/grief-support/>

## **TRI-TOWN COMMUNITY RESOURCES**

### **FAMILY RESOURCES Continued:**

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#### ***All Care***

**Provides:** All Care Hospice provides bereavement support to the community through group and workshops. ALL groups and workshops are FREE and OPEN to the community.

**Clientele:** All Locations: North Andover and Lynn

**Telephone contact info:** 1-800-287-2454 **E-mail:** [info@allcare.org](mailto:info@allcare.org)

**Website:** <http://www.allcare.org/grief-and-loss-services>

#### ***Family Resource Center***

**Provides:** Behavioral Health resources and programs for children, adolescents, families and professionals. Conferences, workshops and family support groups are offered year round. The Family Resource Center also has an active Mindfulness-Based Stress Reduction program.

**Clientele:** Children, adolescents and families

**Location:** NS Children's Hospital, 57 Highland Ave, Salem Ma

**Telephone contact info:** 978-354-2660 or 978-354-2670

**Website:** [http://nsmc.partners.org/pediatrics/family\\_resource\\_center](http://nsmc.partners.org/pediatrics/family_resource_center)

#### ***Northshore Education Consortium (NEC), Family Resource Center***

**Provides:** Information and support to families with children with special needs

**Clientele:** Massachusetts parents

**Location:** 112 Sohier Road Beverly, MA 01915

**Telephone Contact info:** 1-978-232-9755

**Website:** <http://www.nsedu.org>

#### ***Northeast ARC, Danvers, Parent Information Resource Center***

**Provides:** Information and support to families of children with special needs

**Clientele:** Northshore parents

**Location:** 6 Southside Road, Danvers, MA 01923

**Telephone Contact Info:** 978-624-2381

**Website:** <http://www.ne-arc.org>

#### ***Tri-Town Council***

**Provides:** Support, prevention resources for tri-town youth & families

**Clientele:** Tri-Town youth and parents/caregivers

**Location:** 7 Grove Street, Unit 202 Topsfield, MA 01983

**Telephone Contact Info:** 978-887-6512 **OR 24-HOUR Helpline:** 978-771-4619

**Website:** <http://www.tritowncouncil.org>

#### ***Additional helpful websites for families:***

**Center for Safe and Responsible Internet Use:** [www.cyberbullying.org](http://www.cyberbullying.org)

**Cyber-Safe Kids, Cyber Safe Teens:** <http://www.cyber-safety.com/teens.html>

**Cyber-bullying Research Center:** <http://www.cyberbullying.org>

## **TRI-TOWN COMMUNITY RESOURCES**

### **FOOD, ENERGY and FINANCIAL ASSISTANCE:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

**If you require assistance and need confidential support in determining how to access local resources available, please contact:**

**Karen Trevenen, Director of Health Services (978) 887-2323 x31090**

**Joan Murphy, Transition Specialist (978) 887-2323 x12311**

**Scott Morrision, Tri-Town Elementary School Superintendent (978) 887-0771**

**Meredith Shaw, Tri-Town Council (978) 887-6512**

**\*Unless otherwise indicated, these resources are available year-round.**

### ***Healthcare for All (INSURANCE)***

**Provides:** Mass Health application assistance, legal assistance for claims

**Telephone contact info:** Helpline 800-272-4232

**Website:** <https://www.hcfama.org/>

### ***Middleton Food Pantry (part of the Middleton Council on Aging)***

**Provides:** Food distributions to needy families in the local community

**Location:** 38 Maple Street/Rt 62, Middleton, MA 01949 (Council on Aging & Senior Center- use side door for Pantry)

**Clientele:** Middleton, MA residents

**Telephone contact info:** Contact Frank Leary at 978-766-1402

**Website:** <https://middletonma.gov/176/Food-Pantry>

**Additional information:** Open Fridays from 1-3pm, no appointment necessary for distribution. Food donation times are Mon, Wed & Thurs 9:30am – 2:30pm, and Fridays 1-3pm.

