

# MENTAL HEALTH & SAFETY RESOURCES

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## PHYSICAL WELLBEING

### **Low-Cost Food Options**

Many public schools in Norfolk County are still serving breakfast and lunch options for children. Some schools out of district are offering meals for any child (student or not). This link will provide information on those services in your community:

[www.projectbread.org/news-and-events/news/covid-19-hunger-food.html](http://www.projectbread.org/news-and-events/news/covid-19-hunger-food.html)

## **HUNGER HOTLINE: PROJECT BREAD FOOD SOURCE HOTLINE (160 LANGUAGES)**

### **1-800-645-8333**

Most Food Pantries and Community Resources are still operating within their normal hours, which vary, to provide meals. Give your local pantry, church, or community center a call:

#### **First Baptist Church- Food and Friends Community Kitchen**

52 N. Main Street  
Mansfield, MA

**508-339-7047**

Free hot meals for anyone, no questions asked, on Tuesdays at 4:30 p.m.

#### **Franklin YMCA**

45 Forge Hill Road  
Franklin, MA

**508-528-8708**

Free bagged family meals to pick up

#### **Avon Baptist Church Food Pantry**

Address of pantry - 119 North Main Street  
Avon, MA

**508-583-8076**

#### **First Baptist Church- Braintree**

Church address - 594 Washington Street  
Braintree, MA

781-843-0109

#### **Canton Food Pantry**

715 B Washington Street  
Canton, MA

**781-821-8062**

#### **Dedham Food Pantry**

600 Washington Street  
Dedham, MA

**781-710-8464**

**Foxboro Discretionary Pantry @ Bethany Congregational Church**

3 Rockhill Street  
Foxboro, MA 02035  
**508-543-5235**

**Franklin Food Pantry**

80 West Central Street  
Franklin, MA  
**508-528-3115**

**Friends of the Homeless of the South Shore**

8 Driftway  
North Weymouth, MA  
**781-340-1604**

**Holbrook Food Pantry @ St. Joseph's**

153 South Franklin Street  
Holbrook, MA  
**617-510-3988**

**Interfaith Social Services**

105 Adams Street,  
Quincy, MA  
**617-773-6203**

**Loaves & Fishes Food Pantry**

Saint Blaise Church 1158 South Main Street  
Bellingham, MA  
**508-966-2862**

**Milton Community Food Pantry**

158 Blue Hills Parkway  
Milton, MA 02186  
**617-696-0221**

**Needham Community Council**

51 Lincoln Street  
Needham, MA  
**781-444-2415**

**Norwood Food Pantry**

150 Chapel Street  
Norwood, MA  
**781-291-3663**

**Salvation Army of Norfolk County Massachusetts**

Location is 6 Baxter Street  
Quincy, MA  
**617-472-2345**

**Walpole Community Food Pantry**

24 Walpole Park Street Unit #2  
Walpole, MA  
**508-668-0106**

**Weymouth Food Pantry**

Location - 1189 Commercial Street  
East Weymouth, MA  
**781-331-7682**

## **EMOTIONAL WELLBEING**

### **Behavioral Health Help Line call or text 833-773-2445**

24/7 help navigating the behavioral health system and access treatment.

## **TALK TO SOMEONE FOR SUPPORT**

### **Domestic Violence Ended**

**617-471-1234**

24/7 free, offers confidential support and resources for those experiencing domestic violence.

### **SafeLink**

**877-785-2020 / TTY 877-521-2601**

24/7 free, offers confidential support and resources for those experiencing domestic violence, available in all languages. Can help with relocating to DV shelter.

### **Parental Stress Line**

**1-800-632-8188**

24/7 free, trained counselors offering confidential support for parents and caregivers, available in all languages.

### **Samaritans Suicide Helpline**

**988 or 877-870-4673**

24/7 free, confidential suicide prevention and support hotline.

### **National Suicide Prevention Lifeline**

**988 or 1-800-273-8255**

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### **Pause a While Inc.**

**425-436-6360 - Access code 422932#**

Daily 2pm EST virtual AA meetings during the outbreak

**Alcoholics Anonymous Audio Calls** offered at [www.aonlinemeeting.net](http://www.aonlinemeeting.net)

### **Boston Area Rape Crisis Center Hotline**

**1-800-841-8371/ TTY 1-800-439-2370**

24/7 free, confidential support for survivors of sexual violence (over 12 years old) and their families.

### **The Network/La Red Hotline**

**1-800-832-1901**

24/7 free, confidential support for individuals in the LGBTQ community, who are experiencing domestic violence.

### **The Trevor Project**

**1-866-488-7386 or text 'START' to 678-678**

24/7 free, confidential support and crisis intervention for youth in the LGBTQ community.

### **Crisis Text Line text HOME to 741741**

24/7 free, confidential text message service for people in crisis.

