# COMMUNITY RESOURCES

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# PSYCHOLOGICAL EMERGENCY SERVICES

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<tr>
<td></td>
<td>354 Waverly Street</td>
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<td></td>
<td>508-872-3333 or 800-640-5432</td>
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<tr>
<td>Framingham</td>
<td>Metrowest Medical Center</td>
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<td></td>
<td>115 Lincoln Street</td>
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<td>508-650-7380</td>
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<tr>
<td>Westborough</td>
<td>Westborough Behavioral Healthcare Hospital</td>
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<td></td>
<td>300 Friberg Pkwy</td>
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<td></td>
<td>877-590-0416</td>
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<td></td>
<td><a href="https://www.westboroughbehavioral.com/about/admissions">https://www.westboroughbehavioral.com/about/admissions</a></td>
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<tr>
<td>Worcester</td>
<td>UMass Memorial Medical Center</td>
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<td>119 Belmont Street</td>
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<td>866-549-2142</td>
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<td></td>
<td><a href="https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/psychiatry/services-we-provide/emergency-mental-health">https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/psychiatry/services-we-provide/emergency-mental-health</a></td>
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<td>Emergency Services Program (Refers to Advocates)</td>
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<td>Mobile Crisis Intervention</td>
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<td></td>
<td>877-382-1609</td>
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<td>Statewide</td>
<td>MassHealth Subscriber's Crisis Team</td>
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<td>800-981-4357</td>
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MENTAL HEALTH COUNSELORS

**Acton**
Life Management Associates  
289 Great Rd. Suite G1  
978-772-4457  
https://www.lmaofharvard.com/

Metrowest Behavioral Health Center/JRI  
380 Massachusetts Avenue  
978-264-3553  
https://jri.org/services/behavioral-health-and-trauma/metrowest-bhc

**Belmont**
McLean Hospital  
115 Mill Street  
800-333-0338  
www.mcleanhospital.org

**Bolton**
Leigh Tuttle, Ph.D.  
563 Main Street, #8  
978-779-0211  

Cultivate Care Center  
401 Main Street  
978-618-1144  
https://cultivatefarms.org/counseling

**Boston**
Boston Children's Hospital, Department of Psychiatry  
300 Longwood Avenue  
617-355-6680  
http://www.childrenshospital.org/centers-and-services/departments/psychiatry

CEDAR Clinic  
75 Fenwood Road, 5th Floor  
617-754-1223  
https://www.cedarclinic.org/
Brighton
Franciscan Children's Hospital
30 Warren Street
617-254-3800
https://franciscanchildrens.org/

Brookline
The Therapy Center
1581 Beacon Street
617-277-3910
https://talk-therapy.org/

Chestnut Hill
Bournewood Hospital
300 South Street
617-469-0300
https://www.bournewood.com/

Concord
The Eliot Center at Concord
86 Baker Ave Extension, Suite 100
978-369-1113
http://www.eliotchs.org/services/outpatient-services/

Emerson Hospital Behavioral Health
133 Old Road to Nine Acre Corner
978-369-1400
https://www.emersonhospital.org/clinical-services/behavioral-health

Framingham
Acadia Behavioral Health
463 Worcester Road Suite 407
508-665-5900
https://acadiabehavioralhealth.com/

Advocates Community Counseling
354 Waverly Street
508-661-2020
https://www.advocates.org/

Collaborative Mental Health Services, Inc.
264 Union Avenue
508-309-4754
www.collaborativementalhealth.com
Family Development Associates
40 Speen St., Suite #106
508-877-3660
http://familydevelopmentassociates.com/

Framingham Center for Healing
50 Lexington Street, #2
508-561-4966
http://www.framinghamcenterforhealing.com/

Framingham Psychiatric Counseling Services
63 Fountain St # 402
508-872-4813

The Key Program, Inc.
670 Old Connecticut Path
508-877-3690
www.key.org

Metrowest Counseling Associates
600 Worcester Rd #201
508-875-1110
http://www.metrowestcounseling.com/

