

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
	Department of Mental Health-Handhold program	Provides tips, tools, and resources to help families navigate children’s mental health journey.			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
	MA 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 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	MA 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 finding substance use treatment and recovery services.		800.327.5050	www.helplinema.org
	National Suicide Prevention Lifeline	Provides 24/7, free and confidential support.		988	www.988lifeline.org

	Network of Care Massachusetts	Provides a searchable directory of over 5,000 Behavioral Health service providers in Massachusetts.			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
	Boston Area Rape Crisis 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
Domestic Violence	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
	Arlington EATS Market	Provides food assistance to residents of Arlington.	74 Pleasant St Arlington	339.707.6757	www.arlingtoneats.org
	Belmont Food Pantry	Provides food assistance to residents of Belmont.	455 Concord Ave Belmont		www.belmontfoodpantry.org
Food Assistance	Cambridge Community Center	Provides food assistance to residents of Cambridge.	5 Callender St Cambridge	617.547.6811	www.cambridgecc.org/food--supply-pantry
	Cambridge Economic	Provides food assistance to residents of Cambridge.	11 Inman St Cambridge	617.868.2900	www.ceoccambridge.org/services/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
	Healthy Waltham	Provides food assistance to residents of Waltham.	510 Moody St Waltham	781.314.5647	www.healthywaltham.org
	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 Arlington	781.646.3400	www.arlingtonhousing.org
	Belmont Housing Authority	housing for low-resource individuals and families, older adults, veterans and persons with disabilities.	59 Pearson Rd Belmont	617.484.2160	www.belmontha.org
	Cambridge Community Development	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 Cambridge	617.864.3020	www.cambridge-housing.org

Housing Support

Cambridge Multi Service Center	Provides information and resources for low and moderate resource individuals in Cambridge.	362 Green St Cambridge	617.349.6340	www.cambridgema.gov/DHSP/programsforadults/cambridgemultiservicecenter
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
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 3 Waltham		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 individuals.	24 Crescent St Ste 201 Waltham	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

	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
	Column Health	Provides outpatient mental health and addiction treatment.	401 Highland Ave Somerville	844.910.2034	www.columnhealth.com
	Column Health	Provides outpatient mental health and addiction treatment.	339 Massachusetts Ave Arlington	844.910.2034	www.columnhealth.com
	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
	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

Mental Health and Substance Use	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 Stes 004 & 308 Arlington	781.646.0500	www.cfpsych.org
	Neighborhood Counseling and Community Services, Inc.	Provides community wellness, mental health, and support services to individuals and groups across their lifespan.	403 Highland Ave Somerville	781.600.6074	www.neighborhoodcounselingservices.org
	Right Turn	Provides a broad range of evidence-based treatment programs for individuals, and families recovering from substance use disorders and co-occurring disorders.	440 Arsenal St Watertown	781.646.3800	www.right-turn.net
	Riverside Community Care	Offers comprehensive mental health services for children and families.	117 Summer St Somerville	617.284.5131	www.riversidecc.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
	Citywide 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/DHSP/programsforadults/seniorscouncilonaging/citywideseniorcenter

Senior Services	Minuteman Senior Services	Provide supportive services for older adults and persons with disabilities.	26 Crosby Dr Bedford	781.272.7177	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/dhs p/programsforadults/seniors councilonaging/northcambri dgeseniorcenter
	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
	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/co uncil-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.		800.533.6282	www.mbta.com/accessibility /the-ride
	Springwell Senior Medical Escort Program	Provides transportation to medical appointments.	307 Waverley Oaks Rd Ste 205 Waltham	617.926.4100	www.springwell.com/service /medical-escort
Additional	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
	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.somervilleymca.org

Resources	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