

CONNECTING OUR COMMUNITY



SCAN ME

Guide to Community Resources

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Behavioral Health Resources

Concert Health Mental health support including depression, anxiety, and other behavioral health conditions. Most insurance benefits cover services; out of pocket cost similar to primary care. Appointments are usually done via video or over the phone (morning, evening, and weekend hours). Works with primary care provider to prescribe medications if indicated.

Must have established PCP at Sturdy Health.

Sturdy Health On-site Behavioral Health Mental health support including depression, grief, and anxiety. Assistance for adult children supporting aging parents. Accepts referrals from Sturdy PCP and specialty care. Monday - Friday, morning and afternoon hours (in-person & virtual options).

Suicide and Crisis Lifeline Dial 988 or Text HOME to 741741

TTY: Dial 711 then 988 • WhatsApp: (+1-443-787-7678)

Visit: <https://988lifeline.org/talk-to-someone-now/>

Massachusetts Behavioral Health Help Line (BHHL) Free, confidential, 24/7 crisis and referral line. Phone: (833) 773-2445 (call or text)

Visit: <https://www.masshelpline.com>

Mental Health Counselor Clinician, healthcare professional, casework or referring party. Phone: (508) 427-5362

Visit: <https://southbaycommunityservices.com/request-services/>

Attleboro Outpatient and Community Behavioral Health Clinic

Admissions/Referrals Department Phone: (800) 244-4691

Main Number: (508) 521-2200

National Network of Therapists Helpful for access to therapists based on geographic location, specific concerns, and insurance type. Reduced out-of-pocket costs for patients. Visit: <https://headway.co/>

SAMHSA National Helpline Free, confidential, 24/7 information service for individuals and family members facing mental and/or substance use disorders. Provides referrals to local treatment facilities, support groups, and community-based organizations. Phone: (800) 662-4357 or TTY (800) 487-4889 • Visit: <https://findtreatment.gov/>



Food Resources

Food Stamps SNAP *Helps with food insecurity with an EBT card. Phone: (866) 950-3663*

Hebron Food Pantry *Provides essential nutrition services. Phone: (774) 331-2120*

Living Bread Food Pantry *Serving Families in the Plainville Area. Phone: (508) 695-9587*

St. Theresa's SVDP Food Pantry *Serving Families in the S. Attleboro Area. Phone: 508-243-4386 • Email: sttcj@aol.com
Visit: www.sainttheresaattleboro.org*

Meals On Wheels *Lunchtime meals at community centers or delivered to home, based on mobility. For people aged 60 years and older. Phone: (774) 627-1302*

Murray UU Church Pantry *Pantry offers one bag of groceries or more per week/per family. Phone: (508) 222-0505*

Mansfield/North Attleboro YMCA Drive-Thru Groceries *300 Elmwood St., North Attleboro Phone: (508) 643-5277
Visit: <https://www.hockymca.org/food-access/>*

Massachusetts Food Assistance Map *Locate food banks, soup kitchens and food pantries. Visit: <https://food-banks.org/massachusetts-programs.html>*

Community Servings Registered Dietitians *Customized individual meal plans, which can include a combination of up to three medical diet types. Enrollment based on: Extent of illness, mobility challenges, a physical disability, and other factors that make it difficult to cook. Phone: (617) 522-7777 • Email: referrals@servings.org
Visit: <https://www.servings.org/meal-delivery/application-process/>*



Sturdy Health



Food Resources

Commodity Supplemental Food Programs:

Attleboro: Phone: (774) 203-1906

Mansfield: Phone: (508) 261-7368

N. Attleboro: Phone: (508) 699-0131

Norton: Phone: (508) 285-0235

Rehoboth: Phone: (508) 252-3372

Seekonk: (508) 336-8772

Project Bread Food Source Hotline *Connects people and communities in Massachusetts to reliable sources of food. Phone: (617) 723-5000*

Bethany Congregational Church 3 Rockhill St., Foxboro. 2nd Saturday of the month, 5:00 p.m. Sit down meal.

Trinitarian Congregational Church 2 Pine St., Norton. 3rd Tuesday of the month, 5:30 p.m. Sit down meal.

