

## 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	<a href="http://www.healthimperatives.org/a-new-day">www.healthimperatives.org/a-new-day</a>	1-888-293-7273/508-588-8255
DOVE	<a href="http://dovema.org/">http://dovema.org/</a>	617-471-1234/1-888-314-3683
MA Dept. of Children and Families	<a href="https://www.mass.gov/locations/dcf-plymouth-area-office">https://www.mass.gov/locations/dcf-plymouth-area-office</a>	800-792-5200/508-732-6200
Plymouth County District Attorney's office	<a href="https://plymouthda.com/">https://plymouthda.com/</a>	508-584-8120
Safelink Hotline	<a href="https://www.casamyrna.org/get-support/safelink/">https://www.casamyrna.org/get-support/safelink/</a>	877-785-2020
South Shore Women's Resource Center	<a href="http://www.thesswrc.org/">http://www.thesswrc.org/</a>	888-746-2664/508-746-2664
Support Group for Survivors of Sexual Assault	<a href="http://www.bidplymouth.org/">http://www.bidplymouth.org/</a>	508-830-2835

#### Addiction and Recovery-Hotlines

MA Anonymous Abuse Info and Education helpline		800-327-5050
Opioid and Opiate Recovery Hotline	<a href="http://www.americanaddictioncenters.org">www.americanaddictioncenters.org</a>	888-299-8125
Substance Abuse and Mental Health Services	<a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a>	800-662-HELP (4357)

### Addiction and Recovery-Local Support Groups

AA Central Service Committee	<a href="http://www.aaboston.org">www.aaboston.org</a>	617-426-9444
Al-Anon/Alateen Family Groups	<a href="http://ma-al-anon-alateen.org/">http://ma-al-anon-alateen.org/</a>	508-366-0556
Debtors Anonymous	<a href="http://www.debtorsanonymous.org">www.debtorsanonymous.org</a>	781-453-2743/800-421-2383
Drug Story Theater	<a href="https://drugstorytheater.org/">https://drugstorytheater.org/</a>	
Food Addicts in Recovery	<a href="http://www.foodaddicts.org">www.foodaddicts.org</a>	781-932-6300
Gamblers Anonymous	<a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>	888-222-5542
Learn to Cope	<a href="https://www.learn2cope.org/">https://www.learn2cope.org/</a>	508-738-5148
Narcotics Anonymous New England	<a href="http://www.nerna.org">www.nerna.org</a>	866-624-3578
Overeaters Anonymous	<a href="http://www.oambi.org">www.oambi.org</a>	781-641-2303
PCO Drop in Center	<a href="https://projectoutreachplymouth.com/dropinc/enters/">https://projectoutreachplymouth.com/dropinc/enters/</a>	
Plymouth County Outreach	<a href="https://otf.plymouthda.com/project-outreach/">https://otf.plymouthda.com/project-outreach/</a>	800-327-5050

### Addiction and Recovery-Rehabilitation Programs

Anchor House		508-746-6654
Community Support Program	<a href="http://www.comcounseling.org">www.comcounseling.org</a>	508-828-9116
Gosnold	<a href="https://gosnold.org/">https://gosnold.org/</a>	800-444-1554/508-540-6550
Highpoint Treatment Center	<a href="https://www.hptc.org/site_plymouth.php">https://www.hptc.org/site_plymouth.php</a>	508-224-7705

### Bereavement

Beacon Hospice	<a href="https://www.amedisys.com/locations/hospice-care-plymouth-ma/">https://www.amedisys.com/locations/hospice-care-plymouth-ma/</a>	508-747-7222
Compassionate Friends	<a href="http://www.tcfcapecod.org">www.tcfcapecod.org</a>	508-367-7949
Cranberry Hospice	<a href="http://www.bidplymouth.org/">http://www.bidplymouth.org/</a>	508-746-0215
Hope Floats	<a href="http://www.hopefloatswellness.org/">http://www.hopefloatswellness.org/</a>	781-585-4221/781-936-8068
The Good Grief Program	<a href="https://www.bmc.org/programs/good-grief-program">https://www.bmc.org/programs/good-grief-program</a>	617-414-4005