New Hope Counseling and Neurofeedback
1071 Worcester Rd #43
508-626-1330
http://www.newhopecounselingonline.com/

Psychological Care Associates
125 Newbury Street
781-646-0500
https://psycare.info/

Scott Cohen Associates
1 Granite Street
508-872-1010

SMOC Behavioral Health
300 Howard Street
508-879-2250
https://www.smoc.org/behavioral-health-services.php
Wayside Youth & Family Support Network
1 Frederick Abbott Way
508-879-9800
https://www.waysideyouth.org/

**Hudson**
Ann Vasey, LMHC, LMFT (EMDR)
34 Pope Street
978-562-3823

**Harvard**
Thomas Weiss, MD
Life Management Associates
257 Ayer Road
978-772-4457 ext.402

**Lexington**
Eliot Community Human Services
125 Hartwell Avenue
781-861-0890
http://www.eliotchs.org/

**Marlborough**
Advocates Community Counseling
340 Maple Street, Suite 400
508-485-9300
https://www.advocates.org/

Julie Casella, MA, LMHC
929 Boston Post Road East
617-340-8739

Anne Catalano, MA, LMHC, SAC
929 Boston Post Road East

Cheryl Desautels, MA
Victoria Building, 277 Main Street, Suite 207
774-249-5584
http://www.cheryldesautels.org/

Debora Franco, LMHC
40 Mechanic Street, Suite 303
774-225-1410
Michelle Klotz, MA, LMHC, SAC
Central Mass Counseling
929 Boston Post Road
978-919-4542

Shelley Lyons, MA, LMHC
289 Elm Street, Suite 203
508-692-9169

Mental Health Affiliates
221 Boston Post Road East
508-460-9633
www.mentalhealthaffiliates.com

Alyssa Pacific, LICSW
40 Mechanic Street, Suite 307
781-264-1441
https://www.alyssapacificlicsw.com/

SMOC Behavioral Healthcare
230 Maple Street
508-480-0092
https://www.smoc.org/behavioral-health-services.php

Elisa Swieg
10 Cook Lane
774-571-1897

Grace Terrazas, LICSW
Alivio Wellness Center
277 Main Street, Suite 6
339-666-6602

Milford
Wayside Youth & Family Support Network
10 Asylum Street
508-478-6888
https://www.waysideyouth.org/
Natick
DCS Mental Health
251 W Central St Suite 25
508-653-4820
http://www.dcsmentalhealth.com/
Leonard Morse Hospital
67 Union Street
508-650-7000
https://www.mwmc.com/services/behavioral-health

Northborough
Confident Counseling
30 North Main Street
508-475-9018 ext. 1
https://www.confidentcounseling.com/
E.N. Psychotherapy LLC
300 West Main Street
888-336-9473
enpsychotherapy.com
Glenn R. Kessler, Ph.D.
Kessler Psychological Associates
20 Main Street 508-393-9899
Lisa Kamean-Silva, Psy.D.
300 West Main Street
508-393-4270
http://www.drkameansilva.com/
Lizbeth Gustavson, LMHC
300 W Main St Ste 202
508-393-7662
Northboro Psychiatric Associates
112 Main Street
508-393-7223

Southborough
Southborough Reliant Medical Group
24-28 Newton Street
508-481-5500
https://reliantmedicalgroup.org/medical-services/behavioral-health/
Sudbury
Counseling Collaborative
323 Boston Post Road, Unit 4C
978-443-8707 ext.8
https://www.counselingcollaborative.com/

Thomas Gerbe, Ph.D.
323 Boston Post Rd # 1
978-440-9404

Morse-Rosenbaum Counseling
321 Boston Post Rd. Ste 2
978-443-0998
https://www.counselingandconsultation.com/

Kimberly Snow, LICSW
43 Saxony Drive
978-518-0825

Wayside Counseling Associates
327 Boston Post Rd
978-443-4262

Westborough
Agents of Change Counseling
45 Lyman Street, Suite 20
508-366-2300
http://agentsofchangecounseling.com/

Assabet Valley Pastoral Counseling Center
7 Church Street
508-366-4000
https://www.pccofma.org/

