

TRI-TOWN COMMUNITY RESOURCES

The following information was compiled by the School Health Advisory Council of the Masconomet Regional School District, Tri-Town School Union and Tri-Town Council as a free service to the individuals and families of the Tri-Town community.

Please feel free to copy and share this information

TRI-TOWN COMMUNITY RESOURCES

CRISIS and OTHER HOTLINE SERVICES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Tri-Town Council

Provides: Crisis helpline counseling and referral services including mental health and substance abuse

Clientele: Youth & Families (children, adolescents and caregivers)

Locations: 49 Main Street, Topsfield, Ma

Telephone contact info: 978-887-6512

24 Hour Helpline: 978-771-4619

Website: <http://www.tritowncouncil.org/>

Masconomet Safe School Helpline

Provides: Anonymous Reporting 24/7/365

Telephone contact info: 1-800-418-6423 Ext 359

Website: www.safeschoolhelpline.com

HAWC (Healing Abuse Working for Change)

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 27 Congress Street Salem, MA 01970

Telephone contact info: 978-744-8552 OR **24-HOUR Hotline – 1-800-547-1649**

Website: www.helpabusedwomen.org

Parent Stress Hotline

Provides: Support for parents with problems related to their children

Clientele: Massachusetts parents

Telephone contact info: 1-800-632-8188

Website: <http://www.parentshelpingparents.org/parentalstresslinec/parental-stress-line.html>

Beverly Hospital Emergency Room

Provides: Emergency services for psychiatric evaluations/mental health

Clientele: Children and Adolescents

Locations: 85 Herrick Street, Beverly, Ma

Telephone contact info: 978-922-3000

North Shore Children's Hospital Emergency Room-Psychiatric Services

Provides: Emergency services for mental health

Clientele: Children and Adolescents

Locations: 57 Highland Ave, Salem, Ma

Telephone contact info: 978-745-2100

Jeanne Geiger Crisis Center Inc.

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 2 Harris Street Newburyport, MA

5 Market Square Amesbury, MA

Telephone contact info: **24 HOUR Hotline 978.388.1888**

Website: www.jeannegeigercrisiscenter.org

TRI-TOWN COMMUNITY RESOURCES

CRISIS and OTHER HOTLINE SERVICES continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

North Shore Rape Crisis Center

Provides: Individual and group counseling, medical and legal advocacy, educational outreach, and a 24 hour toll-free hotline. All services are confidential and free of charge.

Clientele: Victims of domestic violence

Locations: 156 Broad Street Suite 26 Beverly, MA

Telephone contact info: 24-HOUR Hotline 1-800-922-8772

Website: <http://www.hes-inc.org/north-shore-rape-crisis-center>

Lahey Health Behavioral Services:

Provides: Individual and group therapy for mental health and substance use issues to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts; addiction treatment; family services (including couples counseling); mobile crisis teams for behavioral and substance-related emergencies; inpatient psychiatric care, plus home and school-based programs for children and teens.

Clientele: Adults, teens, families and children.

Locations: Beverly, Ipswich, Gloucester, Lynn, Woburn, Amesbury, Haverhill, Salem, Lawrence, Lowell

Telephone contact info:

Emergency Psychiatric Services:

Haverhill: 1-800-281-3223 or 978-521-9777

Salem: 1-866-523-1216 or 978-744-1585

Lowell: 978-455-3397 or 800-830-5177

Lawrence: 978-620-1250 or 877-255-1261

Outpatient Clinics:

Salem: 978.745.2440

Beverly: 978.921.1190

Gloucester: 978.283.0296

Haverhill: 978.373.1126

Lawrence: 978.683.3128

Website: <http://nebhealth.org>

Additional Info: On the Lahey Health Behavioral Services website there is a LARGE listing of Youth Services and programs as well as a significant amount of additional information.

National Suicide/Self Injury Prevention Lifeline

Provides: Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-273-(talk) 8255

Website: <http://www.suicidepreventionlifeline.org>

GLBT National Help Center

Provides: Free and confidential peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

Telephone contact info: 888-843-4564

Website: help@GLBThotline.org

Additional Info: The website offers a resource database which contains information on social and support groups, as well as gay-friendly religious organizations, sports leagues, student groups and more.

