

Mount Auburn Hospital Community Resource List

Community Benefits Service Area includes: Arlington, Belmont, Cambridge, Somerville, Waltham, and Watertown

Health Issue	Organization	Brief Description	Address	Phone	Website
Statewide Resources	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 Aging & Independence	Provides access to the resources for older adults to live healthy in every community in the Commonwealth.	1 Ashburton Place 10th Floor Boston	617.727.7750	www.mass.gov/orgs/executive-office-of-aging-independence
	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 10th Floor Boston	800.922.2275	www.mass.gov/orgs/executive-office-of-aging-independence
	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 Behavioral Health Help Line (BHHL) Treatment Connection	Provides a searchable directory of over 5,000 Behavioral Health service providers in Massachusetts.		833.773.2445	www.masshelpline.com/MABHHLTreatmentConnectionResourceDirectory
	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.988lifeline.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/foodsource-hotline
	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/helplines/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.	99 Bishop Allen Dr Cambridge	617.492.8306 24/7 Hotline: 800.841.8371	www.barcc.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
	RESPOND	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.	PO Box 555 Somerville	617.623.5900	www.respondinc.org

	Transition House	Offers help and resources to survivors of domestic violence, intimate partner abuse, dating violence and family violence.	PO Box 392016 Cambridge	617.661.7203	www.transitionhouse.org
Food Assistance	Arlington EATS Market	Provides food assistance to residents of Arlington.	117 Broadway Arlington	339.707.6757	www.arlingtoneats.org
	Belmont Food Pantry	Provides food assistance to residents of Belmont.	455 Concord Ave Belmont		www.belmontfoodpantry.org
	Cambridge Community Center	Provides food assistance to residents of Cambridge.	5 Callender St Cambridge	617.547.6811	www.cambridgecc.org/pantry.html
	Cambridge Economic Opportunity Committee	Provides food assistance to residents of Cambridge.	11 Inman St Cambridge	617.868.2900	www.cecccambridge.org/food-pantry
	East End House	Provides food assistance to residents of Cambridge and greater Boston area.	105 Spring St Cambridge	617.876.4444	www.eastendhouse.org/programs-and-services/emergency-food-program/
	Healthy Waltham	Provides food assistance to residents of Waltham.	510 Moody St Waltham	781.314.5647	www.healthywaltham.org/food-pantries/
	Project Soup	Provides food assistance to residents of Somerville.	165 Broadway Somerville	617.776.7687	www.somervillehomelesscoalition.org/food-security
	Watertown Food Pantry	Provides food assistance to residents of Watertown.	80 Mount Auburn St Watertown	617.972.6490	www.watertown-ma.gov/330/Watertown-Food-Pantry
	Arlington Housing Authority	Provides housing assistance programs to low-resource individuals and families.	4 Winslow St	781.646.3400	www.arlingtonhousing.org
	Belmont Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families, older adults, veterans and persons with disabilities.	59 Pearson Rd Belmont	617.484.2160	www.belmontha.org
Housing Support	Cambridge Community Development Department	Provides affordable housing opportunities for those who qualify.	344 Broadway Cambridge	617.349.4600	www.cambridgema.gov/CDD/housing.aspx
	Cambridge Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families, older adults and persons with disabilities.	362 Green St 3rd Floor Cambridge	617.864.3020	www.cambridge-housing.org
	Cambridge Multi Service Center	Provides information and resources for low and moderate resource individuals in Cambridge.	362 Green St 1st Floor Cambridge	617.349.6340	www.cambridgema.gov/Services/HomelessandEvictionPreventionServices
	Community Action Agency of Somerville	Provides access to resources and services for residents of Somerville.	66-70 Union Sq. Ste 104 Somerville	617.623.7370	www.caasomerville.org/housing-advocacy-program
	Homeowners Rehab Inc.	Provides affordable housing units, housing stabilization programs, economic resiliency programs, and youth development programs.	280 Franklin St Cambridge	617.868.4858	www.homeownersrehab.org
	Housing Corporation of Arlington	Provides information and resources for low and moderate resource families and individuals in Arlington.	252 Massachusetts Ave Arlington	781.859.5294	www.housingcorporarlington.org
	Jump-A-Start Corporation	Provides affordable housing, education and job training, and support services.	1035 Cambridge St Cambridge	617.494.0444	www.justastart.org
	Metro Housing Boston	Provides information and resources for low and moderate resource families and individuals.	1411 Tremont St Boston	617.859.0400	www.MetroHousingBoston.org
	Middlesex Human Service Agency	Provides community-based shelter, nutrition and recovery programs throughout Greater Boston to individuals and families.	50 Prospect St Ste 300 Waltham	781.894.6110	www.MHSAinc.org
	Somerville Homeless Coalition	Provides information and resources for low and moderate resource families and individuals.	1 Davis Sq. Somerville	617.623.6111	www.somervillehomelesscoalition.org
	Somerville Housing Authority	Provides affordable, subsidized rental housing for low-resource families and older adults.	30 Memorial Rd Somerville	617.625.1152	www.sha-web.org
	Waltham Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families, older adults and persons with disabilities.	110 Pond St Waltham	781.894.3357	www.walhouse.org
	Watch CDC	Provides information and resources for low and moderate resource families and	24 Crescent St Ste	781.891.6689	www.watchcdc.org
	Watertown Housing Authority	Provides affordable, subsidized rental housing for residents of Watertown.	55 Waverley Ave Watertown	617.923.3950	www.watertownha.org
	YWCA Cambridge	Provides safe, affordable accommodations for women and families.	7 Temple St Cambridge	617.491.6050	www.ywcacam.org