Castlebrook Counseling Services
24 Lyman Street, Suite 200
508-475-9110
http://castlebrookcounseling.com/index.html

Keith Levy, MD
Psychiatric and Family Counseling
5 East Main Street
508-366-0342
Staffier Associates
57 E Main Street, #200
508-366-0406

Worcester
Arbour Counseling Services
411 Chandler Street
508-799-0688
https://arbourhealth.com/

The Attachment Institute of New England (EMDR)
21 Cedar Street
508-799-2663
http://www.attachmentnewengland.com/website/index.html

Centro
11 Sycamore Street
508-798-1900
http://www.centroinc.org/

Edward M Kennedy Community Health Center
19 Tacoma Street
800-853-2288
https://www.kennedychc.org/services/mental-health-social-services

Open Sky Community Services
4 Mann Street
508-755-0333
https://www.openskycs.org/services/mental-health-services/index.html

UMass Memorial Medical Center
55 Lake Avenue
508-334-1000
https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/psychiatry

YOU Inc Counseling Center
81 Plantation Street
855-496-8462
https://www.youinc.org/services/counseling/counseling-centers/worcester/
SUBSTANCE ABUSE RESOURCES

Substance Use Evaluation:

**Concord**  
Addiction Rehabilitation Programs  
Emerson Main Campus  
133 Old Road to Nine  
978-287-3510 Inpatient/Emergency Services  
978-287-3520 Addiction Services

**Framingham**  
Genesis Community Counseling Services  
24 Union Avenue, Suite 11  
508-620-2992  
Teen Talk, Counseling and Youth Substance Abuse Program – three session evaluation/education program

Outpatient Counseling for Substance Abuse:

**Framingham**  
Spectrum Health Services  
68 Franklin Street  
508-875-5801  
https://www.spectrumhealthsystems.org/locations/framingham-ma/141

**Milford**  
Spectrum Health Services  
200 East Main Street  
(508) 634-1877  
https://www.spectrumhealthsystems.org/locations/milford-ma/146

**Westborough**  
Spectrum Health Services  
153 Oak Street  
877-697-3422  
https://www.spectrumhealthsystems.org/locations/westborough-ma/152
**Worcester**
ADCARE Hospital Of Worcester, Inc.
107 Lincoln St.
(508) 799-9000

Washburn House
1183 Main Street
(860) 324-9313
[https://www.washburnhouse.com/](https://www.washburnhouse.com/)

Community Healthlink - Thayer Detox
12 Queen St.
(508) 860-1000

Motivating Youth Recovery (MYR)
26 Queen St.
(508) 860-1244

Spectrum Health Systems, Inc.
585 Lincoln St.
(508) 831-0045
[https://www.spectrumhealthsystems.org/locations/worcester-ma/155](https://www.spectrumhealthsystems.org/locations/worcester-ma/155)

Spectrum Outpatient Services, Inc.
105 Merrick St.
(508) 797-6100
[https://www.spectrumhealthsystems.org/locations/worcester-ma/154](https://www.spectrumhealthsystems.org/locations/worcester-ma/154)

**Substance Abuse Support Meetings:**

Alanon/Alateen
[https://al-anon.org/](https://al-anon.org/)

Alcoholics Anonymous
617-426-9444
[https://www.aa.org/](https://www.aa.org/)

Marijuana Anonymous
[https://marijuana-anonymous.org/](https://marijuana-anonymous.org/)
Rehabilitation/Sober Living:

Marlborough

Prana Recovery Center
82 Brigham Street
(978) 580-0631
https://www.pranarecoverycenters.org/

The Recovery Connection
31 Main Street
508-485-0298
http://www.therecoveryconnection.org/contact-us.html

HOUSING RESOURCES

Prevention:

Framingham

Department of Transitional Assistance
Family Shelter Emergency Assistance
Department of Housing and Community Development (DHCD)
300 Howard Street
Framingham, MA 01702
508-661-6600
https://www.mass.gov/orgs/housing-and-community-development

Overview: The Department of Housing and Community Development (DHCD) oversees family homeless prevention, diversion, supported family shelter and stabilized re-housing services. A DHCD Homeless Coordinator is on site.