### ***Boxford Food Pantry***

**Provides:** Food distribution; limited to one time per month per family \*By appointment only

**Clientele:** Tri-Town residents (Boxford, Topsfield, Middleton)

**Location:** First Congregational Church in Boxford, 4 Georgetown Rd., Boxford (MA)

**Telephone contact info:** Susan Humerian and Leslie Olson at (978) 887-5841 Ext.3

**Additional information:** In-kind donations of non-perishable items may be left in the church sanctuary

### ***Top Cupboard Food Pantry***

**Provides:** Food distribution second and fourth Saturday of the month, 8-10am, to Topsfield residents.

**Clientele:** Topsfield, MA residents with ID required

**Location:** Trinity Episcopal Church, 124 River Road, Topsfield

**Telephone contact info:** Rev. Jo Barrett at 978-887-5570

**E-mail:** [topcupboardpantry@gmail.com](mailto:topcupboardpantry@gmail.com)

**Additional information:** In-kind donations of non-perishable items may be left in any of the four Topsfield Churches including Trinity Episcopal, Congregational Church of Topsfield, St. Rose of Lima and Our Savior Lutheran, as well as the Topsfield Council on Aging office located in Town Hall. \*\*The Pantry also has a limited selection of pet food.

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#### ***The Acord Food Pantry***

**Provides:** Clients can visit once every 7 days. Acord is 100% choice, which allows clients to choose their own food. Acord provides meat, fish, dairy choices and fresh produce.

**Clientele:** Residents of Topsfield (as well as Hamilton, Wenham, Ipswich, Essex & Manchester)

**Location:** 69 Willow Street, South Hamilton, MA 01982

**Telephone contact info:** 978-468-7424 or **E-mail:** [acord.director@gmail.com](mailto:acord.director@gmail.com)

**Website:** [www.acordfoodpantry.org](http://www.acordfoodpantry.org)

**Addition Information:** Current proof of address such as a utility bill is required at every visit. You can come in to Acord during our open hours to register for services. We are open on Wednesdays from 9:30 - 11 am, Thursdays from 6:30 - 7:30 pm and Saturdays from 9 - 11 am

#### ***Keith Koster Memorial Scholarship Fund - Seasonal***

**Provides:** Financial and in-kind assistance to families and youth in times of crisis; sports scholarships; and holiday food and gift support.

**Clientele:** Families and students in the Tri-Town

**Telephone contact info:** Scott Morrison, Superintendent of Elementary Schools (978) 887-0771

#### ***Friends of the Flint Library: Neighbors in Need Annual Holiday Giving Program - Seasonal***

**Provides:** Assistance to Middleton families who may be facing difficulties during the holiday season. Emergency assistance may be available.

**Clientele:** Middleton families

**Location:** 1 S Main St, Middleton, MA 01949

**Telephone contact info:** 978-774-8132 **E-mail:** [fplfriendsmiddleton@gmail.com](mailto:fplfriendsmiddleton@gmail.com)

**Website:** <https://flintlibrary.org/index.php/friends-of-the-flint-public-library/>

**Additional Information:** Donations are welcome. Items that are especially helpful are gift cards in any amount for the "tween" and teenage groups; cash donations; gift cards to local restaurants, grocery stores, drug stores and hair salons.

#### ***Invest in People***

**Provides:** Assistance to families and their children who are facing unexpected, urgent and short-term financial needs.

**Clientele:** Families must be residents of Boxford, Middleton, Topsfield, Essex, Newbury, Rowley or Ipswich

**Email/Mail Contact info:** The family or a representative for the family (3rd party referrals accepted from any source such as school counselor, nurse, MD, Tri-Town Council, etc) is required. To send an email contact Dawn Seymour at [investinpeople1@gmail.com](mailto:investinpeople1@gmail.com) or mail a letter to P.O. Box 135, Topsfield, MA 01983, explaining the situation and how IIP can support them financially. Supporting documents may be required and information is subject to verification.

**Additional info:** Payments are sent to vendors or creditors directly, but cards for food and gas can be provided.



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#### ***St. Vincent de Paul Society***

**Provides:** Non-perishable food, grocery store gift cards and emergency assistance

**Location(s):** St. Rose of Lima Parish, 12 Park Street Topsfield, Ma

**Clientele:** Topsfield, Boxford, Middleton, Rowley, Georgetown, Groveland

**Telephone contact info:** Topsfield: Augie Chiango at (617) 429-6284 or through church (978) 774-1958 or [asapemail@aol.com](mailto:asapemail@aol.com)

#### ***Tri-Town Council***

**Provides:** Referral resources; holiday food support in conjunction with the Christian Angel Smile Foundation. Limited financial emergency family assistance available. Fee reduction/waivers for certain programs such as Horizons and All-Night Graduation party upon request.

**Clientele:** Tri-Town residents

**Locations:** 7 Grove Street, Unit 202 Topsfield, MA 01983

**Telephone contact info:** Meredith Shaw 978-887-6512

**Website:** <http://www.tritowncouncil.org/>

#### ***Community Giving Tree***

**Provides:** Assistance to families in need in the form of clothing, baby equipment, school supplies, toiletries and other necessities.