## CRISIS TEAMS

If you or a family member is experiencing a crisis, please call your local crisis team:

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**Boston Emergency Services Team (B.E.S.T.)**  
800-981-4357 (24-hour access number)

**Brookline**

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**Riverside Community Care**  
800-529-5077 (24-hour access number)

**Canton, Dedham, Dover, Foxboro  
Medfield, Millis, Needham, Norfolk  
Norwood, Plainville, Sharon, Walpole  
Wellesley, Westwood, Wrentham**

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**Aspire Health Alliance**  
800-528-4890 (24-hour access number)

**Braintree, Cohasset, Milton, Quincy  
Randolph, Weymouth**

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**Brockton Multi-Service Center**  
800-294-4665 (24-hour access number)

**Avon, Holbrook, Stoughton**

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**Riverside Community Care**  
800-294-4665 (24-hour access number)

**Bellingham, Franklin, Medway**

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**Norton Emergency Services Team**  
800-660-4300 (24-hour access number)

**Attleboro, Taunton**

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## **COMMUNITY COUNSELING RESOURCES**

### **Quincy Family Resource Center (A Program of Bay State Community Services)**

Quincy Family Resource Center- Available by phone or email Monday-Friday 9am-5pm. If you need assistance, please contact Samantha at 617-347-4962 or Caitlin at 617-750-3381 or email us at [QuincyFRC@baystatecs.org](mailto:QuincyFRC@baystatecs.org)

The Quincy Family Resource Center (QFRC) helps families to access and navigate resources in the local community. The QFRC provides on-site programs, services, and activities to benefit families. QFRC works any member of the community seeking support and provides help to assess families' needs and connect them to appropriate supports, services, and referrals, including, food, parenting, support groups, housing, employment, cash assistance, health insurance.

### **Health Imperatives**

Trauma-informed, inclusive services structured around family and youth and expertise.

**508-583-3005**

942 West Chestnut Street  
Brockton, MA 02301

### **A New Day**

A rape crisis center that provides free counseling services for victims of sexual assault, 24-hour hotline, and community resources.

**508-588-8255**

### **SAFEPLAN Court Advocacy Services**

A free service offering support and advocacy through civil and criminal court proceeding surrounding domestic and sexual violence.

**508-535-5028**

### **Penelope's Place**

A domestic violence shelter and resource for those fleeing imminent danger.

**508-588-8255**

### **South Bay Community Services**

South Bay is a community-based, behavioral health care organization offering a continuum of services including adult and child behavioral health and substance abuse counseling. They are able to take on new clients, utilizing Telehealth Services.

**508-223-4691 x 1375**

607 Pleasant St., Ste. 115  
Attleboro, MA

## **TAKING CARE OF YOURSELF**

### **Recommendations and Ways to Support Your Children During this Time**

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

## **JOIN A SUPPORT GROUP**

Parents Helping Parents of Massachusetts | [www.parentshelpingparents.org](http://www.parentshelpingparents.org)

## **HEALTH AND WELLNESS APPS**

### **Balance (Meditation App free for one year)**

Free meditation sessions

<https://apps.apple.com/us/app/balance-meditation/id1361356590>

### **South Shore YMCA**

At-home workouts and group exercise classes.

<https://ssymca.org/program/fitness/homeworkouts>

### **Cosmic Kids**

Free yoga and mindfulness for children

[www.cosmickids.com](http://www.cosmickids.com)

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

### **Down Dog App**

Free yoga, beginner yoga, HIIT and Barre until 5/1/2020 (and July 1 for children K-12)

[www.downdogapp.com](http://www.downdogapp.com)

### **Smiling Mind-app for all ages**

You can choose a program built specifically for your child's age and preferences in this app.

### **Mindfulness for Teens-Website**

<http://mindfulnessforteens.com>

## **FUN ACTIVITIES FOR CHILDREN AND FAMILY**

- San Diego Zoo Live Feed <https://zoo.sandiegozoo.org/live-cams>
- National Aquarium Virtual Tour <http://samuravirtualtours.com/example/nadc/index.html>
- Discovery Virtual Field Trips [www.discoveryeducation.com/community/virtual-field-trips](http://www.discoveryeducation.com/community/virtual-field-trips)
- Online Stories for kids in 230 languages <https://storyweaver.org.in>
- GoNoodle - Exercise/Dance Videos for younger children [www.gonoodle.com](http://www.gonoodle.com)
- 30 Minute Workout Yoga [www.youtube.com/watch?v=bWVgTcttq6o](http://www.youtube.com/watch?v=bWVgTcttq6o)
- Free Educational Lessons [www.curriki.org](http://www.curriki.org)
- Getting outdoors: many public parks and trails remain open

## **FINANCIAL WELLBEING**

Follow **Mass.gov** for the latest information regarding filing for unemployment and financial relief.

**Comcast** (Internet) - New Internet Essentials customers are eligible for 2 months free internet-

[www.InternetEssentials.com](http://www.InternetEssentials.com)

**National Grid** - (Electricity) <https://www.nationalgridus.com/MA-Home/covid-19>

**Eversource** - (Electricity) They have suspended disconnections, late fees and taken other steps to help customers in response to COVID-19. <http://www.eversource.com>

**AT&T** (Phone/Internet)- They have suspended service terminations and are waiving late payment fees.

<https://about.att.com/pages/COVID-19.html>

**Verizon** (Phone/Internet)- Waives overage charges and late fees to support customers who may be financially affected by the COVID-19 crisis: Announces two months waived internet and voice service charges for current Lifeline customers and new affordable internet option for lowincome households.

<https://www.verizon.com/about/news/our-response-coro>