Cupboard of Kindness Pantry *Food relief to families residing in Norton. Phone: (508) 285-3398*

Doorways *Faith based charity provides food support to Seekonk residents. Phone: (508) 336-8772*

Interfaith Collaborative Food n' Friends Resources:

Sit Down or Grab and Go:

Monday La Salette Shrine
947 Park St., Attleboro 3:45 p.m.

Saturday Centenary United
Methodist Church 15 Sanford St.,
Attleboro 11:00 a.m.

Tuesday Good News Bible Chapel
235 West St., Attleboro 4:00 p.m.
First Baptist Church 52 North
Main St., Mansfield 4:30 p.m.

Wednesday-Friday VFW Post 115
122 Park St., Attleboro 4:30 p.m.

Wednesday First Baptist Church
75 Park St., N. Attleboro 4:00 p.m.

For More Information Phone: (508) 222-2933
Email: office@attleboroaic.org • Visit: attleboroaic.org



Housing Resources

Residential Assistance for Families in Transition (RAFT)

Provides short-term emergency funding to help with eviction, foreclosure, loss of utilities, and other housing emergencies. Phone: (877) 211-6277

or TTY (508) 370-4890 • Visit: applyhousinghelp.mass.gov

Catholic Charities *Offices provides resources and assistance for eviction, shelters, homelessness, renters, and utilities.*

Phone: (774) 644-4396 • Visit: <https://svdpattlebora.org/resources.html>

Mass Rental Voucher Program (MRVP) *Low-income families or individuals pay about 30% of their income in rent and MRVP voucher pays the rest.*

Phone: (617) 573-1250 • Email: EOHLCmrpv@mass.gov

Visit: <https://www.mass.gov/how-to/apply-for-the-massachusetts-rental-voucher-program-mrvp>

Massachusetts Coalition for the Homeless *Resources to assist those experiencing homelessness or at risk of homelessness.*

Phone: (781) 595-7570

Veterans Transition House *Housing for homeless veterans.*

Phone: (508) 992-5313

Massachusetts Housing Reference *Guide for MA residents who need housing help. This includes: emergency shelter, eviction assistance, rent, utility support, and resources for affordable housing.*

Phone: (617) 854-1000

Visit: <https://www.mass.gov/guides/a-guide-to-obtaining-housing-assistance>

Massachusetts Emergency Family Shelter Resource *Open M-F 8am - 5pm Closed on State Holidays. Phone: (866) 584-0653*

Visit: <https://www.mass.gov/how-to/apply-for-ea-emergency-family-shelter>

HomeBASE *Helps families who are eligible for Emergency Family Shelter find stable housing by providing financial resources and payment assistance. In addition, HomeBASE provides a case manager who helps each family find support for education, job training, finding a job, and childcare.*

Phone: (866) 584-0653 • Visit: <https://www.mass.gov/info-details/homebase>



Housing Resources

Community Counseling of Bristol County Agency referral for permanent housing for families with children seeking shelter, households at risk of eviction or foreclosure, and rapid rehousing for homelessness.

Phone: (508) 884-8750 • Email: ce@comcounseling.org • Visit: <https://www.comcounseling.org/services/community-supportive-housing.php>

Catholic Charities Diocese of Fall River Provides connections to emergency shelters, transitional sober homes, and co-share houses.
Phone: (508) 674-4681 • Visit: <https://www.ccfdioc.org/sr-rose-network/>



Pregnancy and Child Care Resources

Abundant Hope Pregnancy Resource Guide Free pregnancy services: testing, counseling, STI testing, and obstetrical ultrasound. Monthly: diapers, wipes, formula, baby food, blankets, and clothing for children up to 24 months.
Phone: (508) 455-0425 • Visit: <https://ahprc.org/>

Birthright Free, confidential pregnancy services: Pregnancy tests, maternity, and baby items. Referrals for: Medical support, financial resources, housing, legal, social assistance, and professional counseling.
24/7 Helpline: (800) 550-4900 • Visit: <https://birthright.org>

P.A.C.E. Childcare Works Offers variety of childcare services and resources such as: childcare vouchers, referrals, community engagement, and learning specialists. Phone: (800) 338-1717
Visit: <https://paceinfo.org/programs/child-care-works/>

WIC Attleboro Provides pregnant and breastfeeding women and children under 5 with free access to healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services.
Phone: (508) 226-4543
Visit: <https://cfcinc.org/programs/taunton-wic-program/>





Prescription Resources

Prescription Advantage Provides coverage for Massachusetts residents age 65 and older, as well as younger people with disabilities who meet income

and employment guidelines. Phone: (800) 243-4636

Visit: <https://www.mass.gov/prescription-drug-assistance>

Massachusetts Prescription Assistance Directory of free statewide prescription assistance programs available to all residents.