**Clientele:** Families in Essex County

**Locations:** 572 Main Street, Boxford MA  
2 DeBush Avenue, Middleton, MA 01949

**Telephone contact info:** Boxford - 978-769-5056 and Middleton: 978-304-1357

\*\*Referral required by outside agency such as school, MD, Tri-Town Council etc.

**Website:** [info@communitygivingtree.org](mailto:info@communitygivingtree.org)

#### ***Masconomet Regional School District***

**Provides:** Financial waivers for Excels Groups, Athletics, SAT/PSAT and college applications

**Clientele:** Students of Masconomet Regional School District

**Telephone contact info:**

**For Excels Groups and Athletic Waivers:**

Jeff Sands at 978-887-2323 Ext. 61030

**For SAT/PSAT and College Application Waivers:**

Dr. Irene Duros (Guidance Director) 978-887-2323 Ext. 11252

Karen Simi (Guidance Department) 978-887-2323 Ext. 11250

**For General Financial and/or food assistance any time of year:**

Joan Murphy (Transition Specialist) 978-887-2323 Ext. 12311

Karen Trevenen (Director of Health Services) 978-887-2323 Ext. 31090

**Website:** <http://www.masconomet.org>

#### ***Essex County Hunger Relief Project***

**Provides:** Comprehensive list of food pantries and soup kitchens in Essex County, MA, along with how you can donate and volunteer for your nonprofit of choice through the site.

**Clientele:** Essex County residents

**Contact info:** Managed by the Essex County Community Foundation, 978-777-8876, 175 Andover St, Danvers, MA

**Website:** [www.essexcountyhungerrelief.org](http://www.essexcountyhungerrelief.org)

*Updated: August 2019*

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### **FOOD, ENERGY and FINANCIAL ASSISTANCE Continued:**

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#### ***Massachusetts Energy Assistance***

**Provides:** Comprehensive list of assistance programs for fuel, heat and energy resources

**Clientele:** Massachusetts residents

**Website:** <https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

**Contact info:** Call the HEATLINE for more information at 1-800-632-8175

#### ***Healthcare for All (INSURANCE)***

**Provides:** Mass Health application assistance, legal assistance for claims

**Telephone contact info:** Helpline (800) 272-4232

**Website:** <https://www.hcfama.org/>

#### ***Massachusetts Commission for the Deaf & Hard of Hearing***

**Provides:** Financial aid for hearing aides

**Telephone contact info:** 617-740-1600

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

**Additional info:** Other resources including, educational and assistive technology are available online

#### ***NASN (National Association of School Nurses)***

**Provides:** Free eyeglasses

**\*ACCESS THROUGH THE SCHOOL NURSE**

**Telephone contact info:** Kathy Hostetter (Masco High School Nurse) - 978-887-2323 Ext. 11011

Gwen Lemire (Masco Middle School Nurse) - 978-887-2323 Ext. 20031

#### ***Mission of Deeds***

**Provides:** Beds, furniture, and household essentials for people in need

**Clientele:** Men, women, and children of all ages, including: veterans, disadvantaged families, the previously homeless, survivors of domestic abuse, refugees, the elderly, survivors of fire and other disasters and those with disabilities.

**Locations:** 6 Chapin Ave, Reading MA 01867

**Telephone contact info:** 781-944-9797 **E-mail:** [info@missionofdeeds.org](mailto:info@missionofdeeds.org)

**Website:** <http://www.missionofdeeds.org>

**Call 2-1-1 for more state programs that offer assistance for a wide-variety of reasons.**

## **TRI-TOWN COMMUNITY RESOURCES**

### **HEALTH:**

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#### ***Health Insurance***

**Provides:** Offers health and dental insurance coverage from the state's leading insurers (including Mass Health, and Children's Medical Security Plan). Includes applications and tools to find out what plans cost savings your family may be eligible for. Answers questions about Massachusetts health insurance and helps provide coverage.

**Clientele:** All

**Telephone contact:** 1-877-MA-ENROLL (1-877-623-6765)

**Website:** <http://www.betterhealthconnector.com>

#### ***Sexual Health Counseling and Referral Hotline***

**Provides:** Trained health center staff and volunteers are available to discuss a wide range of issues including birth control, emergency contraception, pregnancy options, sexually transmitted infections including HIV/AIDS, and other aspects of reproductive health. They offer objective information and support necessary to make personal and private decisions.