Parent Stress Hotline

Provides: Support for parents with problems related to their children

Clientele: Massachusetts parents

Telephone contact info: 1-800-632-8188

Website: <http://www.parentshelpingparents.org>

TRI-TOWN COMMUNITY RESOURCES

FAMILY RESOURCES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Department of Children and Family Services

Haverhill Area DCF Office

3 Ferry St. #2
Haverhill, MA 01835
(978) 469-8800
fax (978) 469-8990

(SERVICES FAMILIES IN BOXFORD and TOPSFIELD)

Cape Ann Area DCF Office

45 Congress St., Building 4
Salem, MA 01970
(978) 825-3800
fax (978) 825-9091

(SERVICES FAMILIES IN MIDDLETON)

Focus Adolescent Services

Provides: Information and referral services for families and troubled teens

Clientele: Adolescents and families

Telephone contact info: 443-358-4691

Website: <http://www.focusas.org>

Parent Stress Hotline

Provides: Support for parents with problems related to their children

Clientele: Massachusetts parents

Telephone contact info: 1-800-632-8188

Website: <http://www.parentshelpingparents.org>

PAL (Parent/Professional Advocacy League)

Provides: Information to an organization that advocates for improved access to mental health services for children, youth and their families.

Clientele: Massachusetts parents

Telephone contact info: 1-866-815-8122

Website: <http://ppal.net>

Family Ties of Massachusetts

Provides: A network for families & professionals supporting children and youth with special needs.

Clientele: Massachusetts parents and professionals

Telephone Contact: 1-800-905-(TIES) 8437

Website: <http://massfamilyties.org>

Care Dimensions

Provides: Hospice care, Palliative Care, Specialized Care, Grief Support

Clientele: All

Locations: 75 Sylvan Street, Suite B-102, Danvers, Ma

Telephone contact info: 888-283-1722

Website: <https://www.caredimensions.org/grief-support/>

TRI-TOWN COMMUNITY RESOURCES

FAMILY RESOURCES Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

All Care

Provides: All Care Hospice provides bereavement support to the community through group and workshops. ALL groups and workshops are FREE and OPEN to the community.

Clientele: All

Locations: North Andover and Lynn

Telephone contact info: 1-800-287-2454

Website: www.allcare.org/grief-and-loss-services

Family Resource Center

Provides: Behavioral Health resources and programs for children, adolescents, families and professionals. Conferences, workshops and family support groups are offered year round. The Family Resource Center also has an active Mindfulness-Based Stress Reduction program.

Clientele: Children, Adolescents and families

Location: NS Children's Hospital, 57 Highland Ave, Salem Ma

Website: http://nsmc.partners.org/pediatrics/family_resource_center

Northshore Education Consortium (NEC), Family Resource Center

Provides: Information and support to families with children with special needs

Clientele: Massachusetts parents

Telephone Contact info: 1-978-232-9755 x1946

Website: <http://www.nsedu.org>

Northshore ARC, Danvers, Parent Information Resource Center

Provides: Information and support to families of children with special needs

Clientele: Northshore parents

Website: <http://www.ne-arc.org>

Telephone Contact Info: 978-750-1048

Tri-Town Council

Provides: Support, prevention resources for tri -town youth & families

Clientele: Tri-Town youth and parents/caregivers

Telephone Contact Info: 978-887-6512; Project Safety Net 24/7 Helpline (978) 771-4619

Website: <http://www.tritowncouncil.org>

Additional helpful websites for families:

Center for Safe and Responsible Internet Use: www.cyberbullying.org

Cyber-Safe Kids, Cyber Safe Teens: <http://www.cyber-safety.com/teens.html>

Cyber-bullying Research Center: www.cyberbullying.org

TRI-TOWN COMMUNITY RESOURCES

FOOD, ENERGY and FINANCIAL ASSISTANCE:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

If you require assistance and need confidential support in determining how to access local resources available, please contact:

Karen Trevenen, Masconomet HS Nurse (978) 887-2323 x6116

Joan Murphy, Transition Specialist (978) 887-2323 x1204

Scott Morrision, Tri-Town Elementary School Superintendent (978) 887-0771

Lisa Teichner, Tri-Town Council (978) 887-6512

***Unless otherwise indicated, these resources are available year-round.**

Healthcare for All (INSURANCE)

Provides: Mass Health application assistance, legal assistance for claims

Telephone contact info: Helpline (800) 272-4232

Website: <https://www.hcfama.org/>

Middleton Food Pantry (part of the Middleton Council on Aging)

Provides: Food distributions to needy families in the local community

Location: 38 Maple Street/Rt 62, Middleton, MA (Council on Aging & Senior Center- use side door for Pantry)

Clientele: Middleton, MA residents

Telephone contact info: Contact Frank Leary at 978-766-1402 or David Leary at 978-479-8257

Additional information: Open Fridays from 1-3, no appointment necessary for distribution. Food donation times are Mon, Wed & Thurs 9:30am – 2:30pm, and Fridays 1-3pm.

