

Community Resources for Individuals and Families

AIDS/HIV Information

AIDS CARE/ Hampshire County

10 Main St.

Florence, Ma 01062

aidscarehamp@cooley-dickinson.org

24 hr. phone (413)586-8288

Provides case management and comprehensive support services to people living with HIV infection, their families and friends.

AIDS ACTION COMMITTEE

294 Washington St. 5th floor

Boston, Ma. 02108

www.aac.org

HIV Hotline (800)235-2331

Hepatitis C hotline (888)443-4372

AIDS hotline 1-800-750-2016

Anyone wishing information on HIV or hepatitis C infection, prevention, testing, and treatment

AIDS Project at River Valley Counseling 1-800 286- 8221

Attention Deficit Disorder/ADD/ ADHD

www.chadd.com

Anger Management

Behavioral Health Network

503 State Street

Springfield, Ma.

(413)733-6661

Available 24 hrs/day 7 days/week

Provides information for students and family members, help with a crisis, referrals

Parents Helping Parents

108 Water St.

Watertown, Ma. 02472

www.parentshelpingparents.org

24 hour Parental Stress line (800)632-8188

A statewide network of support groups for parents who want to improve their Relationships with their children. Open to parents or other caregivers who feel Isolated, overwhelmed or afraid of their anger towards their children

Child and Family Service (West Springfield)

425 Union St. Level D

West Springfield, Mal 01089

(413) 737-4718

www.cfs.org

Services include outpatient mental health program for individuals and families, counselors available for multicultural needs.

Bereavement Support

Compassionate Friends

www.compassionatefriends.org

1-877-969-0010

(413) 794-3264

Support for individuals/families who have experienced the loss of a child, Sibling or grandchild of any age for any cause

The Garden: A Center for Grieving Children/Teens

Hampshire Regional YMCA

86 Prospect St.

Northampton, Ma. 01060

(413) 584-7086

www.garden-cgc.org

A grief support program for anyone who has experienced the death of a family member or friend.

Child Abuse

Department of Social Services (413) 205-0500 Hotline # 1-800-792-5200

Provides 24 hour hotline; receives and responds to reports of child abuse and neglect; provides social services to children and families

Crisis Intervention

Behavioral Health Network (413) 536- 2251

Crisis evaluation for individual with suicidal or homicidal feelings.

Samariteens- Suicide Hotline-1-800-252-TEEN

40 Bobala Road

Holyoke, Ma 01040

24 hour crisis line (413) 536-2251

Services include 24 hour /day emergency psychiatric crisis

National Runaway Switchboard

3080 N. Lincoln Ave.

Chicago, Illinois 60657

(800) 786-2929

Internet address: www.1800runaway.org

Provides crisis intervention, information and referral, message delivery and conferencing services, free bus rides home to qualified youth.

Dating/ Domestic Violence

Womanshelter Companeras

PO Box

Holyoke, Ma. (413) 538-9717 Support/crisis 24 hr (413) 536-1628

Toll free crisis line (877)536-1628

www.womanshelter.org

Specialist who works with adolescent dating violence, provides counseling.

Comprehensive battered women program

Safe Passage

Northampton, Ma.

(413) 586-5066 888-435-5282 Hotline

www.safepass.org

Battered women's program- shelter, support groups, crisis intervention and support, legal services

Everywoman's Center – Counselor/Advocate Program

Nelson House 513 East Pleasant St.

University of Massachusetts

Amherst, Ma. 01003

www.umass.edu/ewc

24 hour crisis hotline (413) 545-0800 toll free (Hampshire Co only) (888)337-0800

Teen Specialist (non –crisis) (413)577-0752

Hotline, advocacy and counseling support and information for people who are victims

Survivors of rape, incest, sexual assault or battering

Men's Resource Center for Change

236 No. Pleasant St.

Amherst, Ma. 01002

(413) 253-9887

www.mrcforchange.org

Mission is to support men, challenge men's violence and develop men's leadership in ending oppression

Eating Disorders

Feedback: A Resource Center for Eating Disorders

23 Olive St.

Northampton, Ma. 01060

(413) 584-8027

No insurance accepted.

Provides educational counseling and support to people struggling with eating disorders such as anorexia, bulimia, and compulsive overeating.

Family Support

Berkshire Children and Families

8 Trumbull Road
Northampton, Ma.
(413)584-5690

Programs include: Parent Aid program, Healthy Families Program,
Adoption Journey program, Healing Homes program, Adoption agency

Mass. Society for Prevention of Cruelty to Children

113 Hampden St.
Holyoke, Ma. 01040
(413) 532-9446

www.mspcc.org

A complete array of outreach mental health services for families and children

River Valley Counseling Center

319 Beech Street
Holyoke, Ma.
(413) 536-8221

Provides marriage, family and individual counseling

Brightside Counseling Associates

2112 Riverdale St.
West Springfield, Ma. 01089
(413) 827-4208

www.mercycares.com

Provides individual, group and family counseling. Domestic violence program,
Family stabilization

Servicenet

129 King St.
Northampton, Ma 01060
(413) 585-1348

www.servicenetinc.org

Works with a variety of problems from adjustment issues to more serious disorders;
Provides psychological testing, psychiatric evaluation and outreach mental health
services

Gay/Lesbian Support

Gay, Lesbian and Straight Society/Glass

(413) 774-7028

Social and support group for youth who identify as gay, lesbian, bisexual,
transgendered or straight allies and for youth who are questioning their sexuality.