**Clientele:** All

**Telephone contact info:** 1-877-5772 Option #3

#### ***Health Quarters, Inc***

**Provides:** Sexual and Reproductive health for men and women includes: HIV/STD testing, birth control, emergency contraception, pregnancy testing and counseling.

**Clientele:** ALL

**Telephone contact info:** Beverly: 978-705-4039 Haverhill: 978-228-2291

**Website:** <https://healthq.org/>

#### ***Lydia Pinkham Clinic***

**Provides:** Free physicals for students new to district, free immunizations

**Clientele:** children and adolescents

**Location:** 250 Derby St. Salem, MA 01970

**Telephone contact info:** 978-744-3288

#### ***Sports Concussion Clinic (Division of Boston Children's Hospital)***

**Clinics in Peabody, Waltham, Lexington and Boston**

**Provides:** Expert team provides care for students and/or athletes with concussions, as well as concussion prevention and recovery education for athletes and their families.

**Clientele:** children and adolescents

**Telephone contact info:** 866-943-5512

## **TRI-TOWN COMMUNITY RESOURCES**

### **LEGAL RESOURCES:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### **Essex County Juvenile Court**

10 Railroad Street  
Lawrence, MA 01841  
978-725-8810

#### **Essex County Juvenile Court**

##### **Newburyport District Court/ Ipswich District Court**

188 State Street  
Newburyport, MA 01950  
978-462-3511

#### **Essex County Juvenile Court**

45 Congress Street  
Salem, MA 01970  
978-744-1562

#### **Essex District Attorney**

Jonathan W. Blodgett  
Ten Federal Street  
978-745-6610  
<http://www.mass.gov/essexda>

#### **Boxford Police Department**

285 Ipswich Road  
Boxford, MA 01921  
Emergency: 911  
Business: 978-887-8135  
Chief, James Riter  
SRO: Officer Brooke Lindley

#### **Middleton Police Department**

65 North Main Street  
Middleton, MA 01949  
Emergency: 911  
Business: 978-774-4424  
Chief, James A. DiGianvittorio  
SRO: Det. Adam Maccini

#### **Topsfield Police Department**

210 Boston Street  
Topsfield, MA 01983  
Emergency: 911  
Business: 978-887-6533  
Chief, Evan E.J. Haglund  
SRO: Det. Kelly Pickering

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### **MENTAL HEALTH SERVICES:**

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#### ***American Foundation for Suicide Prevention***

**Provides:** Informational website as well as resources for individuals struggling with thoughts of suicide as well as supports for loss survivors of suicide.

**Clientele:** All

**Locations:** Vary

**Telephone contact info:** Crisis hotline: 1-800-273-8255 Text line: text TALK to 741741

**Website:** <https://afsp.org/find-support/>

#### ***Becket Family Services***

**Provides:** Variety of services to individuals experiencing extreme behavioral challenges, including homebased treatment, family support, mentoring, residential respite, targeted case management, academic support, family therapy and other therapeutic interventions.

**Clientele:** Youth and Adults

**Locations:** multiple locations

**Telephone contact info:** 603-353-9102 E-mail: [support@becket.org](mailto:support@becket.org)

**Website:** <http://www.becket.org>

#### ***Care Dimensions***

**Provides:** Grief support in the form of individual therapy and groups specific to loss from suicide and/or for children up to 18yrs who have lost a love one.

**Clientele:** All

**Locations:** 75 Sylvan Street, Suite B-102, Danvers, MA 01923

**Telephone contact info:** 888-283-1722

**Website:** <https://www.caredimensions.org/grief-support/>

#### ***Catholic Charities North***

**Provides:** Counseling services for low income families

**Clientele:** Children/families/adolescents/adults

**Locations:** Salem, Lynn and Danvers (Family Counseling and Guidance Center)

**Telephone contact info:** Salem (978-740-6923); Lynn (781-593-2312); Family Counseling and Guidance Center (978-774-6820)

**Website:** <http://www.ccab.org>

#### ***Central Square Therapy Associates***

**Provides:** Outpatient therapy, psychological and neuropsychological evaluations, and forensic consultation and expert testimony.

**Clientele:** 6+ yrs old

**Locations:** 150 Market Market St. Lynn, MA 01902

**Telephone contact info:** 781-592-6100

**Website:** <http://www.centralsquaretherapy.com>

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### **MENTAL HEALTH SERVICES Continued:**

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#### ***Children's Friend and Family Services***

**Provides:** Care planning for children and youth with serious emotional disturbance, in home family therapy, outpatient mental health services, a parenting support group, trauma focused CBT, education for parents of children with mental health needs or behavioral disorders, youth mentoring, and medication management.

