

## **Community Resources and Social Services for Individuals and Families**

### **AIDS/HIV Information**

AIDS CARE/ Hampshire County

10 Main St.

Florence, Ma 01062

[aidscarehamp@cooley-dickinson.org](mailto: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 Project at River Valley Counseling, Holyoke (413) 540-1214,  
Springfield (413) 737-2437

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 ACTION COMMITTEE

294 Washington St. 5<sup>th</sup> floor

Boston, Ma. 02108

[www.aac.org](http://www.aac.org)

### **Adoption**

Berkshire Children and Families

220 Russell St.

Suite 200

Hadley, MA 01035

(413)584-5690

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

Full Circle Adoptions

Northampton, MA 587-0007

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

Adoption Link

Springfield, MA 888-639-3659

[www.adoptionlinknow.org](http://www.adoptionlinknow.org)

The Children's Clinic

Northampton, MA 584-1310 x 333

Specialty in treatment of post-adoptive clinical issues

### **Attention Deficit Disorder/ADD/ ADHD**

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

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

### **Autism/Asperger's Syndrome**

Community Resources for People with Autism

Easthampton, MA 413-529-2428

[www.communityresourcesforautism.org](http://www.communityresourcesforautism.org)

National Autism Association

[www.nationalautismassociation.org](http://www.nationalautismassociation.org)

Asperger's Association of New England

Watertown, MA 617-393-3824

[www.aane.org](http://www.aane.org)

### **Bereavement Support**

Compassionate Friends

[www.compassionatefriends.org](http://www.compassionatefriends.org)

1-877-969-0010

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

Northampton, Ma. 01060

(413) 584-7086 ext. 124

[www.garden-cgc.org](http://www.garden-cgc.org)

A grief support program for teens and children who have experienced the death of a family member or friend.

### **Cancer Support**

Cancer Connection

Florence, MA 586-1642

[www.cancer-connection.org](http://www.cancer-connection.org). all services are free of charge

Cancer House of Hope

Springfield, MA 782-5500

[www.cancerhouseofhope.org](http://www.cancerhouseofhope.org). all services are free of charge

## **Child Abuse and/or Neglect**

Department of Children and Families (DCF) (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

## **Counseling/ Therapy**

River Valley Counseling

Holyoke, MA 540-1234

James Levine and Associates

South Hadley, MA 534-7400

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

SeviceNet

Northampton, MA 585-1300

[www.servicenetinc.org](http://www.servicenetinc.org)

Pioneer Valley Professionals

Holyoke, MA 533-4546

Child and Family Service of Pioneer Valley

Easthampton, MA 529-1764

West Springfield, MA 737-4718

[www.cfs.org](http://www.cfs.org)

## **Crisis Teams**

Crisis teams are available 24 hours per day to assess and assist those who are at risk of hurting themselves or others:

Mt. Tom Mental Health crisis # 536-2251

Holyoke Hospital crisis # 534-2627

## **Dating/ Domestic Violence**

National Teen Dating Abuse Helpline

866-331-9474

[www.loveisrespect.org](http://www.loveisrespect.org)

Everywoman's Center – Counselor/Advocate Program

University of Massachusetts

Amherst, Ma. 01003

[www.umass.edu/ewc](http://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

#### 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](http://www.womanshelter.org)

Specialist who works with adolescent dating violence, provides counseling. Comprehensive battered women program

#### Safe Passage

Northampton, Ma.

(413) 586-5066 888-345-5282 Hotline

[www.safepass.org](http://www.safepass.org)

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

#### Men's Resource Center for Change

236 No. Pleasant St.

Amherst, Ma. 01002

(413) 253-9887

[www.mrcforchange.org](http://www.mrcforchange.org)

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

### **Divorce**

#### Divorce Mediation Group

Springfield, MA 733-4444

Northampton, MA 585-0977

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

#### The Divorce Center

[www.divorcenter.org](http://www.divorcenter.org)

### **Eating Disorders**

#### Walden Behavioral Care

Northampton, MA 582-0100

Various treatment options for adults and adolescents with eating disorders

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

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
Helpline, information and referral: 800-931-2237

Overeaters Anonymous  
[www.overeateranonymous.org](http://www.overeateranonymous.org)  
(413) 783-4198  
Support for individuals who have a problem with food.