Boxford Food Pantry

Provides: Food distribution; limited to one time per month per family

*By appointment only

Clientele: Tri-Town residents (Boxford, Topsfield, Middleton)

Location: First Congregational Church in Boxford, 4 Georgetown Rd., Boxford (MA)

Telephone contact info: Susan Humerian and Leslie Olson at (978) 887-5841 Ext.3

Additional information: In-kind donations of non-perishable items may be left in the church sanctuary.

Top Cupboard Food Pantry

Provides: Food distribution second and fourth Saturday of the month, 8-10am, to Topsfield residents.

Clientele: Topsfield, MA residents with ID required

Location: Trinity Episcopal Church, 124 River Road, Topsfield

Telephone contact info: Rev. Jo Barrett at 978-887-5570, email: topcupboardpantry@gmail.com

Additional information: In-kind donations of non-perishable items may be left in any of the four Topsfield Churches including Trinity Episcopal, Congregational Church of Topsfield, St. Rose of Lima and Our Savior Lutheran, as well as the Topsfield Council on Aging office located in Town Hall. **The Pantry also has a limited selection of pet food.

TRI-TOWN COMMUNITY RESOURCES

FOOD, ENERGY and FINANCIAL ASSISTANCE Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

The Acord Food Pantry

Provides: Clients can visit once every 7 days. Acord is 100% choice, which allows clients to choose their own food. Acord provides meat, fish, dairy choices and fresh produce.

Clientele: Residents of Topsfield (as well as Hamilton, Wenham, Ipswich, Essex & Manchester)

Location: 69 Willow Street, Hamilton

Telephone contact info: 978-468-7424

Website: acordfoodpantry.org

Addition Information: Current proof of address such as a utility bill is required at every visit. You can come in to Acord during our open hours to register for services. We are open on Wednesdays from 9:30 - 11 am, Thursdays from 6:30 - 7:30 pm and Saturdays from 9 - 11 am

Keith Koster Memorial Scholarship Fund - Seasonal

Provides: Financial and in-kind assistance to families and youth in times of crisis; sports scholarships; and holiday food and gift support.

Clientele: Families and students in the Tri-Town

Telephone contact info: Scott Morrison, Superintendent of Elementary Schools (978) 887-0771

Friends of the Flint Library: Neighbors in Need Annual Holiday Giving Program - Seasonal

Provides: Assistance to Middleton families who may be facing difficulties during the holiday season. Emergency assistance may be available.

Clientele: Middleton families

Location(s) One South Main Street Middleton, Ma

Telephone contact info: Contact The Flint Library "SANTA" at 978-774-8132 flint3@comcast.net or Gimmie Sue at 978-884-1770 gvalacer@comcast.net

Additional Information: Donations are welcome. Items that are especially helpful are gift cards in any amount for the "tween" and teenage groups; cash donations; gift cards to local restaurants, grocery stores, drug stores and hair salons.

Invest in People

Provides: Assistance to families and their children who are facing unexpected, urgent and short-term financial needs.

Clientele: Families must be residents of Boxford, Middleton, Topsfield, Essex, Newbury, Rowley or Ipswich

Email/Mail Contact info: The family or a representative for the family (3rd party referrals accepted from any source such as school counselor, nurse, MD, Tri-Town Council, etc) is required. To send an email contact Dawn Seymour at investinpeople1@gmail.com or mail a letter to P.O. Box 135, Topsfield, MA 01983, explaining the situation and how IIP can support them financially. Supporting documents may be required and information is subject to verification.

Additional info: Payments are sent to vendors or creditors directly, but cards for food and gas can be provided.

TRI-TOWN COMMUNITY RESOURCES

FOOD, ENERGY and FINANCIAL ASSISTANCE Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

St. Vincent de Paul Society

Provides: Non-perishable food, grocery store gift cards and emergency assistance

Location(s): St. Rose of Lima Parish, 12 Park Street Topsfield, Ma

Clientele: Topsfield, Boxford, Middleton, Rowley, Georgetown, Groveland

Telephone contact info: Topsfield: Augie Chiango at (617) 429-6284 or through church (978) 887-5505 or asapemail@aol.com

Tri-Town Council

Provides: Referral resources; holiday food support in conjunction with the Christian Angel Smile Foundation. Limited financial emergency family assistance available. Fee reduction/waivers for certain programs such as Horizons and All-Night Graduation party upon request.

Clientele: Tri-Town residents.

Locations: 49 Main Street, Topsfield, Ma

Telephone contact info: Lisa Teichner 978-887-6512

Website: <http://www.tritowncouncil.org/>

Community Giving Tree:

Provides: Assistance to families in need in the form of clothing, baby equipment, school supplies, toiletries and other necessities.