Tempo Young Adult Resource Center
68 Henry Street
Framingham, MA 01702
508-879-1424
http://tempoyoungadults.org/

Hours: Monday: 8:00AM-2:00PM
      Tuesday: 8:00AM-4:00PM
      Wednesday: 8:00AM-8:00PM
      Thursday: 8:00AM-5:00PM
      Friday: 10:00AM-4:00PM

Overview: Tempo provides information about services available to adolescents and young adults in areas including food, shelter, medical/health insurance, employment and education services.
Marlborough
The Housing Consumer Education Center (HCEC)
Marlborough Human Services
255 Main St, Suite 113
Marlborough, MA 01752
508-460-3758
https://www.smoc.org/housing-consumer-education-center.php

Hours: Monday-Friday 9am to 1:30pm (Walk in clients are welcome.)

Overview: The Home Center provides a variety of services for **homeless individuals and families along with individuals and families facing eviction who are not eligible for DTA services**. This service is provided through information and referral, individual counseling, workshops, and seminars.

Worcester
Open Sky Community Services
Aggressive Treatment and Relapse Prevention (ATARP)
4 Mann Street
Worcester, MA 01602
508-755-0333
https://www.openskycs.org/services/housing-and-homelessness-services.html

Overview: A Housing First program to help **individuals who have co-occurring mental health challenges and substance use disorders**. The program includes assistance in locating housing, housing subsidies, treatment services, assistance with benefits, access to medical care, wraparound supports to help individuals be successful in the community, assistance with employment and education and other supports as needed. Referral through the Massachusetts Department of Mental Health is required.

Emergency Shelters:

Ashland
Shadows Shelter for Women
South Middlesex Opportunity Council (SMOC)
25 Central Street
Ashland, MA 01721
(508) 231-8710
https://www.smoc.org/shadows.php

Overview: Shadows provides emergency **sober housing/shelter for up to 10 single women**. It is linked to SMOC’s continuum of housing and services through the CGRC. Women at Shadows are eligible for employment and housing search services, mental health and substance abuse services and more.
Framingham

Common Ground Resource Shelter (CGRC)
South Middlesex Opportunity Council (SMOC)
The Opportunity Center
7 Bishop Street
Framingham, MA 01702
(508) 620-2690

Overview: This shelter provides emergency, **sober housing for single individuals**. The CGRC is the hub of SMOC’s housing and shelter services for single adults in Metrowest. CGRC provides a single entry point into all of SMOC’s emergency, transitional and sober housing for single, homeless adults who are drug free and sober at admission.

Pathways Family Shelter
South Middlesex Opportunity Council (SMOC)
300 Howard Street
Framingham, MA 01702
(508) 879-5047
http://www.smoc.org/pathways.php

Overview: Pathways Family Shelter is a fourteen family congregate **shelter for homeless families**. It is staffed 24 hours a day. Parents and children share one private bedroom. They share the rest of the common spaces such as the kitchen, dining room, living room, and bathrooms with the rest of the families.

Eligibility Requirements: Homeless Families must contact their local Department of Transitional Assistance (DTA) office to be determined Emergency Assistance Eligible (EA Eligible). The DTA reviews a family’s reason for becoming homeless, income, assets, and citizenship. Please refer to the below link to DTA for more information regarding eligibility. Once eligible the local DTA office will refer the family to the SMOC Intake Coordinator who then interviews and places the family in the next available appropriate shelter opening.
Scattered Sites Family Shelter
South Middlesex Opportunity Council (SMOC)
7 Bishop Street
Framingham, MA 01702
(508) 872-4853
https://www.smoc.org/scattered-sites.php

Overview: Scattered Site Family Shelter has 40 units for homeless families. Scattered Sites Family Shelter is generally used for homeless families with severe medical issues, families with older children or many children. Families placed in Scattered Sites are expected to have a high level of self-sufficiency such as being employed, or enrolled in an educational or training program. Program staff assist families in acquiring permanent, affordable housing, as well as medical, education, vocational, and social services.