### **Family Assistance Programs**

Granby Council on Aging  
food pantry, fuel assistance programs, etc. 467-3239

WIC offices: Holyoke, MA 534-2460  
Ludlow, MA 589-1551

Amherst Survival Center  
No. Amherst, MA 549-3968  
<http://people.umass.edu>.

### **Gay/Lesbian Support**

Pride Zone  
Northampton, MA 584-1116  
[www.pridezone.org](http://www.pridezone.org).  
provides gay, lesbian, bisexual, transgender, queer and questioning youth and their allies with an emotionally and socially supportive environment to be who they wish to be

PFLAG: Parents, Families & Friends of Lesbians & Gays  
<http://community.pflag.org>  
Local chapter: Springfield, MA, (413) 536-6373

GLAAD: Gay and Lesbian Alliance against Defamation  
[www.glaad.org](http://www.glaad.org)

### **Housing**

HAP, inc. Hampden Hampshire Housing Partnership  
Renters, homebuyers, homeowners, and landlords all come to HAP for the latest information about housing opportunities, housing-related problems/questions, access to a wide variety of housing resources, and education about their rights and responsibilities.  
Northampton, MA

584-8495

[www.haphousing.org](http://www.haphousing.org)

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

Granby Housing Authority

111 W State Street.

467-9300 or 467-9863

## **Mental Health Support Services**

Department of Mental Health

Northampton, Ma.

(413)587-6200

[www.dmh.state.ma/us](http://www.dmh.state.ma/us)

Provides links to services for mental illness

NAMI National Alliance for Mentally Ill

Agawam, MA

(413) 786-9139

<http://namiwm.org>

Works with individuals, family members, provides advocacy, education and support.

## **Parent Support**

Parents Helping Parents

Watertown, Ma.

[www.parentshelpingparents.org](http://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

[www.parentingdirectory.org](http://www.parentingdirectory.org)

A listing of resources for parents in Hampshire, Hampden, Berkshire and Franklin Counties

Florence, MA

413-303-9601

## **Substance Abuse/ Addictions**

### Phoenix Youth Academy

Springfield, MA

(413) 739-2440 ext. 102 or 117

[www.phoenixhouse.org](http://www.phoenixhouse.org)

Provides residential and outpatient programs for adolescents

### The START program @ Cooley Dickinson Hospital

Florence, MA

(413) 586-8550

The START intensive outpatient treatment program to aid those in the early phases of sobriety and recovery from substance abuse

### Allies in Recovery

Northampton, MA

413-210-3724

[www.alliesinrecovery.org](http://www.alliesinrecovery.org)

Family consultations, assessment, workshops and referral.

### Parent Support Groups of Western Mass

(413) 246-0677 (413) 534-7237

Support groups facilitated by parents with years of experience dealing with a chemically dependent child. Free and confidential.

### Alcoholics Anonymous

(413) 532-2111

[www.westernmassaa.org](http://www.westernmassaa.org)

Informational source for people who have a desire to stop drinking

### Alanon-Alateen

[www.valleyalanon.org](http://www.valleyalanon.org)

information and support for those lives who are affected by someone else's drinking

Smokers Hotline 1-800-879-8678

## **Suicide Prevention**

### National Suicide Hotline

1-800-SUICIDE

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

### National Suicide Prevention Lifeline

1-800-273-TALK

1-800-273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**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, 1-888-775-4KID  
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, Holyoke 534-2460

**HOTLINE NUMBERS**

Poison Control Hotline 1-800-882-1250

Statewide Domestic Violence Hotline 1-800-992-2600

Rape/Assault Hotline 1-888-337-0800