Clientele: Families in Essex County

Telephone contact info: 978-223-5767

*Referral required by outside agency such as school, MD, Tri-Town Council etc.

Website: info@communitygivingtre.org

Masconomet Regional School District:

Provides: Financial waivers for Excels Groups, Athletics, SAT/PSAT and college applications

Clientele: Students of Masconomet Regional School District

Telephone contact info:

For Excels Groups and Athletic Waivers:

Sue Givens at 978-887-2323 Ext. 6112

For SAT/PSAT and College Application Waivers:

Dr. Irene Duros (Guidance Director) 978-887-2323 Ext. 6181

Karen Simi (Guidance Department) 978-887-2323 Ext. 6177

For General Financial and/or food assistance any time of year:

Joan Murphy (Transition Specialist) 978-887-2323 Ext. 1204

Karen Trevenen (HS Nurse) 978-887-2323 Ext. 6116

Website: www.masconomet.org

Essex County Hunger Relief Project

Provides: Comprehensive list of food pantries and soup kitchens in Essex County, MA, along with how you can donate and volunteer for your nonprofit of choice through the site.

Clientele: Essex County residents

Website: www.essexcountyhungerrelief.org

Contact info: Managed by the Essex County Community Foundation, 978-777-8876, 175 Andover St, Danvers, MA

TRI-TOWN COMMUNITY RESOURCES

FOOD, ENERGY and FINANCIAL ASSISTANCE Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Massachusetts Energy Assistance

Provides: Comprehensive list of assistance programs for fuel, heat and energy resources

Clientele: Massachusetts residents

Website: <http://www.mass.gov/hed/community/energy/low-income-home-energy-assistance-liheap.html>

Contact info: Call the HEATLINE for more information at 1-800-632-8175

Healthcare for All (INSURANCE)

Provides: Mass Health application assistance, legal assistance for claims

Telephone contact info: Helpline (800) 272-4232

Website: <https://www.hcfama.org/>

Massachusetts Commission for the Deaf & Hard of Hearing

Provides: Financial aid for hearing aides

Telephone contact info: 1-800-882-1155

Website: <http://www.mass.gov/eohhs/gov/departments/mcdhh/programs/hearing-dogs/financial-assistance-and-recycling-hearing-aids.html>

Additional info: Other resources including, educational and assistive technology is available online

NASN(National Association of School Nurses)

Provides: Free eye glasses

***ACCESS THROUGH THE SCHOOL NURSE**

Telephone contact info: Masco High School Nurse 978-887-2323 Ext. 6116

Masco Middle School Nurse 978-887-2323 Ext. 6125

Mission of Deeds

Provides: Beds, furniture, and household essentials for people in need.

Clientele: Men, women, and children of all ages, including: veterans, disadvantaged families, the previously homeless, survivors of domestic abuse, refugees, the elderly, survivors of fire and other disasters, and those with disabilities.

Locations: 6 Chapin Ave, Reading MA 01867

Telephone contact info: 781-944-9797

Website: www.missionofdeeds.org

Call 2-1-1 for more state programs that offer assistance for a wide-variety of reasons.

TRI-TOWN COMMUNITY RESOURCES

HEALTH:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Health Insurance

Provides: Offers health and dental insurance coverage from the state's leading insurers (including Mass Health, and Children's Medical Security Plan). Includes applications and tools to find out what plans cost savings your family may be eligible for. Answers questions about Massachusetts health insurance and helps provide coverage

Clientele: All

Telephone contact: 800-272-4232

Website: www.betterhealthconnector.com

Sexual Health Counseling and Referral Hotline

Provides: Trained health center staff and volunteers are available to discuss a wide range of issues including birth control, emergency contraception, pregnancy options, sexually transmitted infections including HIV/AIDS, and other aspects of reproductive health. They offer objective information and support necessary to make personal and private decisions

Clientele: All

Telephone contact info: 1-877-5772 Option #3

Health Quarters, Inc

Provides: Sexual and Reproductive health for men and women includes: HIV/STD testing, birth control, emergency contraception, pregnancy testing and counseling .

Clientele: ALL

Telephone contact info:

Beverly: 978-922-4490

Haverhill: 978-521-4444

Lydia Pinkham Clinic

Provides: Free physicals for students new to district, free immunizations

Clientele: children and adolescents

Location: 250 Derby St. Salem

Telephone contact info: 978-744-3288

Sports Concussion Clinic (Division of Boston Children's Hospital)

Clinics in Peabody, Waltham, Lexington and Boston

Provides: Expert team provides care for students and/or athletes with concussions, as well as concussion prevention and recovery education for athletes and their families.