**Clientele:** 3-21 yrs and adults

**Locations:** 112 Market Street, 2<sup>nd</sup> floor, Lynn MA 01901; 110 Boston Street Salem, MA 01970

**Telephone contact info:** Lynn (781-592-5691); Salem (978-744-7905)

**Website:** <http://childrensfriend.net>

#### ***Eliot Community Human Services***

**Provides:** Wide array of mental health counseling and evaluation services for children, adolescents, adults, families and elders. Other services include substance abuse counseling, crisis stabilization services, community support services and adult day treatment programs. In addition, provides Mobile Crisis Intervention 24 hours a day for children, adults and elders in acute psychiatric distress.

**Clientele:** Children/families/adolescents/adults/seniors

**Locations:** 125 Hartwell Avenue, Lexington, MA 02421

**Telephone contact info:** 781-861-0890; 24/7 Psychiatric Emergency Services: 800-988-1111

**E-mail:** [Contact@eliotchs.org](mailto:Contact@eliotchs.org)

**Website:** <http://www.eliotchs.org>

#### ***Family Continuity***

**Provides:** Outpatient mental health counseling available at Beverly, Peabody and Lawrence offices. Also provides in-home therapy, community support program, therapeutic mentoring and parenting classes.

**Clientele:** 3+ yrs old

**Locations:** 9 Centennial Drive, Ste. 202, Peabody, MA 01960

**Telephone contact info:** 978-927-9410

**Website:** <http://www.familycontinuity.org>

#### ***Lowell Treatment Center in Arbour Health System***

**Provides:** 41 bed hospital facility offering in-patient and partial hospitalization services, evaluations, in-home family stabilization and therapy and therapeutic mentoring.

**Clientele:** Adolescents and adults

**Locations:** 116 Summer Street Haverhill, MA 01830

**Telephone contact info:** 978-373-7010

**Website:** <http://www.arbourhealth.com>

## **TRI-TOWN COMMUNITY RESOURCES**

### **MENTAL HEALTH SERVICES Continued:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Mass General for Children at North Shore Medical Center***

**Provides:** Outpatient mental health services and neuropsychological evaluations

**Clientele:** Under 18 yrs

**Locations:** 57 Highland Ave Salem, MA 01970

**Telephone contact info:** 978-745-2100

**Website:** [http://nsmc.partners.org/locations/nsmc\\_north\\_shore\\_childrens](http://nsmc.partners.org/locations/nsmc_north_shore_childrens)

**See website:** [http://nsmc.partners.org/departments\\_and\\_services](http://nsmc.partners.org/departments_and_services) for additional information and services

#### ***Massachusetts Department of Mental Health (DMH)***

**Provides:** Eligibility restrictions: individuals who suffer significant functional impairment as a result of mental illness/serious emotional disturbance.

**Clientele:** All

**Location:** 25 Staniford St., Boston, MA 02114

**Telephone contact info:** 617-626-8000

**Website:** [www.mass.gov/dmh](http://www.mass.gov/dmh)

#### ***North Shore Counseling Center***

**Provides:** Outpatient therapy to children, adolescents, adults and couples. Also offers a program for divorcing parents to manage conflicts that arise in co-parenting.

**Clientele:** Children/families/adolescents/adults/seniors

**Locations:** 900 Cummings Center, Suite 324-S Beverly, MA 01915

**Telephone contact info:** Beverly: 978-922-2280

**Website:** <http://www.nsccl-inc.com>

#### ***Riverside Community Care***

**Provides:** Abundance of services to children, adolescents, adults and families

**Clientele:** All

**Locations:** 6 Kimball Lane, Suite 310 Lynnfield, MA

**Telephone contact info:** 781-246-2010

**Website:** <http://www.riversidecc.org>

## **TRI-TOWN COMMUNITY RESOURCES**

### **MENTAL HEALTH SERVICES Continued:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Lahey Health Behavioral Services***

**Provides:** Mental health, substance abuse and community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts. Services included outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; and community education and prevention initiatives.

**Clientele:** Adults, teens, families and children.

**Locations:** Beverly, Gloucester, Haverhill, Lawrence, Lowell, Salem

#### **Telephone contact info:**

##### Emergency Psychiatric Services:

Haverhill: 800-281-3223 or 978-521-7777

Lawrence: 978-620-1250 or 877-255-1261

Lowell: 978-455-3397 or 800-830-5177

Salem: 866-523-1216 or 978-744-1585

##### Outpatient Clinics:

Beverly: 978-921-1190

Gloucester: 978-283-0296

Lawrence: 978-683-3128

Salem: 978-745-2440

**Website:** <http://nebhealth.org>

**Additional Info:** On Northeast Behavioral website there is a LARGE listing of Youth Services and programs as well as a significant amount of additional information.

