

Winchester Hospital Corporation Community Resource List

Community Benefits Service Area includes: Reading, North Reading, Stoneham, Tewksbury, Wakefield, Wilmington, Winchester, and Woburn

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
	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
Statewide Resources	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
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
Council of Social Concern	Provides food assistance to residents of Woburn and Winchester.	2 Merrimac St Woburn	781.935.6495	www.socialconcern.org
First Church Stoneham Food Pantry	Provides food assistance to residents of Stoneham.	1 Church St Stoneham	781.438.0097	www.firstchurchstoneham.org/outreach
North Reading Food Pantry	Provides food assistance to residents of North Reading.	150 Haverhill St North Reading	978.276.0040	www.nrfoodpantry.org

Food Assistance

Old South United Methodist Church	Provides food assistance to residents of Reading.	6 Salem St Reading	781.944.8486	www.oldsouthumc.org/foodpantry
Tewksbury Community Pantry	Provides food assistance to residents of Tewksbury.	999 Whipple Rd Tewksbury	978.858.2273	www.tewksburypantry.org
Unitarian Universalist Church of Medford	Provides food assistance to residents of Medford and other surrounding towns.	147 High St Medford	781.396.4549	www.uumedford.org/connection/food-pantry
Wakefield Food Pantry	Provides food assistance to residents of Wakefield.	467 Main St Wakefield	781.245.2510	www.wakefieldfoodpantry.org
Heading Home	Provides emergency shelter, transitional, and permanent housing for extremely low-resource families and individuals.	186 Massachusetts Ave Boston	617.864.8140	www.headinghomeinc.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
Mission of Deeds	Provides basic home essentials to those in need of assistance.	6 Chapin Ave Reading	781.944.9797	www.missionofdeeds.org
North Reading Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	41 Peabody Court North Reading	978.664.2982	www.northreadingha.org
Reading Housing Authority	Provides affordable, subsidized rental housing for low-resource residents of Reading.	22 Frank D Tanner Dr Reading	781.944.6755	www.readinghousing.org
Stoneham Housing Authority	Provides affordable, subsidized rental housing for low-resource residents of Stoneham.	11 Parker Chase Rd Stoneham	781.438.0734	www.stonehamha.org
Tewksbury Housing Authority	Provides affordable, subsidized rental housing for low-resource residents of Tewksbury.	Saunders Circle Tewksbury	978.851.7392	www.tewksbury-ma.gov/492/Housing-Authority
Wakefield Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	26 Crescent St Wakefield	781.245.7328	www.wakefieldhousing.org
Wilmington Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	41 Deming Way Wilmington	978.658.8531	www.wilmingtonha.org
Winchester Housing Authority	Provides affordable, subsidized rental housing for low-resource families, older adults and persons with disabilities.	13 Westley St Winchester	781.721.5718	www.winchesterha.org
Woburn Housing Authority	Provides housing assistance programs to low-resource residents of Woburn.	59 Campbell St Woburn	781.935.0818	www.woburnhousing.org

Housing Support

**Mental Health
and Substance
Use**

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/cbh c
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/sandbox-area/psych-about-the-cbhc
Eliot Community Behavioral Health Centers	Provides substance use and mental health treatment programs including urgent and emergency services, crisis stabilization, individual and family therapy services and care coordination for youth, families and adults.	95 Pleasant St Lynn	800.988.1111	www.eliotchs.org/cbh/
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
Riverside Outpatient Center	Offers comprehensive mental health services for children and families.	6 Kimball Ln Ste 310 Lynnfield	781.246.2010	www.riversidecc.org
Tewksbury Treatment Center	Offers a 32-bed inpatient detoxification service that treats and cares for men and women aged 18 and older in need of medical detoxification from alcohol, opiates and benzodiazepines.	365 East St Tewksbury	978.381.4286	www.bilhbehavioral.org
Triumph Center	Provides counseling, social skills groups, summer programming and psychological evaluation services for children, adolescents, young adults	36 Woburn St Reading	781.942.9277	www.triumphcenter.net

Senior Services

Vinfen Community Behavioral Health Center	Provides urgent and routine outpatient services; crisis intervention services to support individuals and families.	40 Church St Lowell	978.674.6744	www.vinfen.org/services/cbhc/
Wilmington Family Counseling Service, Inc.	Provides quality mental health and substance use disorder treatment.	5 Middlesex Ave Unit 11 Wilmington	978.658.9889	www.wilmingtonfamilycounseling.com
Medford Council on Aging	Provides services for older adults in Medford including fitness, education, social services, and recreation.	101 Riverside Ave Medford	781.396.6010	www.medfordma.org/departments/council-on-aging/
Minuteman Senior Services	Provide supportive services for older adults and persons with disabilities.	1 Burlington Woods Dr Ste 101 Burlington	781.272.7177	www.minutemansenior.org
Mystic Valley Elder Services	Provides programs for older adults or people with disabilities and caregivers for communities North of Boston.	300 Commercial St #19 Malden	781.324.7705	www.mves.org
North Reading Council on Aging	Provides services for older adults in North Reading including fitness, education, social services, and recreation.	157 Park St North Reading	978.664.5600	www.northreadingma.gov/elder-services
Reading Council on Aging	Provides services for older adults in Reading including fitness, education, social services, and recreation.	49 Pleasant St Reading	781.942.6794	www.readingma.gov/205/Elder-Human-Services
Stoneham Council on Aging	Provides services for older adults in Stoneham including fitness, education, social services, and recreation.	136 Elm St Stoneham	781.438.1157	www.stonehamseniorcenter.org
Tewksbury Senior Center	Provides services for older adults in Tewksbury including fitness, education, social services, and recreation.	175 Chandler St Tewksbury	978.640.4480	www.tewksbury-ma.gov/459/Council-on-Aging
Wakefield Council on Aging	Provides services for older adults in Wakefield including fitness, education, social services, and recreation.	30 Converse St Wakefield	781.245.3312	www.wakefield.ma.us/senior-center
Wilmington Senior Center	Provides services for older adults in Wilmington including fitness, education, social services, and recreation.	15 School St Wilmington	978.657.7595	www.wilmingtonma.gov/elderly-services
Winchester Council on Aging	Provides services for older adults in Winchester including fitness, education, social services, and recreation.	109 Skillings Rd Winchester	781.721.7136	www.jenkscenter.org
Woburn Council on Aging	Provides services for older adults in Woburn including fitness, education, social services, and recreation.	144 School St Woburn	781.897.5960	www.woburnma.gov/government/senior

Transportation

Lowell Regional Transit Authority (LRTA)	Provides public transportation to the Greater Lowell area.	115 Thorndike St Lowell	978.459.0164	www.lrta.com
MBTA Bus	Provides local bus service to Boston.			www.mbta.com
MBTA Commuter Rail Service	Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.			www.mbta.com
Boys & Girls Clubs of Stoneham	Offers programs in sports & recreation, education, arts, health & wellness, technology, and character & leadership.	15 Dale Court Stoneham	781.438.6770	www.bgcwakefield.org/stoneham-clubhouse/
Boys & Girls Clubs of Wakefield	Offers programs in sports & recreation, education, arts, health & wellness, technology, and character & leadership.	467 Main St Wakefield	781.246.1343	www.bgcwakefield.org/wakefield-clubhouse/
Burbank YMCA / YMCA of Greater Boston	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	36 Arthur B Lord Dr Reading	781.944.9622	www.ymcaboston.org/burbank
North Suburban YMCA / YMCA of Greater Boston	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	137 Lexington St Woburn	781.935.3270	www.ymcaboston.org/northsuburban

Additional Resources