Clientele: children and adolescents

Telephone contact info: 617-355-3501

TRI-TOWN COMMUNITY RESOURCES

LEGAL RESOURCES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Essex County Juvenile Court

10 Railroad Street
Lawrence, MA 01841
978.725.8810

Essex County Juvenile Court

Newburyport District Court

Ipswich District Court

188 State Street
Newburyport, MA 01950
978.462.3511

Essex County Juvenile Court

45 Congress Street
Salem, MA 01970
978.744.1562

Essex District Attorney

Jonathan W. Blodgett
Ten Federal Street
978.745.6610
www.mass.gov/essexda

Boxford Police Department

285 Ipswich Road
Boxford, MA 01921
Emergency - 911
Business – 978.887.8135
Chief, James Riter
SRO: Sergeant Kara Fitzpatrick

Middleton Police Department

65 North Main Street
Middleton, MA 01949
Emergency 911
Business – 978.774.4424
Chief, James A. DiGianvittorio
SRO: Officer Adam Maccini

Topsfield Police Department

210 Boston Street
Topsfield, MA 01983
Emergency - 911
Business – 978.887.6533
Chief, Evan E.J. Haglund
SRO: Officer Shawn Frost and SRO: Officer Kelly Pickering

TRI-TOWN COMMUNITY RESOURCES

MENTAL HEALTH SERVICES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

American Foundation for Suicide Prevention

Provides: Informational website as well as resources for individuals struggling with thoughts of suicide as well as supports for loss survivors of suicide.

Clientele: All

Locations: Vary

Telephone contact info: Crisis hotline: 1800-273-8255

Website: <https://afsp.org/find-support/>

Becket Family Services

Provides: Variety of services to individuals experiencing extreme behavioral challenges, including home-based treatment, family support, mentoring, residential respite, targeted case management, academic support, family therapy and other therapeutic interventions.

Clientele: Youth and Adults

Locations: Methuen, Ma

Telephone contact info: 978-382-6607

Website: www.becket.org

Care Dimensions

Provides: Grief support in the form of individual therapy and groups specific to loss from suicide and/or for children up to 18yrs who have lost a love one.

Clientele: All

Locations: 75 Sylvan Street, Suite B-102, Danvers, Ma

Telephone contact info: 855-774-5100

Website: <https://www.caredimensions.org/grief-support/>

Catholic Charities North

Provides: Counseling services for low income families

Clientele: Children/families/adolescents/adults

Locations: Salem, Lynn and Danvers (Family Counseling and Guidance Center)

Telephone contact info: Salem (978-740-6923); Lynn (781-593-2312); Family Counseling and Guidance Center (978-774-6820)

Website: www.ccab.org

Central Square Therapy Associates

Provides: Outpatient therapy, psychological and neuropsychological evaluations, and forensic consultation and expert testimony.

Clientele: 6+ yrs old

Locations: Lynn, Ma

Telephone contact info: 781-592-6100

Website: www.centalsquaretherapy.com

TRI-TOWN COMMUNITY RESOURCES

MENTAL HEALTH SERVICES Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Children's Friend and Family Services

Provides: Care planning for children and youth with serious emotional disturbance, in home family therapy, outpatient mental health services, a parenting support group, trauma focused CBT, education for parents of children with mental health needs or behavioral disorders, youth mentoring, and medication management

Clientele: 3-21 yrs and adults

Locations: 112 Market Street, Lynn Ma; 110 Boston Street Salem, Ma

Telephone contact info: Lynn (781-592-5691); Salem (978-744-7905)

Website: <http://childrensfriend.net>

Eliot Community Human Services

Provides: Wide array of mental health counseling and evaluation services for children, adolescents, adults, families and elders. Other services include substance abuse counseling, crisis stabilization services, community support services and adult day treatment programs. In addition provides Mobile Crisis Intervention 24 hours a day for children, adults and elders in acute psychiatric distress.

Clientele: Children/families/adolescents/adults/seniors

Locations: Lynn, Ma

Telephone contact info: 781-581-4400; Mobile Crisis Team (800-988-1111)

Website: www.eliotchs.org

Family Continuity

Provides: Outpatient mental health counseling available at Beverly, Peabody and Lawrence offices. Also provides in-home therapy, community support program, therapeutic mentoring and parenting classes.

Clientele: 3+ yrs old

Locations: Peabody, Ma

Telephone contact info: 978-927-9410

Website: www.familycontinuity.org

Institute for Family Centered Services

Provides: In-home and community based treatment including diagnostic assessment, case management, outpatient treatment, crisis stabilization, therapeutic support and family centered treatment.