#### ***South Bay Mental Health Center***

**Provides:** Continuum of community-based services to children, adults and families including individual therapy, family therapy, couples therapy and group therapy. Also provides intensive in-home family therapy under the Children's Behavioral Health Initiative.

**Clientele:** All

**Locations:** Lynn and Salem (multiple other locations)

**Telephone contact info:** Lynn: 781-244-1950, Salem: 978-542-1951

**Website:** <http://www.southbaycommunityservices.com>

#### ***Tri-Town Council***

**Provides:** Crisis counseling, helpline and list of mental health counselors in area

**Clientele:** Children, Adolescents and caregivers

**Locations:** 7 Grove Street, Unit 202 Topsfield, MA 01983

**Telephone contact info:** 978-887-6512 **OR 24-HOUR Helpline:** 978-771-4619

**Website:** <http://www.tritowncouncil.org>



## **TRI-TOWN COMMUNITY RESOURCES**

### **MENTAL HEALTH SERVICES Continued:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Therapy Matcher***

**Provides:** Referral Services for providers covered by your specific insurance company for Mental Health

**Clientele:** Children, adolescents, families, adults

**Telephone contact info:** 617-720-2828 or 1-800-242-9794 **E-mail:** [info@therapymatcher.org](mailto:info@therapymatcher.org)

**Website:** <https://therapymatcher.wordpress.com/>

#### ***National Suicide/Self Injury Prevention Lifeline***

**Provides:** Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

**Clientele:** Children/families/adolescents/adults

**Telephone contact info:** 1-800-273-(talk) 8255

**Website:** <http://www.suicidepreventionlifeline.org>

#### ***MEDA (Multi-Service Eating Disorders Association)***

**Provides:** Assessments, consultations, and support groups for individuals with eating disorders. Coaching sessions for family members and friends of individuals with eating disorders. Additional information and resources on eating disorders located on website.

**Clientele:** Children/families/adolescents/adult

**Locations:** 288 Walnut St, Suite 130 (Entrance: 449 Newtonville Ave) Newton, MA 02460

**Telephone contact info:** 617-558-1881

**Website:** <http://www.medainc.org/>

#### ***NEDA (National Eating Disorders Association)***

**Provides:** Referral Helpline for people with eating disorders. Resources/informational website including parent tool-kits

**Clientele:** Children/families/adolescents/adults

**Telephone contact info:** Helpline - 1-800-931-2237 or 24/7 crisis support text line: text NEDA to 741741

**E-mail:** [info@NationalEatingDisorders.org](mailto:info@NationalEatingDisorders.org)

**Website:** <http://www.nationaleatingdisorders.org/>

#### ***Cambridge Eating Disorder Center***

**Provides:** Supports and treatment for Eating Disorders

**Clientele:** Adolescents and adults

**Location:** 3 Bow Street, Cambridge, MA 02138

**Telephone contact info:** 888-900-CEDC (2332) **Email:** [info@CEDCmail.com](mailto:info@CEDCmail.com)

**Website:** <http://www.eatingdisordercenter.org/>

#### ***Walden Behavioral Center***

**Provides:** Inpatient and outpatient treatment for psychiatric and/or eating disorders.

**Clientele:** Adolescent and adults

**Location:** Peabody, Waltham, Braintree, Hyannis, Milford, Worcester, Amherst

**Telephone contact info:** 781-647-6700 (Waltham – Main Campus)

**Website:** [www.waldenbehavioralcare.com/](http://www.waldenbehavioralcare.com/)

#### **Additional website for resources and information on Mental Health**

<http://samaritanshope.org/>

<http://www.nami.org/>

<http://familyaware.org/>

<http://www.supportaftersuicide.org.au/what-to-do/information-for-friends-and-family>

## **TRI-TOWN COMMUNITY RESOURCES**

### **SERVICES TO ASSIST WITH VIOLENCE:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***HAWC (Healing Abuse Working for Change)***

**Provides:** An array of services for those dealing with any type of domestic violence

**Clientele:** Children, adolescents, adults and families

**Locations:** 27 Congress Street Salem, MA 01970

**Telephone contact info:** 978-744-8552 **OR** 24-HOUR Hotline: 1-800-547-1649

**Website:** <http://hawcdv.org>

#### ***Jeanne Geiger Crisis Center Inc.***

**Provides:** An array of services for those dealing with any type of domestic violence

**Clientele:** Children, adolescents, adults and families

**Locations:** 2 Harris Street Newburyport, MA 01950 **and** 5 Market Square, Suite 109 Amesbury, MA 01913

**Telephone contact info:** Amesbury: 978-834-9710 Newburyport: 978-465-0999 24-HOUR Hotline: 978-388-1888

**Website:** <http://www.jeannegeigercrisiscenter.org>

#### ***YWCA Northeastern Massachusetts***

**Provides:** Individual and group counseling, medical and legal advocacy, educational outreach, and a 24-hour toll-free hotline. All services are confidential and free of charge.