### Cash Assistance/Financial Programs/Job Centers

Department of Transitional Assistance	<a href="http://www.mass.gov/dta">www.mass.gov/dta</a>	508-732-3100
South Shore Career Centers @ Plymouth	<a href="http://www.sscareercenters.org/">http://www.sscareercenters.org/</a>	617-376-5170

### Care Giver Support Resources

Council on Aging	<a href="https://www.plymouth-ma.gov/center-active-living">https://www.plymouth-ma.gov/center-active-living</a>	508-830-4230
Family Caregiver Alliance	<a href="http://www.caregiver.org">www.caregiver.org</a>	800-445-8106
Lotsa Helping Hands	<a href="http://lotsahelpinghands.com/">http://lotsahelpinghands.com/</a>	

### Counseling Referrals

Baystate Community Services	<a href="http://www.baystatecs.org">www.baystatecs.org</a>	508-830-3444
Bayview Counseling	<a href="http://www.ssmh.org">http://www.ssmh.org</a>	508-830-1630
Brockton Area Multi Services (BAMSI)	<a href="http://www.bamsi.org">www.bamsi.org</a>	508-580-8700
Cape Behavioral Health Center	<a href="http://www.northeasthealthservices.com/">http://www.northeasthealthservices.com/</a>	508-862-0514
High Point Treatment Center	<a href="https://www.hptc.org/site_plymouth.php">https://www.hptc.org/site_plymouth.php</a>	508-830-1234
Mass Bay Counseling	<a href="http://www.massbaycounseling.com/">http://www.massbaycounseling.com/</a>	781-834-0747
Northeast Health Services	<a href="http://www.northeasthealthservices.com">www.northeasthealthservices.com</a>	508-880-6666
Pembroke Hospital	<a href="http://www.arbourhealth.com/Pembroke">www.arbourhealth.com/Pembroke</a>	781-829-7000
Plymouth Center for Behavioral Health	<a href="http://www.plymouthbehavioralhealth.com">www.plymouthbehavioralhealth.com</a>	508-830-0012
South Shore Mental Health Center	<a href="http://www.ssmh.org">www.ssmh.org</a>	617-847-1950
VINFEN	<a href="https://www.vinfen.org/">https://www.vinfen.org/</a>	508-830-9417

### English for Speakers of Other Languages

Plymouth Public Library Adult Literacy Program	<a href="http://www.plymouthpubliclibrary.org">http://www.plymouthpubliclibrary.org</a>	508-830-4260
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### Food and Nutrition-Food Assistance Programs

Food Source Hotline	<a href="http://www.projectbread.org">www.projectbread.org</a>	800-645-8333
Plymouth WIC	<a href="http://healthimperatives.org/women-infants-and-children-wic-nutrition-program/">http://healthimperatives.org/women-infants-and-children-wic-nutrition-program/</a>	508-747-4933
Supplemental Nutrition Assistance Program	<a href="http://www.gettingfoodstamps.org">www.gettingfoodstamps.org</a>	866-950-FOOD (3663)