Clientele: Children/families/adolescents

Locations: Lawrence, Ma

Telephone contact info: 978-794-7966

Website: www.ifcsinc.com

Lowell Treatment Center in Arbour Health System

Provides: 41 Bed hospital facility offering in-patient and partial hospitalization services, evaluations, in-home family stabilization and therapy and therapeutic mentoring.

Clientele: Adolescents and adults

Locations: Lowell Ma

Telephone contact info: 978-703-2200

Website: www.arbourhealth.com

TRI-TOWN COMMUNITY RESOURCES

MENTAL HEALTH SERVICES Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Mass General for Children at North Shore Medical Center

Provides: Outpatient mental health services and neuropsychological evaluations

Clientele: Under 18 yrs

Locations: Salem, Ma

Telephone contact info: 978-745-2100

Website: http://nsmc.partners.org/locations/nsmc_north_shore_childrens

See website: http://nsmc.partners.org/departments_and_services for additional information and services

Massachusetts Department of Mental Health (DMH)

Provides: Eligibility restrictions: individuals who suffer significant functional impairment as a result of mental illness/serious emotional disturbance.

Clientele: All

Location: Lynn and Salem

Telephone contact info: Lynn: 781-477-2070 Salem: 978-741-7300

Website: www.mass.gov/dmh

North Shore Counseling Center

Provides: Outpatient therapy to children, adolescents, adults and couples. Also offers a program for divorcing parents to manage conflicts that arise in co-parenting.

Clientele: Children/families/adolescents/adults/seniors

Locations: Beverly

Telephone contact info: Beverly: 978-922-2280

Website: www.nsccl-inc.com

Pyramid Builders Associates

Provides: Licensed mental health clinic provides community based psychosocial and therapeutic services to children, adolescents and adults including individual, family and group therapy, community support, family stabilization and in-home therapy.

Clientele: Children, adolescents, adults, couples and families

Locations: Lynn, Ma

Telephone contact info: 781-780-3566

Website: <http://pbacs.org>

Riverside Community Care

Provides: Abundant of services to children, adolescents, adults and families

Clientele: All

Locations: Lynnfield, Ma

Telephone contact info: 781-246-2010

Website: www.riversidecc.org

TRI-TOWN COMMUNITY RESOURCES

MENTAL HEALTH SERVICES Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Lahey Health Behavioral Services:

Provides: Mental health, substance abuse and community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts. Services included outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; and community education and prevention initiatives.

Clientele: Adults, teens, families and children.

Locations: Beverly, Ipswich, Gloucester, Lynn, Woburn, Amesbury, Haverhill, Salem, Lawrence, Lowell

Telephone contact info:

Emergency Psychiatric Services:

Haverhill: 1-800-281-3223 or 978-521-9777

Salem: 1-866-523-1216 or 978-744-1585

Outpatient Clinics:

Beverly: 978-921-1190

Salem: 978-745-2440

Haverhill: 978-373-1126

Ipswich: 978-356-1776

Gloucester: 978-283-0296

Lynn: 781-592-3058

Woburn: 781-935-3025

Amesbury: 978-388-7032

Lawrence: 978-683-3128

Website: <http://nebhealth.org>

Additional Info: On Northeast Behavioral website there is a LARGE listing of Youth Services and programs as well as a significant amount of additional information.

South Bay Mental Health Center

Provides: Continuum of community-based services to children, adults and families including individual therapy, family therapy, couples therapy and group therapy. Also provides intensive in-home family therapy under the Children's Behavioral Health Initiative

Clientele: All

Locations: Lynn and Salem

Telephone contact info: Lynn: 781-244-1950, Salem: 978-542-1951

Website: <http://www.southbaycommunityservices.com>

Tri-Town Council

Provides: Crisis counseling, helpline and list of mental health counselors in area

Clientele: Children, Adolescents and caregivers

Locations: Topsfield, Ma

Telephone contact info: 978-887-6512

24 Hour HELPLINE: 978-771-4619

Website: <http://www.tritowncouncil.org/>

TRI-TOWN COMMUNITY RESOURCES

MENTAL HEALTH SERVICES Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Social Work Referral Services

Provides: Referral Services for providers covered by your specific insurance company for Mental Health

Clientele: Children, adolescents, families, adults

Telephone contact info: 1-800-242-9794

National Suicide/Self Injury Prevention Lifeline

Provides: Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-273-(talk) 8255

Website: <http://www.suicidepreventionlifeline.org>

MEDA (Massachusetts Eating Disorders Association)

Provides: Assessments, consultations, and support groups for individuals with eating disorders. Coaching sessions for family members and friends of individuals with eating disorders. Additional information and resources on eating disorders located on website.