**Clientele:** Victims of domestic violence

**Locations:** 20 Central Avenue, Suite 510 Lynn, MA 01901

**Telephone contact info:** 781-477-2313 **or** 24-Hour Hotline: 1-800-922-8772 (Spanish: 800.223.5001)

**Website:** <http://ywcansrcc.org/>

#### ***Massachusetts Safe Link***

**Provides:** Domestic violence hotline and is answered by trained advocates

**Clientele:** Victims of domestic violence

**Telephone contact info:** 617-248-0922 **or** 24-Hour Hotline: 1-877-785-2020 **E-mail:** [info@janedoe.org](mailto:info@janedoe.org)

**Website:** <http://www.janedoe.org>

#### ***National Domestic Violence Hotline***

**Provides:** Hotline advocates providing crisis intervention, safety planning and referrals for domestic violence victims.

**Clientele:** Victims of domestic violence

**Telephone contact info:** 1-800-799-SAFE 7233

**Website:** <http://www.thehotline.org/>

#### ***National Teen Dating Violence Hotline***

**Provides:** Website provides resources for teens, parents, friends and family, Peer Advocates, government officials, law enforcement officials and the general public. All communication is confidential and anonymous. Hotline offers 1:1 support from trained peer advocates.

**Clientele:** Teens and young adults

**Telephone contact info:** 1-866-331-9474

**Website:** <http://www.loveisrespect.org>

#### ***Lawrence General Hospital ER***

**Provides:** 24 Hour service for rape victims

**Telephone contact info:** (978) 683-4000

**Website:** <https://www.lawrencegeneral.org/services-and-centers/emergency-center/>

## **TRI-TOWN COMMUNITY RESOURCES**

### **SUBSTANCE ABUSE SERVICES:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***MA Substance Abuse Helpline***

**Provides:** Provides appropriate treatment recommendations to individuals at all stages of substance abuse/addiction.

**Clientele:** Patients/families/Healthcare Providers

**Telephone contact info:** 800-327-5050

**Website:** [helpline-online.com](http://helpline-online.com)

#### ***North Shore Counseling Center Inc.***

**Provides:** Outpatient behavioral health services for child/adolescents, family, couples, and individuals, as well as, group counseling in mental health, alcohol/drug treatment and other programs such as psychological testing.

**Clientele:** Children/families/adolescents/adults/seniors

**Locations:** North Shore Counseling Center, Inc. 900 Cummings Center, Suite 324-S Beverly, MA, 01915

**Telephone contact info:** 978-922-2280

**Website:** <http://www.nsc-inc.com>

#### ***Adolescent Substance Abuse Program (ASAP) at Boston Children's Hospital***

**Provides:** Identification, diagnosis & treatment for substance-use problems and disorders children and adolescents. Specialized support and treatment such as; interventions, including abstinence challenges and toxicology screens, provides triage appointments during times of crisis, offers short term treatment planning, and arranges for a more comprehensive evaluation. For adolescents who require a more intensive assessment, we provide full diagnostic appointments.

**Clientele:** Children and adolescents

**Locations:** Boston Children's - Hospital Fegan Building, 10th Floor 300 Longwood Avenue Boston, MA 02115

**Telephone contact info:** 617-355-2727 or **E-mail:** [ASAP@childrens.harvard.edu](mailto:ASAP@childrens.harvard.edu)

**Website:** <https://www.childrenshospital.org/centers-and-services/programs/adolescent-substance-abuse-program>

#### ***Institute for Health and Recovery: Youth Services***

**Provides:** Screening assessments and referrals for adolescents with substance abuse issues, including residential & patient treatment.

**Clientele:** Adolescents and families

**Locations:** 349 Broadway Cambridge, MA

**Telephone contact info:** 617-661-3991

**Website:** <http://www.healthrecovery.org/our-work/youth/>

## **TRI-TOWN COMMUNITY RESOURCES**

### **SUBSTANCE ABUSE SERVICES Continued:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Institute for Health and Recovery (IHR)***

**Provides:** Facilitates access to a range of services for Massachusetts youth with substance abuse issues, including residential and outpatient treatment.