	Adolescent Consulting Services	Supports and empowers court-involved children and families by providing mental health prevention and intervention services with access to direct, no-cost MH care and assistance navigating the juvenile justice and child welfare systems.	189 Cambridge St Cambridge	617.494.0135	www.acskids.org
	Advocates Community Behavioral Health Centers	Provides routine appointments, same-day access for urgent issues, and 24/7 crisis intervention for people of all ages.	675 Main St Waltham	781.893.2003	www.advocates.org/services/cbhc
	Arlington Youth Counseling Center	Provides a variety of high quality, innovative, and therapeutic outpatient and school-based mental health services including individual, group, and family counseling, psychiatric evaluation and medication management.	670R Mass Ave Arlington	781.316.3255	www.arlingtonma.gov/departments/health-human-services/arlington-youth-counseling-center-aycc/services
	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
	Cambridge Community Behavioral Health Center	Provides treatment for mental health and substance use disorders.	1493 Cambridge St Cambridge	833.222.2030	www.challiance.org/services-programs/mental-health-and-substance-use/psychiatry-crisis-services
	DeNovo Center for Justice and Healing	Provides access to mental health counseling and forensic psychological evaluations to survivors of torture, violence, abuse and poverty.	47 Thorndike St Cambridge	617.661.1010	www.denovo.org
Mental Health and Substance Use	Eliot Community Human Services	Provides services for people of all ages throughout Massachusetts through a continuum of services includes diagnostic evaluation, 24-hour emergency services, and crisis stabilization, outpatient and court-mandated substance-use prevention services; individual, group and family outpatient counseling, early intervention, specialized psychological testing; day, residential, social and vocational programs for individuals with developmental disabilities, outreach and support services for people experiencing homelessness.	125 Hartwell Ave Lexington	781.861.0890	www.eliotchs.org
	Greater Boston PFLAG	Provide support groups for LGBTQ+ people, and caregivers, family members and allies of LGBTQ+ people.	85 River St Waltham	781.891.5966	www.gbpflag.org
	Jewish Family & Children's Services	Provides direct services and advancing best practices that support the resilience and well-being of its target populations: new parents and their children, older adults and family caregivers, children and adults with disabilities, and people experiencing poverty, hunger, or domestic abuse.	1430 Main St Waltham	781.647.5327	www.jfcsboston.org
	LifeStance Health	Provides mental health treatment services for patients of all ages with telehealth and in-person appointments.	22 Mill St Arlington	781.646.6432	www.lifestance.com/welcome/child-and-family-psychological-services/
	Neighborhood Counseling and Community Services, Inc.	Provides community wellness, mental health, and support services to groups across their lifespan.	403 Highland Ave Somerville	781.600.6074	www.neighborhoodcounselingservices.org
	Riverside Outpatient Center	Offers comprehensive mental health services for children and families.	117 Summer St Somerville	617.354.2275	www.riversidecc.org
	Samaritans	Provides lifesaving suicide prevention services in Massachusetts.	41 West St. 4th Floor Boston	617.536.2460	www.samaritanshope.org
	Spectrum Outpatient Treatment Center	Provides Medication-Assisted Treatment via Methadone and naltrexone.	210 Bear Hill Rd Waltham	781.290.4970	www.spectrumhealthsystems.org
	Wayside Watertown	Offers a comprehensive array of services, ranging from outpatient counseling to in-home family therapy and emergency mental health services.	127 N Beacon St Watertown	781.891.0555	www.waysideyouth.org
	Arlington Council on Aging	Provides services for older adults in Arlington including fitness, education, social services, recreation, and transportation.	27 Maple St Arlington	781.316.3400	www.arlingtonma.gov/departments/health-human-services/council-on-aging
Senior Services	Cambridge Senior Center	Provides services for older adults in Cambridge including fitness, education, social services, and recreation.	806 Massachusetts Ave Cambridge	617.349.6060	www.cambridgema.gov/Departments/human-serviceprograms/COA
	Minuteman Senior Services	Provide supportive services for older adults and persons with disabilities.	1 Burlington Woods Dr Ste 101 Burlington	888.222.6171	www.minutemansenior.org
	North Cambridge Senior Center	Provides services for older adults in Cambridge including fitness, education, social services, and recreation.	2050 Massachusetts Ave Cambridge	617.349.6320	www.cambridgema.gov/Departments/human-serviceprograms/COA