Eligibility Requirements: Homeless Families must contact their local Department of Transitional Assistance (DTA) office to be determined Emergency Assistance Eligible (EA Eligible). The DTA reviews a family’s reason for becoming homeless, income, assets, and citizenship. Please refer to the below link to DTA for more information regarding eligibility. Once eligible the local DTA office will refer the family to the SMOC Intake Coordinator whom then interviews and places the family in the next available appropriate shelter opening.

Turning Point Shelter
South Middlesex Opportunity Council (SMOC)
3 Merchant Road
Framingham, MA 01701
508-875-6429
https://www.smoc.org/turning-point.php

Overview: Turning Point is an 18 bed emergency shelter program for single adult men in need of sober living/transitional housing. The program also began a housing component this year with 10 beds on the second floor set aside as transitional housing for folks not quite ready for Sober Housing.
Marlborough
Roland's House
South Middlesex Opportunity Council (SMOC)
57 Mechanic Street
Marlborough, MA 01752
(508) 481-7847
http://smoc.org/marlboro-shelter.php

Overview: Roland's House is a temporary sober living emergency shelter serving up to 18 unaccompanied adult males. It is part of SMOC's continuum of housing and services through the Common Ground Resource Center. Guests are eligible for employment and housing search services, mental health and substance abuse services and more.

Medway
Medway Family Shelter
South Middlesex Opportunity Council (SMOC)
17 Holliston Street
Medway, MA 02053
(508) 533-1487
https://www.smoc.org/medway-house.php

Overview: Medway Family Shelter is a 12 family congregate shelter for homeless families. It is staffed 24 hours a day. Parents and children share one private bedroom. They share the rest of the common spaces such as the kitchen, dining room, living room, and bathrooms with the rest of the families. Staff assists families in acquiring permanent, affordable housing, as well as medical, education, vocational, and social services and referrals.

Eligibility Requirements: Homeless Families must contact their local Department of Transitional Assistance (DTA) office to be determined Emergency Assistance Eligible (EA Eligible).

Natick
Family Promise of Metrowest (Family Shelter)
13 Common Street
Natick, MA 01760
(508) 318-4820
http://familypromisemetrowest.org/how.html

Overview: This shelter offers temporary housing for homeless families.
FOOD PANTRIES

**Hudson**
Hudson Community Food Pantry
28 Houghton Street
Hours: Tuesdays: 9:00 AM – 10:30 AM
Saturdays: 9:00 AM – 10:30 AM
First Thursday of the month: 7:00 PM – 8:30 PM

**Marlborough**
Marlborough Community Cupboard
255 Main Street, Rm.113
508-481-4080
https://www.uwotc.org/MCC
Hours: Monday, Wednesday and Friday 9am-1pm; Additional hours Weds 5pm-7pm

Our Fathers Table
First Baptist Church
Monument Square
508-485-3450
Hours: Monday, Tuesday, and Thursday 5 – 6 PM

ADDITIONAL RESOURCES

Afterschool Programs and Child Care:

**Framingham**
Kidsborough Before & After School Program
64 Pleasant Street
508-630-4216
www.kidsborough.com

SMOC Childcare
12 Roxanna Street
508-620-2373
https://www.smoc.org/child-care.php

**Marlborough**
Boys & Girls Club
169 Pleasant Street
508-485-4912
Community Services:

**Marlborough**
Board of Health
140 Main Street – Lower Level
508-460-3751

City of Marlborough, Office of Human Services
225 Main Street, Rm 113
508-460-3758

City of Marlborough, Housing Office
240 Main Street
508-624-6908

Employment Options
82 Brigham Street
508-485-5051

Marlborough Resource Center
133 East Main Street, Rm 203
508-460-9699

**LGBTQ:**

**Cambridge**
Mae Bright Group (Transgender)
57 Jackson Street
617- 800-9802
https://www.maebright.com/

**Framingham**
OUT Metrowest
929 Worcester Road
https://outmetrowest.org/

**Worcester**
SAFE HOMES
4 Mann Street
508- 755-0333
http://www.safehomesma.org/
Pregnancy/Parenting:

Framingham
Healthy Families
665 Franklin Street
508-879-1726

Marlborough
Birthright
277 Main Street
508-481-2055
Helpline: 800-550-4900
https://birthright.org/

