

Beth Israel Deaconess Milton Community Resource List

Community Benefits Service Area includes: Milton, Quincy and Randolph

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 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	
	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

Statewide Resources	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/MA-BHHLTreatmentConnectionResourceDirectory
	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/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	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
Food Assistance	Concord Baptist Food Pantry	Provides food assistance to residents of Milton.	180 Blue Hill Ave Milton	617.698.9300	www.cbcboston.org
	Friendly Food Pantry of Randolph	Provides food assistance to residents of Randolph.	1 Donald S McNeil Way Randolph	339.987.5577	www.friendlyfoodpantry.com
	Germantown Neighborhood Center Food Pantry	Provides food assistance to residents of Quincy.	366 Palmer St Quincy	617.376.1389	www.ssymca.org/germantown-neighborhood-center-food-pantry/
	Interfaith Social Services Food Pantry	Provides food assistance to residents of Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Quincy, Randolph, Scituate or Weymouth.	105 Adams St Quincy	617.773.6203	www.interfaithsocialservices.org
	Milton Community Food Pantry	Provides food assistance to residents of Milton.	158 Blue Hills Parkway Milton	617.696.0221	www.miltonfoodpantryma.org
	Salvation Army Quincy	Provides food assistance to residents of Quincy.	6 Baxter St Quincy	617.472.2345	easternusa.salvationarmy.org/massachusetts/quincy/
	Southwest Community Food Center	Provides food assistance to residents of Quincy.	18 Copeland St Quincy	617.471.0796	www.qcap.org/our-programs/food-nutrition
	Father Bill's & Mainspring	Provides shelter, job support and case management for people without housing.	39 Broad St Quincy	617.770.3314	www.helpfbms.org
	Interfaith Social Services-Homesafe Program	Provides a wide range of social services for individuals and families in need of assistance.	105 Adams St Quincy	617.773.6203	www.interfaithsocialservices.org/homesafe

Housing Support	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
	Milton Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	65 Miller Ave Milton	617.698.2169	www.miltonhousingauthority.com
	Neighbor Works/Housing Solutions	Provides housing resource assistance.	422 Washington St Quincy	617.770.2227	www.nhsmass.org
	Office of Healthy Homes Quincy	Provides Lead Abatement, Housing Rehab, First Time Homebuyer and Aging in Place for residents of Quincy.		617.376.1428	www.officeofhealthyhomes.org
	Quincy Community Action	Provides a wide range of social services for individuals and families in need of assistance.	1509 Hancock St 3rd Floor Quincy	617.657.5376	www.qcap.org/our-programs/housing-programs
	Quincy Housing Authority	Provides affordable, subsidized rental housing for low-resource residents in Quincy.	80 Clay St Quincy	617.847.4350	www.quincyha.com
	Randolph Housing Authority	Provides affordable, subsidized rental housing for low-resource older adults and persons with disabilities.	1 Decelle Dr Randolph	781.961.1400	www.randolphha.com/Home.aspx
	South Shore Habitat for Humanity	Serves low to moderate income seniors, veterans, and families in 32 cities and towns south and southwest of Boston with critical home repairs and affordable housing.	77 Accord Park Dr D7 Norwell	781.337.7744	www.sshabitat.org
	Aspire Health Alliance	Provides early intervention, mental health treatment and recovery programs.	460 Quincy Ave Quincy	617.847.1950	www.aspirehealthalliance.org

