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

**Hotlines**

- A New Day: Sexual and relationship abuse
  Hotline: 508-588-8255
- Boston Area Rape Crisis Center 24-hour (rape)
  Hotline: 800-841-8371
- DOVE (DOmestic Violence Ended) Crisis
  Hotline: 617-471-1234
  TTY: 877-521-2601
- Parents Helping Parents (Parental Stress, multiple languages, 24/7)
  Hotline: 800-632-8188
- RAINN National Sexual Assault: chat, phone, mobile app--24/7 (rape)
  Hotline: 800-656-4673
- Safelink (domestic violence, multiple languages, 24/7)
  Hotline: 877-785-2020
- South Shore Women’s Resource Center, Plymouth (domestic violence)
  Hotline: 888-746-2664
- Victim Assistance Program Plymouth County
  Hotline: 508-583-3306

### Local & National Organizations

- A New Day, Brockton, Quincy & Plymouth, 508-588-2045
  www.healthimperatives.org
- Boston Area Rape Crisis Center
  www.barcc.org
- DOVE, Quincy, 617-770-4065
  www.dovema.org
- Mass Department of Children and Families, 800-423-2338
  www.mass.gov/dcf
- Project SAFE (Violence Intervention Education), Quincy, 617-471-8400
  www.baystatecs.org
- RAINN: Rape, Abuse & Incest National Network
  www.rainn.org
- South Shore Resource and Advocacy Center, 508-746-2664
  www.ssrac.org

### Addiction and Recovery

**Hotline**

- SAMHSA (Substance Abuse, Mental Health)
  Helpline: 800-662-4357

### Support Groups

- Al-Anon Family Groups, MA  508-366-0556
  www.al-anon.org
- AA Central Service Committee, 617-426-9444
  www.aaboston.org
- Debtors Anonymous, 800-421-2383/781-453-2743
  www.debtorsonanonymous.org
- Food Addicts in Recovery, 781-932-6300
  www.foodaddicts.org
- Gamblers Anonymous, 888-222-5542
  www.gamblersanonymous.org
- Narcotics Anonymous New England Region, 866-624-3578
  www.nerna.org
- Overeaters Anonymous, MA 781-641-2303
  www.oambi.org
Recovery Programs

- Highpoint Treatment Center, Plymouth 508-224-7705 www.hptc.org
- Northeast Addiction Treatment Center, Quincy 888-343-0762 www.neaddictions.com
- Turning Point Recovery Center, BSCS, 508-668-3960 www.turningpointrecoverycenter.org
- Volunteers of America, Recovery Treatment 617-522-8086 www.voamass.org

Bereavement

- Camp Erin Bereavement Camp, ages 6-17 www.camperinboston.org
- Compassionate Friends, Hingham, 781-749-5625 www.compassionatefriends.org/chapter/south-shore-chapter
- Samaritans, Support for loss survivors – call or text 877-870-4673 (HOPE) samaritanhope.org/our-services/grief-support-services/
- The Sun Will Rise, Loss from substance abuse, 781-789-4604 www.thesunwillrise.org

Financial Assistance Programs

- Department of Transitional Assistance (DTA) 508-732-3100 www.mass.gov/dta
- Veteran’s Services for Massachusetts www.mass.gov/veterans

Food and Family Programs

Hotline


Quincy-area Food, Housing & Family Assistance

- Blue Hills Healthy Families: programs and resources for young parents, 781-335-1455, www.healthimperatives.org/healthy-families
- Father Bill’s & MainSpring: homelessness prevention & shelter 508-427-6448 www.helpbms.org
- Greater Boston Food Bank 617-427-5200 (search by zip code) www.gbfb.org
- Interfaith Social Services: food, clothing, counseling & homelessness prevention 617-773-6203 www.interfaithsocialservices.org
- Massachusetts WIC www.fns.usda.gov/wic
- Quincy Community Action Programs: education, training, ESOL, childcare, housing and utility assistance, SNAP, and more 617-479-8181 www.qcap.org
- Salvation Army, Christmas & food assistance 617-472-2345 www.massachusetts.salvationarmy.org/MA/Quincy
- South Shore YMCA Germantown Food Pantry www.ssymca.org/germantown

Job Search Resources

- Mass Hire South Shore Career Center www.masshiresouthshorecc.com

Mental Health Services

Crisis Line

- Aspire Health Alliance Emergency Services (formerly SSMH) Crisis line: 877-382-1609

Counseling Centers & Mental Health Providers

Aspire Health Alliance
500 Victory Road, Quincy, 617-847-1950 www.aspirehealthalliance.org
Accepts many insurances plans including MassHealth and Commonwealth Care plans
Bay State Community Services  
13 Temple Street, Quincy, MA 02169, 617-471-8400; www.Baystatecs.org  
Accepts many insurances plans including MassHealth and Commonwealth Care plans

Manet Community Health Center, 617-376-3000 www.manetchc.org  
Full service health care, including behavioral health services  
Accepts many insurances plans including MassHealth and Commonwealth Care plans

Maria Droste Services  
1354 Hancock Street, Quincy, 617-471-5686; mariadrostecounseling.com  
Sliding fee available

New Directions Counseling Center  
Interfaith Social Services, Quincy, MA 617-773-6203 x12; interfaithsocialservices.org  
Accepts most insurance plans including MassHealth, Commonwealth Care, and sliding fee

Volunteers of America Family Counseling Center  
1419 Hancock Street, Quincy 617-770-9690 www.voamass.org  
Accepts most insurance plans including MassHealth and most Commonwealth Care programs

Wellspring Counseling Services  
814 Nantasket Ave., Hull, MA 02045, 781-925-3211 www.wellspringhull.org  
Provides free counseling services; specializes in domestic violence; free legal counsel available

Culturally Responsive Behavioral Health Resources  
Network of Care - Massachusetts  
Find resources and behavioral health providers who tailor their services to support the emotional and mental wellness of specific racial, ethnic, or cultural identity groups. www.networkofcare.org

Parenting Resources  
• Dianne DeVanna Center, Braintree, parenting supports 781-843-7010 www.devannacenter.org  
• Parents without Partners, supporting single parents and their children www.parentswithoutpartners.org  
• Sitters Without Borders, 617-834-8517 www.sitterswithoutborders.com  
Providing free babysitting to low-income parents so they can further their education

Suicide Prevention  
Hotline  
• National Suicide Prevention Lifeline www.suicidepreventionlifeline.org Hotline: 1-800-273-8255  
• Samaritans Statewide Helpline 877-870-HOPE  
• Samariteens Helpline 800-252-TEEN

Updated 4/26/21- LE