	Somerville Cambridge Elder Services	Provides programs for older adults or people with disabilities and caregivers.	61 Medford St Somerville	617.628.2601	www.eldercare.org
	Somerville Senior Center	Provides comprehensive services that enhance the lives of the older adult population and enriches the community at large.	167 Holland St. Somerville	617.625.6600	www.somervillema.gov/departments/health-and-human-services/council-aging
	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
	Waltham Council On Aging	Provides services for older adults in Waltham including fitness, education, social services, and recreation.	488 Main St Waltham	781.314.3499	www.city.waltham.ma.us/council-on-aging
	Watertown Council On Aging	Provides services for older adults in Watertown including fitness, education, social services, and recreation.	31 Marshall St Watertown	617.972.6490	www.watertown-ma.gov/284/Council-on-Aging-Senior-Center
	MBTA	Provides transportation thru out Boston and surrounding communities.			www.mbta.com
Transportation	THE RIDE (MBTA)	Provides a 365 days a year door-to door, shared-ride transportation to persons who are unable to use bus, subway or trolley transportation.		617.222.3200	www.mbta.com/accessibility/the-ride
	SCM Transportation	Provides local transportation and medical escorts	167 Holland St Somerville	617.625.1191 ext. 103	www.scmtransportation.org
	African Cultural Services, Inc.	Helps African immigrant youth and their families to succeed in life through provision of a safe space, educational and mental health support, visual and performing arts, and cultural connections.	PO Box 540325 Waltham	781.298.1545	www.africanowaltham.org
	Arlington Boys & Girls Club	Offers programs in Five Core Program Areas: The Arts, Health & Life Skills, Character & Leadership Development, Education & Career Development and Sports, Fitness and Recreation.	60 Pond Ln Arlington	781.648.1617	www.abgclub.org
Additional Resources	Somerville YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	101 Highland Ave Somerville	617.625.5050	www.somervilleyymca.org
	Waltham Boys & Girls Club	Offers programs in Five Core Program Areas: The Arts, Health & Life Skills, Character & Leadership Development, Education & Career Development and Sports, Fitness and Recreation.	20 Exchange St Waltham	781.893.6620	www.walthambgc.org
	Waltham YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	725 Lexington St Waltham	781.894.5295	www.ymcaboston.org