### Food Pantries-Plymouth Area

Blessed Kateri	<a href="http://www.saintkateriplymouth.org/">http://www.saintkateriplymouth.org/</a>	508-747-1568
Careworks Ministry	<a href="http://thevineyardchurch.tv/careworks/">http://thevineyardchurch.tv/careworks/</a>	781-585-4776
Catholic Charities	<a href="http://www.ccab.org">www.ccab.org</a>	508-587-0815
Christ Church Parish Outreach		508-746-4959
First Baptist Church-Hanover		781-826-6485
Halifax Food Pantry		781-293-6393
Hanson Food Pantry	<a href="http://www.hansonfoodpantry.org">www.hansonfoodpantry.org</a>	781-293-1400
Marshfield Food Pantry	<a href="http://www.marshfieldfoodpantry.org">www.marshfieldfoodpantry.org</a>	781-837-0359
Pembroke Food Pantry		781-293-4107
Pilgrim's Hope	<a href="http://www.plymouthareacoalition.org">www.plymouthareacoalition.org</a>	781-582-2010
Salvation Army/Plymouth Pantry	<a href="https://massachusetts.salvationarmy.org/">https://massachusetts.salvationarmy.org/</a>	508-746-1559
Second Church of Plymouth		508-224-7220
South Shore Community Action Council	<a href="http://www.sscac.org/">http://www.sscac.org/</a>	508-747-7575
St. Bonaventure		508-224-3636
Zion Lutheran Church		508-746-3041

### Fuel and Utilities Assistance

Low Income Home Energy Assistance Program (LIHEAP)	<a href="http://www.mass.gov/dhcd">www.mass.gov/dhcd</a>	800-632-8175
South Shore Community Action Council	<a href="http://www.sscac.org">www.sscac.org</a>	508-746-6707

### Health/Dental/Insurance

Harbor Community Health Center	<a href="https://www.hhsi.us/">https://www.hhsi.us/</a>	508-778-5470
Health Connector	<a href="http://www.mahealthconnector.org">www.mahealthconnector.org</a>	877-623-6765
Health Imperatives	<a href="http://healthimperatives.org/">http://healthimperatives.org/</a>	508-583-3005
Mass Health	<a href="http://www.mass.gov/masshealth">www.mass.gov/masshealth</a>	888-665-9993

### Housing/Rental Assistance

Family Self Sufficiency Program	<a href="http://www.plymha.org">http://www.plymha.org</a>	508-746-2105 ext. 203
Housing Solutions	<a href="http://housingsolutionssema.org/">http://housingsolutionssema.org/</a>	781-422-4200
Kingston Housing Authority	<a href="http://www.kingstonha.org/">http://www.kingstonha.org/</a>	781-585-8028
MA Department of Housing	<a href="https://www.mass.gov/orgs/housing-and-community-development">https://www.mass.gov/orgs/housing-and-community-development</a>	866-584-0653
Plymouth Housing Authority	<a href="http://www.plymha.org/">http://www.plymha.org/</a>	508-746-2105
Quincy Housing Authority	<a href="http://www.quincyha.com">www.quincyha.com</a>	617-847-4350
South Shore Community Action Council	<a href="http://www.sscac.org">www.sscac.org</a>	508-747-7575

### Homelessness Assistance/Shelters

24 Hour shelter hotline		617-542-7286
Angel House (Hyannis)		508-771-5400
Bayview Inn (Quincy)		617-328-3705
Bethesda House (faith based)	<a href="https://bethedahousema.org/">https://bethedahousema.org/</a>	781-361-2418
Carolina Hill	<a href="http://www.carolinahill.org/">http://www.carolinahill.org/</a>	781-837-1377
Carriage House (N. Falmouth) for women w/ children		508-564-6485
Conway House Family Shelter		508-946-8505
David Jon Louison Foundation (Brockton)-for families		508-584-4315
Father Bill's and Mainspring	<a href="https://helpfbms.org/">https://helpfbms.org/</a>	508-427-6448
Harbour House Family Center	<a href="http://www.srnfamilycenters.org/">http://www.srnfamilycenters.org/</a>	508-992-6027