**Cientele:** Adolescents

**Locations:** Greater Boston, Lynn Area and Lawrence

**Telephone contact info:** 617-661-3991 or toll free: 866-705-2807

**Website:** <http://www.healthrecovery.org>

#### ***Informational numbers and websites for substance abuse and addiction support:***

##### **Alcoholics Anonymous (AA) Central Service Committee of Eastern Mass:**

1-617-426-9444

<http://www.aabosmeetings.org>

##### **Al-Anon/Alateen Family Group Meetings in Massachusetts:**

<http://www.ma-al-anon-alateen.org>

##### **New England Region of Narcotics Anonymous (N.E.R.N.A)**

**Helpline:** 1-866-624-3578 (call and leave a message)

<http://www.nerna.org>

##### **Massachusetts Organization for Addiction Recovery (MOAR)**

617-423-6627

<http://www.moar-recovery.org>

##### **Partnership for a Drug Free America:**

Parent Toll Free Helpline: 1-855-378-4373

<http://www.drugfree.org>

##### **National Institute on Drug Abuse**

301-443-1124

<http://www.nida.nih.gov>

##### **Massachusetts Health Promotion Clearing House: The Medical Foundation**

617-830-5590

<http://www.maclclearinghouse.com>

##### **Massachusetts Substance Abuse Information and Education Helpline**

1-800-327-5050

<http://www.helpline-online.com>

##### **Mass Dept. of Public Health-Tabacco Control Program**

1-800-QUIT-NOW

[www.makesmokinghistory.org](http://www.makesmokinghistory.org)

## **TRI-TOWN COMMUNITY RESOURCES**

### **HOLIDAY SUPPORT:**

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

#### ***Holiday Assistance Program at Masconomet Regional School District:***

**Provides:** Assistance to families in need in the form of gifts, food and/or financial aid during the holiday season.

**Clientele:** Tri-Town residents

**Telephone contact info:** Joan Murphy (Transition Specialist) 978-887-2323 Ext. 12311

[jmurphy@masconomet.org](mailto:jmurphy@masconomet.org)

Karen Trevenen (HS Nurse) 978-887-2323 Ext. 31090

[ktrevenen@masconomet.org](mailto:ktrevenen@masconomet.org)

#### ***Tri-Town Council***

**Provides:** Referral resources; holiday food support in conjunction with the Christian Angel Smile Foundation. Limited financial emergency family assistance.

**Clientele:** Tri-Town families.

**Locations:** 7 Grove Street, Unit 202 Topsfield, MA 01983

**Telephone contact info:** Meredith Shaw 978-887-6512

**Website:** <http://www.tritowncouncil.org/>

#### ***St. Vincent de Paul Society***

**Provides:** Non-perishable food, grocery store gift cards and emergency assistance Location(s):

St. Rose of Lima Parish, Topsfield, MA 01913 and St. Agnes Parish, Middleton, MA 01914

**Clientele:** Local community members in need

**Telephone contact info:**

Topsfield: Augie Chiango at 617-429-6284 or through church (978) 887-5505 or [asapemail@aol.com](mailto:asapemail@aol.com)

Middleton: Deborah Charewicz at the church office (978) 774-1958

**Website:** <https://thechristinitiative.org/act/saint-vincent-de-paul-society>

#### ***Friends of the Flint Library: Neighbors in Need Annual Holiday Giving Program***

**Provides:** Assistance to Middleton families who may be facing difficulties during the holiday season. Emergency assistance may be available.

**Clientele:** Middleton families

**Location:** 1 S Main St, Middleton, MA 01949

**Telephone contact info:** 978-774-8132 **E-mail:** [fplfriendsmiddleton@gmail.com](mailto:fplfriendsmiddleton@gmail.com)

**Website:** <https://flintlibrary.org/index.php/friends-of-the-flint-public-library/>

**Additional Information:** Donations are welcome. Items that are especially helpful are gift cards in any amount for the "tween" and teenage groups; cash donations; gift cards to local restaurants, grocery stores, drug stores and hair salons.

#### ***Koster Family Foundation***

**Provides:** Financial and in-kind assistance to families and youth in times of crisis; sports scholarships; and holiday food and gift support.

**Clientele:** Families in the Tri-Town

**Telephone contact info:** Scott Morrison, Superintendent of Elementary Schools 978-887-0771