Clientele: Children/families/adolescents/adult

Locations: Vary

Telephone contact info: 617-558-1881

Website: <http://www.medainc.org/>

NEDA (National Eating Disorders Association)

Provides: Referral Helpline for people with eating disorders and resources/informational website including parent tool-kits

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-931-2237

Website: <http://www.nationaleatingdisorders.org/>

Cambridge Center for Eating Disorders

Provides: Supports and treatment for Eating Disorders

Clientele: Adolescents and adults

Location: Cambridge, Ma

Telephone contact info: (617)547-2255

Website: www.eatingdisordercenter.org/

Walden Behavioral Center

Provides: Treatment for either or both psychiatric or eating disorders. Inpatient and outpatient

Clientele: Adolescent and adults

Location: Waltham, North Hampton and Worcester Ma

Telephone contact info: 781-647-6727

Website: www.waldenbehavioralcare.com/

Additional website for resources and information on Mental Health

<http://samaritanshope.org/>

<http://www.nami.org/>

<http://familyaware.org/>

<http://www.supportaftersuicide.org.au/what-to-do/information-for-friends-and-family>

TRI-TOWN COMMUNITY RESOURCES

SERVICES TO ASSIST WITH VIOLENCE:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

HAWC (Healing Abuse Working for Change)

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 27 Congress Street Salem, MA 01970

Telephone contact info: 978-744-8552 OR **24-HOUR Hotline – 1-800-547-1649**

Website: <http://hawcdv.org>

Jeanne Geiger Crisis Center Inc.

Provides: An array of services for those dealing with any type of domestic violence

Clientele: Children, adolescents, adults and families

Locations: 2 Harris Street Newburyport, MA

5 Market Square Amesbury, MA

Telephone contact info: **24 HOUR Hotline 978.388.1888**

Website: www.jeannegeigercrisiscenter.org

North Shore Rape Crisis Center

Provides: Individual and group counseling, medical and legal advocacy, educational outreach, and a 24 hour toll-free hotline. All services are confidential and free of charge.

Clientele: Victims of domestic violence

Locations: 156 Broad Street Suite 26 Beverly, MA

Telephone contact info: **24-HOUR Hotline 1-800-922-8772**

Website: <http://www.hes-inc.org/north-shore-rape-crisis-center>

Massachusetts Safe Link

Provides: Domestic violence hotline and is answered by trained advocates

Clientele: Victims of domestic violence

Telephone contact info: 24 Hour Hotline 1-877-785-2020

Website: <http://www.janedoe.org>

National Domestic Violence Hotline

Provides: Hotline advocates providing crisis intervention, safety planning and referrals for domestic violence victims

Clientele: Victims of domestic violence

Telephone contact info: 1-800-799-SAFE 7233

Website: <http://www.thehotline.org/>

National Teen Dating Violence Hotline

Provides: Website provides resources for teens, parents, friends and family, Peer Advocates, government officials, law enforcement officials and the general public. All communication is confidential and anonymous. Hotline offers 1:1 support from trained peer advocates.

Clientele: Teens and young adults

Telephone contact info: 1-866-331-9474

Website: www.loveisrespect.org

Lawrence General Hospital ER

Provides: 24 Hour service for rape victims

Telephone contact info: 978-946-8000

TRI-TOWN COMMUNITY RESOURCES

SUBSTANCE ABUSE SERVICES:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

North Shore Counseling Center Inc.

Provides: Outpatient behavioral health services for child/adolescents, family, couples, and individuals, as well as, group counseling in mental health, alcohol/drug treatment and other programs such as psychological testing.

Clientele: Children/families/adolescents/adults/seniors

Locations: Beverly

Telephone contact info: Beverly: 978-922-2280

Website: www.nsc-inc.com

TCA-Team Coordinating Agency Inc.

Provides: Outpatient and residential therapy support programs that include substance abuse, ambulatory services & forensic services.

Services: Individual and Group counseling, education programs, behavioral consultations, stabilization services & gambling treatment.

Clientele: Adolescents and adults

Locations: Haverhill

Telephone contact info: 978-373-1181

Website: www.teamca.net

Adolescent Substance Abuse Program (ASAP) at Boston Children's Hospital

Provides: Identification, diagnosis & treatment for substance-use problems and disorders children and adolescents. Specialized support and treatment such as; interventions, including abstinence challenges and toxicology screens, provides triage appointments during times of crisis, offers short term treatment planning, and arranges for a more comprehensive evaluation. For adolescents who require a more intensive assessment, we provide full diagnostic appointments.