MA Coalition for the Homeless	<a href="http://www.mahomeless.org">www.mahomeless.org</a>	781-595-7570
NOAH Shelter (Cape Cod)		508-778-5225
Pilgrim's Hope Family Shelter	<a href="http://www.plymouthareacoalition.org">www.plymouthareacoalition.org</a>	781-582-2010
Plymouth Taskforce for the Homeless	<a href="http://plymouth-taskforce-homeless.org/PTH/">http://plymouth-taskforce-homeless.org/PTH/</a>	508-367-0516
SAFELINK for shelter availability		877-785-2020
Shelters for single mothers		781-749-5441
Sister Rose House	<a href="https://www.cssdioc.org/sr-rose-network/">https://www.cssdioc.org/sr-rose-network/</a>	508-997-3202
Veteran's Transition House	<a href="https://www.vetshouse.org/">https://www.vetshouse.org/</a>	508-992-5313
Village at Cataumet (Bourne) for families		508-563-7619

### **Mental Health Services-Hotlines**

National Alliance on Mental Illness (NAMI)	<a href="https://www.nami.org/">https://www.nami.org/</a>	800-950-6264
National Institute of Mental Health (NIMH)	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>	800-273-TALK (8255)
South Shore Mental Health Center	<a href="http://www.ssmh.org">www.ssmh.org</a>	800-528-4890

### **Mental Health Services-Local Counseling**

Bay State Community Services	<a href="http://www.baystatecs.org">www.baystatecs.org</a> ** (onsite)	508-830-3444
Harbor Counseling Associates	<a href="http://harborcounseling.com/">http://harborcounseling.com/</a>	508-746-8886
Northeast Health Services	<a href="http://www.northeasthealthservices.com">www.northeasthealthservices.com</a>	508-880-6666
Plymouth Center for Behavioral Health	<a href="http://www.plymouthbehavioralhealth.com">www.plymouthbehavioralhealth.com</a>	508-830-0012
South Shore Mental Health Center	<a href="http://www.ssmh.org">www.ssmh.org</a>	617-847-1950

### **Parental/Family Support**

Kennedy Donovan Center	<a href="https://www.kdc.org/">https://www.kdc.org/</a>	508-747-2012
National Parent Hotline	<a href="http://www.nationalparenthelpline.org">www.nationalparenthelpline.org</a>	855-427-2736
Parents Helping Parents	<a href="http://www.parentshelpingparents.org">www.parentshelpingparents.org</a>	800-632-8188/617-926-5008
Plymouth Family Network	<a href="mailto:pfn@plymouth.k12.ma.us">pfn@plymouth.k12.ma.us</a>	508-830-4444
United Neighbors of Fall River	<a href="http://www.unfr.org">www.unfr.org</a>	508-324-7900

### Suicide Prevention and Hotlines

LGBTQ Youth	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	866-488-7386
Military Veterans	<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>	800-273-TALK (8255) Press 1
National Suicide Prevention Lifeline	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	800-273-8255
Plymouth County Suicide Prevention Coalition	<a href="https://plymouthcountyspc.org/">https://plymouthcountyspc.org/</a>	800-273-TALK (8255)
Samaritans Statewide Helpline	<a href="http://www.samaritanshope.org">www.samaritanshope.org</a>	800-SUICIDE (784-2433)

### Transportation

Greater Attleboro Taunton Regional Transit Authority (GATRA)	<a href="http://www.gatra.org/">http://www.gatra.org/</a>	508-732-6010
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### Veterans Assistance

Department of Veterans Services	<a href="http://www.mass.gov/veterans">www.mass.gov/veterans</a>	888-844-2838
Heidrea for Heroes	<a href="https://heidrea4heroes.org/">https://heidrea4heroes.org/</a> ** (onsite)	774-773-3951
Mass Vets Advisor	<a href="http://www.massvetsadvisor.org">www.massvetsadvisor.org</a>	
Nathan Hale Foundation	<a href="https://thenathanhaleveteransoutreachcenter.com/">https://thenathanhaleveteransoutreachcenter.com/</a>	508-224-0100
U.S. Dept. of Veteran Affairs	<a href="https://www.benefits.va.gov/gibill/">https://www.benefits.va.gov/gibill/</a>	