Gay and Lesbian Advocates and Defenders (GLAD)

(800) 455-4523

www.glad.org

GLAD is a legal rights organization dedicated to ending discrimination based on

sexual orientation, HIV status and gender identity and expression.

Homeless

HealthCare for the Homeless

Mercy Medical Center

271 Carew Street

Springfield, Ma.01104

(413) 748-9064

Healthcare for homeless people in 46 different sites in Hampshire, Hampden and Franklin Counties

Juvenile Court

CHINS (Child in need of services) (413)584-7686 Northampton

(413) 967-3302 Ware ext. 27

Legal Assistance

Disabilities Law Center (413)584-6337

32 Industrial Drive East

Northampton, Ma 01060

www.dlc-ma.org

Legal representation, advice and referrals

Western Mass Legal Services (413) 584-4034

20 Hampton Ave Suite 100

Northampton, Ma 01060

Provides help with subsidies being reduced, unemployment appeals/denials

Family law

Mental Health Support Services

Department of Mental Health (413)587-6200

One Prince St. P.O. Box 389

Northampton, Ma.01060

www.dmh.state.ma.us

Provides links to services for mental illness

Providence Hospital (Clinical Assessment Center) 1-800-274-7724

1233 Main St.

Holyoke, Ma 01040

Clinical Assessment Center will determine appropriate evaluation and services for individuals or family members. Inpatient, outpatient and partial services are available

ServiceNet (413) 585-1348
129 King St. Northampton, Ma. 01060
www.servicenetinc.org

Works with a variety of problems from adjustment issues to more serious disorders;
Provides psychological testing, psychiatric evaluation and outreach mental health.

NAMI National Alliance for Mentally Ill (413) 786-9139
717 1/2 Main St. Agawam 01001
www.namiwm.org

Support groups for families and friends with someone with mental illness
Works with individuals, family members, provides advocacy, education and support.

Substance Abuse/ Addictions

Providence Hospital Detox (Clinical Assessment Center) 1-800-274-7724

Phoenix Youth Academy, Springfield (413) 739-2440
Provides residential and recovery programs for adolescents

Cooley Dickenson Hospital (413) 586-8550
Out patient evaluation, individual and group counseling

Parent Support Groups of Western Mass
(413) 582-0213 (413) 547-0239 (Providence Hospital)
Offering support by parents to parents who are dealing with a chemically dependent child. Free and confidential.

Mass Alcohol and Drug Hotline 1-800-327-5050
www.helpline-online.com
Information and referral for treatment centers for substance abuse

Alanon
(413) 253-5261
Support for individuals whose lives are affected by an alcoholic

Alcoholics Anonymous
(413) 532-2111
Informational source for people who have a desire to stop drinking

MADD/ Mothers Against Drunk Driving
www.madd.org
(800) 633-6233
Goals are to stop drunken driving, support victims of this violent crime and prevent underage drinking.

Nar-Anon Family Groups

www.naranonctma.org

A 12 step support group for friends and family of someone who has an addiction problem

Narcotics Anonymous of Western Mass.

www.na.org

(800) 481-6871

Debtors Anonymous New England

www.debtorsanonymous.org

(617) 453-2743

A 12 step self-help group for anyone with a problem with debt.

Overeaters Anonymous

www overeateranonymous.org

(413) 783-4198

Support for individuals who have a problem with food.

Co-Dependents Anonymous

www.necoda.org

(978) 952-6510

A 12 step fellowship of people who want to develop healthy relationships and discontinue a self-defeating lifestyle.

Suicide Prevention

National Suicide Hotline

1-800-SUICIDE

1-800-784-2433

TTY 1-800-799-4TTY

National Suicide Prevention Lifeline

1-800-273-TALK

1-800-273-8255

Teen Mentoring Program

YWCA, Northampton (413) 586-6807

Big Brothers/Big Sisters, Amherst (413) 253-2591

For children ages 6-14

Teen Parents

Healthy Families of Hampshire County (413) 584-5690

Range of support services for teens and young parents including childbirth classes, Parenting groups and home visits for the first time parents

WIC

Massachusetts Women, Infants and Children Nutritional Program
1-800-942-1007

HOTLINE NUMBERS

Smokers Hotline 1-800-879-8678

Poison Control Hotline 1-800-882-1250

Statewide Domestic Violence Hotline 1-800-992-2600

Rape/Assault Hotline 1-888-337-0800