**Mental Health
and Substance
Use**

Bay State Community Services Quincy	Provides Child and Family Services, Outpatient Behavioral Health Counseling, Prevention Services, Restorative Justice Programs, Substance Use Recovery Services, Residential Treatment, Day Services, and Peer Recovery Support Services.	1120 Hancock St Quincy	617.471.8400	www.baystatecs.org
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 Behavioral Health	Provides psychology, psychiatry, and medication management.	21 Thomas McGrath Highway Ste 202 Quincy	617.786.0137	www.danabehavioralhealth.org
Gavin Foundation	Provides comprehensive adult, youth and community substance use education, prevention and treatment programs.	43 Old Colony Ave Quincy	617.845.5785	www.gavinfoundation.org
Good Shepherd's Maria Droste Counseling	Provides professional mental-health counseling and holistic therapies.	1354 Hancock St Ste 209 Quincy	617.471.5686	www.mariadrostecounseling.com
Lamour Clinic	Provides behavioral health, therapeutic and community-based services for individuals, children, and families.	44 Diauto Dr Randolph	781.885.7252	www.lamourclinic.org
Metis Psychological Associates, LLC	Provide in-person and telehealth services in Individual and Group Psychotherapy, Couples and Marital Therapy, Psychological Testing and Evaluation, and Psychiatric Medication Evaluation and Management. Provide services in several core clinical areas. Consultation to public and private agencies, and educational institutions.	490 North Main St Ste 2 Randolph	781.963.1200	www.metispsych.com

	New Directions Counseling Center	Provides counseling services for Individuals, Couples, Family, Group, Adults and Youth.	105 Adams St Quincy	617.773.6203 ext. 12	www.interfaithsocialservices.org/new-directions-counseling-center
	New Life Counseling and Wellness	Multicultural organization that promotes the well-being of individuals, children, youths and families through high quality mental health and social services that are culturally competent such as counseling, support groups, advocacy, and education.	400 North Main St Randolph	781.986.4800	www.newlifecounselingcenter.org
	A New Way Recovery	Provides support, resources and encouragement for all paths of recovery.	85 Quincy Ave Ste B Quincy	617.302.3287	www.anewwayrecoveryctr.org
	Volunteers of America Massachusetts	Provides programs to low resource individuals throughout Eastern Massachusetts with programming for At-Risk Youth; Mental Health and Substance Abuse Services; and Veterans Services.	1419 Hancock St Ste 202 Quincy	617.770.9690	www.voamass.org/our-services/outpatient-behavioral-health/
Senior Services					
	Milton Council on Aging	Provides services for older adults in Milton including fitness, education, social services, and recreation.	10 Walnut St Milton	617.898.4893	www.townofmilton.org/594/Council-on-Aging
	Quincy Council on Aging/Kennedy Center	Provides services for older adults in Quincy including fitness, education, social services, and recreation.	440 East Squantum St Quincy	617.376.1506	www.quincyma.gov/govt/depts/elder/default.htm
	Randolph Elder Services	Provides services for older adults in Randolph including fitness, education, social services, and recreation.	128 Pleasant St Randolph	781.961.0930	www.randolphicc.com/elder-affairs
	South Shore Elder Services	Provides a wide range of in-home services to low-resource older adults including Meals on Wheels.	350 Granite St Ste 2303 Braintree	781.848.3910	www.sselder.org
Transportation	MBTA	Provides transportation thru out Milton and surrounding communities.			www.mbta.com

Additional Resources	Asian American Service Association	Provides recreation, wellness classes and activities and family services for Asian seniors and families with children under age 11 in Quincy and surrounding communities	550 Hancock St Quincy	617.471.9354	www.aasa-ma.org
	Boston Chinatown Neighborhood Center	Provides a broad range of innovative programs and services centered around education, workforce development, family support, and arts and culture	1458 Hancock St 3rd Fl Ste 306 Quincy	617.770.0091	www.bcnc.net
	Hale Family YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	79 Coddington St Quincy	617.479.8500	www.ssymca.org/location/halefamilyymca
	Quincy Asian Resources	Provides culturally competent services, such as workforce development, adult education programs, youth development, and cultural events as well as information and referrals to public or other community organizations to Quincy and neighboring communities.	1509 Hancock St Quincy	617.472.2200	www.qarius.org
	Randolph Intergenerational Community Center	Provides quality and enriching fitness, sports, educational, cultural and intergenerational experiences. Programs and services are designed with a focus on the diverse physical, social, and emotional needs of the residents of Randolph.	128 Pleasant St Randolph	781.961.0930	www.randolphicc.com