Clientele: children and adolescents

Locations: Children's Hospital; Boston, Ma

Telephone contact info: 617-355-2727

Website: <http://www.childrenshospital.org/clinicalservices/Site1846/mainpageS1846P6.html>

Institute for Health and Recovery: Youth Services

Provides: Screening assessments and referrals for adolescents with substance abuse issues, including residential & patient treatment.

Clientele: Adolescents and families

Locations: Cambridge, Ma

Telephone contact info: 617-661-3991

Website: <http://www.healthrecovery.org/our-work/youth/>

TRI-TOWN COMMUNITY RESOURCES

SUBSTANCE ABUSE SERVICES Continued:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District, the Tri-Town School Union and Tri-Town Council do not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Institute for Health and Recovery (IHR)

Provides: Facilitates access to a range of services for Massachusetts youth with substance abuse issues, including residential and out patient treatment.

Clientele: Adolescents

Locations: Greater Boston, Lynn Area and Lawrence

Telephone contact info: 617-661-3991 or toll free 866-705-2807

Website: <http://www.healthrecovery.org>

Informational numbers and websites for substance abuse and addiction support:

Alcoholics Anonymous (AA) Central Service Committee of Eastern Mass:

1-617-425-9444

www.aabosmeetings.org

Al-Anon/Alateen Family Group Meetings in Massachusetts:

www.ma-al-anon-alateen.org

New England Region of Narcotics Anonymous (N.E.R.N.A)

www.nerna.org

Massachusetts Organization for Addiction Recovery (MOAR)

617-423-6627

www.moar-recovery.org

Partnership for a Drug Free America:

1-866-281-9945

www.drugfree.org

National Institute on Drug Abuse

www.nida.nih.gov

The Anti-Drug (Parents)

www.theantidrug.com

Massachusetts Health Promotion Clearing House: The Medical Foundation

www.maclclearinghouse.com

1-800-952-6637

Massachusetts Substance Abuse Information and Education Helpline

1-800-327-5050

www.helpline-online.com

Mass Dept of Public Health-Tabacco Control Program

617-624-5900

www.makesmokinghistory.org

TRI-TOWN COMMUNITY RESOURCES

HOLIDAY SUPPORT:

The following is a compilation of resources gathered from those currently available in the Tri-Town Community. While Masconomet Regional School District does not endorse individual resources or businesses, we present this information to assist you in determining appropriate resources for your family.

Holiday Assistance Program at Masconomet Regional School District:

Provides: Assistance to families in need in the form of gifts, food and/or financial aid during the holiday season.

Clientele: Tri-Town residents

Telephone contact info: Joan Murphy (Transition Specialist) 978-887-2323 Ext. 1204

jmurphy@masconomet.org

Karen Trevenen (HS Nurse) 978-887-2323 Ext. 6116

ktrevenen@masconomet.org

Tri-Town Council

Provides: Referral resources; holiday food support in conjunction with the Christian Angel Smile Foundation. Limited financial emergency family assistance.

Clientele: Tri-Town families.

Locations: Topsfield, Ma

Telephone contact info: Lisa Teichner 978-887-6512

Website: <http://www.tritowncouncil.org/>

St. Vincent de Paul Society

Provides: Non-perishable food, grocery store gift cards and emergency assistance

Location(s): St. Rose of Lima Parish, Topsfield and St. Agnes Parish, Middleton

Clientele: Local community members in need

Telephone contact info:

Topsfield: Augie Chiango at (617) 429-6284 or through church (978) 887-5505 or asapemail@aol.com

Middleton: Deborah Charewiczat the church office (978) 774-1958.

Friends of the Flint Library: Neighbors in Need Annual Holiday Giving Program

Provides: Assistance to Middleton families who may be facing difficulties during the holiday season. Emergency assistance may be available.

Clientele: Middleton families

Location(s) Middleton, Ma

Telephone contact info: Contact The Flint "SANTA" at 978-774-8132 or Gimmie Sue at 978-884-1770

Website: gsvlacer@comcast.net

Additional Information: Donations are welcome. Items that are especially helpful are gift cards in any amount for the "tween" and teenage groups; cash donations; gift cards to local restaurants, grocery stores, drug stores and hair salons.

Koster Family Foundation

Provides: Financial and in-kind assistance to families and youth in times of crisis; sports scholarships; and holiday food and gift support.

Clientele: Families in the Tri-Town

Telephone contact info: Scott Morrison, Superintendent of Elementary Schools (978) 887-0771