Planned Parenthood
91 Main Street, Suite 103
800-258-4448

Milford
Healthy Families
409 Fortune Blvd.Suite 203
508-482-5939

HOTLINES/HELPLINES

Domestic Violence:

The Network/La Red
1-800-832-1901
The Network/La Red hotline provides support, information, and safety planning to anyone in the LBGTQ community who are being abused, or have been abused, by a partner. The hotline is also open to friends and family, as well as others who work on domestic violence issues in the LGBTQ community. The hotline is available 24/7.

New Hope, Inc
1-800-323-4673
New Hope, Inc. has a 24/7 hotline available to anyone who is a survivor of domestic violence or sexual violence. New Hope primarily serves Central and Southeaster Massachusetts.

**Voices Against Violence**
1-800-593-1125 or 508-626-8686 (TTY-friendly)

**SafeLink**
1-877-785-2020
TTY: 1-877-521-2601
SafeLink is for anyone who is being affected by domestic violence or dating violence. Volunteers at SafeLink speak English and Spanish, and SafeLink also has a service that can provide translation in more than 130 languages.

**LGBTQ:**

**National LGBTQ Hotline**
888-THE-GLNH (843-4564)

**National LGBTQ Youth Hotline**
800-246-7743

**Mental Health Services:**

**SAMHSA (Substance Abuse and Mental Health Services Administration)**
1-800-662-HELP (4357)
TTY: 1-800-487-4889
www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**United Way Resource Helpline**
Dial or Text 2-1-1

**Rape/Sexual Assault:**

**Boston Area Rape Crisis Center**
1-800-841-8371
TTY: 1-800-439-2370 (ask for the hotline)
The Boston Area Rape Crisis Center has a 24/7 hotline for survivors of sexual violence ages 12 or older. The hotline is also available to survivors' friends and families, as well as other professionals.

**National Sexual Assault Telephone Hotline**
Voices Against Violence
1-800-593-1125 or 508-626-8686 (TTY-friendly)

Runaways:

National Runaway Safeline
1-800-786-2929
The National Runaway Safeline helps youth who have run away, are thinking about running away, or who already ran away but are ready to come home. Parents and guardians can also contact the hotline if they are worried about their child running away or if their child has already left home. The hotline is available 24 hours a day, seven days a week. Youth, parents, and guardians can also use the online chat feature on the Runaway Safeline's website to ask for help and get support, or can send a text to 66008.

Substance Use:

MA Substance Use Hotline
800-327-5050
MA Relay 711
helplinema.org

Suicide Prevention:

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
TTY: 1-800-799-4889
www.suicidepreventionlifeline.org
24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

Samaritans Statewide Helpline (Massachusetts)
(877) 870-4673

Samariteens Hotline
1-800-252-TEEN
1-800-252-8336
3pm-9pm Teen to Teen
9pm-3pm Adult to Teen
The Trevor Project  
1-866-488-7386  

The Trevor Project is a 24/7 crisis intervention and suicide prevention hotline for LGBTQ youth. Youth can also text "Trevor" to 1-202-304-1200 for support, or use the online chat feature on the Trevor Project's website.

TrevorText is available Monday-Friday between 3-10PM. TrevorChat is available seven days a week between 3-10PM.

Pediatric Resources:
Edward M. Kennedy Community Health Center  
1-800-853-2288  
info@kennedychc.org  
Three locations:  
19 Tacoma Street, Worcester, MA 01605  
354 Waverly Street, Framingham, MA 01702  
42 Cape road, Milford, MA 01757  

Bolton Street Pediatrics  
320 Bolton Street, Marlborough, MA 01752  
508-460-9670  

Southborough Pediatrics  
24-28 Newton Street, Southborough, MA 01772  
508-460-3100  
508-460-3180 (fax)  
relantmedicalgroup.org