

Beth Israel Deaconess Needham Community Resource List

Community Benefits Service Area includes: Dedham, Needham, Norwood and Westwood

Health Issue	Organization	Brief Description	Address	Phone	Website
	Department of Mental Health-Handhold program	Provides tips, tools, and resources to help families navigate children’s mental health journey.		833.773.2445	www.handholdma.org
	Executive Office of Elder Affairs	Provides access to the resources for older adults to live healthy in every community in the Commonwealth.	1 Ashburton Place 5th Floor Boston	617.727.7750	www.mass.gov/orgs/executive-office-of-elder-affairs
	Find Help	Provides resources for financial assistance, food pantries, medical care, and other free or reduced-cost help.			www.findhelp.org
	Mass 211	Available 24 hours a day, 7 days a week, Mass 211 is an easy way to find or give help in your community.		211 or 877.211.6277	www.mass211.org
	Massachusetts Behavioral Health Help Line	Available 24 hours a day, 7 days a week, connects individuals and families to the full range of treatment services for mental health and substance use.		833.773.2445	www.masshelpline.com
	Massachusetts Elder Abuse Hotline	Hotline is available 24 hours a day or by phone. Older adult abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community.	1 Ashburton Place 5th Floor Boston	800.922.2275	www.mass.gov/orgs/executive-office-of-elder-affairs

Statewide Resources	Women, Infants and Children (WIC) Nutrition Program	Provides free nutrition, health education and other services to families who qualify.		800.942.1007	www.mass.gov/orgs/women-infants-children-nutrition-program
	MassOptions	Provides connection to services for older adults and persons with disabilities.		800.243.4636	www.massoptions.org
	Massachusetts Substance Use Helpline	24/7 Free and confidential public resource for substance use treatment, recovery, and problem gambling services.		800.327.5050	www.helplinema.org
	National Suicide Prevention Lifeline	Provides 24/7, free and confidential support.		988	www.suicidepreventionlifeline.org
	Network of Care Massachusetts	Provides a searchable directory of over 5,000 Behavioral Health service providers in Massachusetts.		833.773.2445	www.massachusetts.networkofcare.org
	Project Bread Foodsource Hotline	Provides information about food resources in the community and assistance with SNAP applications by phone.		1.800.645.8333	www.projectbread.org/get-help
	SafeLink	Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence.		877.785.2020	www.casamyrna.org/get-support/safelink
	SAMHSA's National Helpline	Provides a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families in need of mental health resources and/or information for those with substance use disorders.		800.662.HELP (4357)	www.samhsa.gov/find-help/national-helpline
	Supplemental Nutritional Assistance Program (SNAP)	Provides nutrition benefits to individuals and families to help subsidize food costs.		877.382.2363	www.mass.gov/snap-benefits-formerly-food-stamps

	Veteran Crisis Hotline	Free, every day, 24/7 confidential support for Veterans and their families who may be experiencing challenges.		988	www.veteranscrisisline.net
Domestic Violence					
	Boston Area Rape Crisis Center-Family Justice Center	Provides free, confidential support and services to survivors of sexual violence.	989 Commonwealth Ave Boston	617.492.8306 24/7 Hotline: 800.841.8371	www.barcc.org
	DOVE, Inc.	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.	PO Box 690267 Quincy	617.770.4065 24 Hour Hotline: 617.471.1234	www.dovema.org
	REACH Beyond Domestic Violence	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.	PO Box 540024 Waltham	781.891.0724 Hotline: 800.899.4000	www.reachma.org
Food Assistance					
	Centre Street Food Pantry	Provides food assistance to residents of Needham.	11 Homer St Newton	617.340.9554	www.centrestfoodpantry.org
	Dedham Food Pantry	Provides food assistance to residents of Dedham.	600 Washington St Dedham	781.269.1541	www.dedhamfoodpantry.org
	Needham Community Council	Provides food assistance to residents of Needham.	570 Hillside Ave Needham	781.444.2415	www.needhamcommunitycouncil.org/food-pantry
Housing Support	Westwood Food Pantry	Provides food assistance to residents of Westwood.	60 Nahatan St Westwood	781.269.2008	www.westwoodfoodpantry.org
	Dedham Housing Authority	Provides affordable, subsidized rental housing for low-resource residents in Dedham.	163 Dedham Blvd Dedham	781.326.3543	www.dedhamhousing.org
	Family Promise MetroWest	Provides shelter, education and comprehensive support to families with children without housing.	6 Mulligan St Natick	508.318.4820	www.familypromisemetrowest.org/

	Father Bill's & Mainspring	Provides shelter, job support and case management for people without housing.	38 Broad St Quincy	617.770.3314	www.helpfbms.org
	Needham Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	21 Highland Circle Needham	781.444.3011	www.needhamhousing.org
	Norwood Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals.	40 William Shyne Circle Norwood	781.762.8115	www.norwoodha.org
	Westwood Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	580 High St Westwood	781.320.1031	www.townhall.westwood.ma.us/government/boards-committees/westwood-housing-authority
	Beth Israel Lahey Health (BILH) Behavioral Services	Provides high-quality mental health and addiction treatment for children and adults ranging from inpatient to community-based services.		978.968.1700	www.bilhbehavioral.org
	Dana Group	Provides psychology, psychiatry, and medication management.	220 Reservoir St Ste 21 & 28	781.429.7755 ext. 2222	www.dana-group.com
Mental Health and Substance Use	Riverside Community Behavioral Health Center	Provides treatment for mental health, substance use, and co-occurring disorders.	190 Lenox St Norwood	781.769.8670	www.riversidecc.org/adult-services/community-behavioral-health-centers/
	Riverside Community Care	Offers comprehensive mental health services for children and families.	270 Bridge St Ste 301 Dedham	781.329.0909	www.riversidecc.org
	Walker Counseling Services	Provides therapeutic and educational programming for children in the areas of behavioral health and special education.	1968 Central Ave Needham	781.449.4500	www.walkercares.org
	Dedham Council on Aging	Provides services for older adults in Dedham including fitness, education, social services, and recreation.	450 Washington St Dedham	781.751.9495	www.dedham-ma.gov/departments/council-on-aging
	HESSCO	Provide supportive services for older adults.	545 South St Ste 300 Walpole	781.784.4944	www.hessco.org

	Needham Council on Aging	Provides services for older adults in Needham including fitness, education, social services, and recreation.	300 Hillside Ave Needham	781.455.7555	www.needhamma.gov/519/Council-on-Aging
Senior Services	Norwood Council on Aging	Provides services for older adults in Norwood including fitness, education, social services, and recreation.	275 Prospect St Norwood	781.762.1201	www.norwoodma.gov/departments/council_on_aging/index.php
	Springwell Elder Services	Provide supportive services for older adults and persons with disabilities.	307 Waverley Oaks Rd Ste 205 Waltham	617.926.4100	www.springwell.com
	Westwood Council on Aging	Provides services for older adults in Norwood including fitness, education, social services, transportation, and recreation.	60 Nahatan St Westwood	781.329.8799	www.townhall.westwood.ma.us/government/boards-committees/council-on-aging
Transportation	MBTA	Provides transportation thru out Boston and surrounding communities.			www.mbta.com
Additional Resources	Neighbor Brigade	Provides temporary, non-monetary assistance with day-to-day needs such as transportation, meal delivery, and household needs.	PO Box 735 Maynard	855.241.HELP (4357)	www.neighborbrigade.org
	YMCA of Greater Boston, Charles River Branch	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	380 Chestnut St Needham	781.444.6400	www.ymcaboston.org/charlesriver