

Quincy College – Plymouth Campus

CAMPUS COMMUNITY RESOURCES

This guide serves as a resource to students, and the choice in providers and assistance is solely the responsibility of the student. Quincy College does not recommend or endorse any of the organizations below but will provide updated information on a periodic basis in order to address student needs as presented. Topics are listed alphabetically and include both local and national opportunities for support.

Abuse and Assault - National Hotlines

- National Domestic Violence Hotline 800-799-SAFE (7233)
- RAINN (Rape, Abuse, Incest National Network) 800-656-HOPE (4673)
- Rape Crisis Hotline (Spanish Language) 800-223-5001

Abuse and Assault - Local Support (Rape Crisis)

- A New Day 1-888-293-7273/508-588-8255
- www.anewdayma.org
- Safelink Hotline 877-785-2020/
www.casamyrna.org/safelink-home
- South Shore Women’s Resource Center 888-746-2664/508-746-2664
www.thesswrc.org
- Support Group for Survivors of Sexual Assault 508-830-2835
- www.bidplymouth.org
- Mass Department of Children and Families 800-792-5200/508-732-6200
www.mass.gov/dcf
- Victim Assistance Program 508-583-3306
<http://www.mass.gov/daplymouth/pdfs/brochures/vwbrochure.pdf>

Addiction and Recovery - Hotlines

- Substance Abuse and Mental Health Services Administration (SAMHSA) 800-662-HELP (4357)
<http://www.samhsa.gov/find-help/national-helpline>
- Opioid and Opiate Recovery Hotline 888-299-8125
<http://www.recovery.org/topics/find-reputable-opioid-and-opiate-recovery-hotline>
- Massachusetts Anonymous Abuse Information and Education Helpline 800-327-5050

Addiction and Recovery - Local Support Groups

- Al-Anon/Alateen Family Groups www.ma-al-anon-alateen.org 508-366-0556
- AA Central Service Committee www.aaboston.org 617-426-9444
- Debtors Anonymous www.debtorsanonymous.org 781-453-2743

Addiction and Recovery - Local Support Groups (continued)

- Food Addicts in Recovery www.foodaddicts.org 781-932-6300
- Overeaters Anonymous www.oambi.org 781-641-2303
- Gamblers Anonymous www.gamblersanonymous.org 888-222-5542
- Narcotics Anonymous New England Region www.nerna.org 866-624-3578

Addiction and Recovery – Rehabilitation Programs

- Highpoint Treatment Center <http://www.hptc.org> 508-224-7705
- Anchor House 508-746-6654
- Community Support Program <http://www.comcounseling.org> 508-828-9146

Bereavement

- The Good Grief Program <http://www.bmc.org/pediatrics-goodgrief.htm> 617-414-4005
- Beacon Hospice www.beaconhospice.com 508-747-7222
- Cranberry Hospice www.bidplymouth.org 508-746-0215
- Compassionate Friends www.tcfcapecod.org 508-367-7949

Cash Assistance/Financial Programs/Job Centers

- Department of Transitional Assistance www.mass.gov/dta 508-732-3100
- Unemployment Insurance <http://southshorecareercenters.org/plymouth/> 508-732-5300

Care Giver Support Resources

- Family Caregiver Alliance www.caregiver.org 800-445-8106
- Strength for Caring/AARP www.strengthforcaring.com
- Lotsa Helping Hands www.lotsahelpinghands.com

Food and Nutrition – Food Assistance Programs

- FoodSource Hotline www.projectbread.org 800-645-8333
- Plymouth WIC www.healthimperatives.org 508-747-4933
- Supplemental Nutrition Assistance Program (SNAP) 866-950-FOOD (3663)
www.gettingfoodstamps.org

Food Pantries – Plymouth Area

- Blessed Kateri www.blessedkateriplymouth.parishonline.org 508-747-1568
- Catholic Charities www.ccab.org 508-587-0815
- Pilgrim’s Hope www.plymouthareacoalition.org/ 781-582-2010
- Salvation Army/Plymouth Pantry massachusetts.salvationarmy.org 508-746-1559

Fuel and Utilities Assistance

- Low Income Home Energy Assistance Program (LIHEAP) hedfuel.azurewebsites.net 800-632-8175
- South Shore Community Action Council www.sscac.org 508-746-6707

Health/Dental

- Harbor Community Health Center <http://www.hhsi.us/> 508-778-5470

Housing/Rental Assistance

- Family Self Sufficiency Program <http://www.plymha.org/> 508-746-2105 ext 203
- South Shore Community Action Council www.sscac.org 508-747-7575
- South Shore Housing www.southshorehousing.org 781-422-4200
- Mass Coalition For The Homeless www.mahomeless.org 781-595-7570

Mental Health Services - Hotlines

- National Institute of Mental Health (NIMH) www.nimh.nih.gov 800-273-TALK (8255)
- South Shore Mental Health www.ssmh.org 800-528-4890

Mental Health Services – Local Counseling

- Bay State Community Services www.baystatecs.org *(onsite) 508-830-3444
- CTR Counseling Center www.ctr counseling.com 508-269-2888
- Harbor Counseling Associates www.harborcounseling.com 508-746-8886
- NorthEast Health Services www.northeasthealthservices.com 508-880-6666
- South Shore Mental Health Center www.ssmh.org 617-847-1950

Parental Support

- National Parent Helpline www.nationalparenthelpline.org 855-427-2736
- Parents Helping Parents www.parentshelpingparents.org 800-632-8188/
617-926-5008

Suicide Prevention – Hotlines

- National Suicide Prevention Lifeline www.suicidepreventionlifeline.org 800-273-8255
- Samaritans Statewide Helpline www.samaritanshope.org 800-SUICIDE (784-2433)
- LGBT Youth www.thetrevorproject.org 866-488-7386
- Military Veterans 800-273-TALK (8255) Press 1

Veterans Assistance

- Department of Veterans Services www.mass.gov/veterans 888-844-2838
- Heidrea for Heroes *(onsite) www.heidrea4heroes.com 774-2600292
- Mass Vets Advisor www.massvetsadvisor.org