Phone: (800) 617-2645 • Visit: <https://staterxplans.us/massachusetts.html>

Massachusetts Drug Card Confidential discount prescription assistance program to help uninsured and underinsured residents afford their prescriptions. Print, text, save or email cards free of charge online.

Visit: <https://madrugcard.com>



Social and Financial Support

Pave Your Path Offers 1:1 coaching, skill-building workshops, and mindfulness classes to help low-income women achieve economic self-sufficiency

and emotional self-reliance. Phone: (774) 331-8005

Visit: <https://paveyourpath.org>

Ellie Fund Must be a breast cancer patient(s) receiving treatment in Massachusetts, including patients traveling to Massachusetts for their breast cancer care. Services include grocery gift cards, nutritious prepared/delivered meals, transportation to medical appointments, childcare reimbursement, housekeeping, and integrative therapy services. Phone: (781) 325-4793 • Email: ellie@elliefund.org

Visit: <https://www.elliefund.org/>

One Family Mission Offers each household a gift bag with necessary items not covered by SNAP benefits. Drive through event only. Must have child present in vehicle. All Saints' Episcopal Church, 121 N Main Street, Attleboro, MA 02703 When: 3rd Saturday of the month (except December and July) from 9:30-10:00am (or until supplies last).

Phone: (508) 222-2233 • Email: info@onefamilymission.org

Visit: <https://www.onefamilymission.org>



Social and Financial Support

Findhelp Free or reduced-cost resources like food, housing, financial assistance, health care, and more. Visit: <https://www.findhelp.org/find-social-services/massachusetts>

Depression and Bipolar Support Alliance (DBSA)

In-person and online support groups provide a safe, welcoming place to share experiences, discuss coping skills, and offer hope.

Phone: (312) 642-0049

Visit: <https://www.dbsalliance.org/support/>

Manet Community Health Center Any family with a student enrolled in Attleboro Public Schools can book an appointment to meet with a Certified Navigator. Phone: (774) 208-9615

Email: welcome@attleboroschools.com



Transportation Resources

GATRA Ride Match One-step directory of public, private and, accessible transportation options. Phone: (800) 483-2500 • Visit: <https://www.gatra.org/>

Uber Car Program (Interfaith Collaborative) Needs: Grocery store, doctor's appointment, and food services. Need a cell phone to facilitate appointment. If no cell phone, staff may be able to assist with scheduling an appointment. Phone: (508) 222-2933

Human Service Transportation (HST) Office Oversees coordination of transportation services for eligible MassHealth consumers to access medical, social, and day services across Massachusetts.

Phone: (617) 847-3427

Visit: <https://www.mass.gov/orgs/human-service-transportation-office>



Utility Resources

Low Income Home Energy Assistance Program

(LIHEAP) Free resource to help eligible households pay a portion of winter heating bills. By applying you are

also applying to the following federally funded programs: Heating System Repair & Replacement (HEARTWAP), Water Assistance (LIHWAP), and Weatherization Assistance (WAP) Phone: (617) 573-1100 • Visit: <https://www.mass.gov/info-details/learn-about-home-energy-assistance-liheap>

Massachusetts Association for Community Action Fuel assistance program assists eligible households pay their heating bills during the winter/spring season. Phone: (617) 357-6086 or (800) 632-8175 Visit: <https://www.masscap.org/heatinghelpma/>

Massachusetts Energy Efficiency Program Resources available to help those eligible make energy-saving upgrades. Phone: (800) 632-8300 • Visit: <https://www.masssave.com>

Lifeline Federal benefit program that lowers the monthly cost of phone or internet services. Phone: (800) 234-9473 • Visit: <https://www.lifelinesupport.org>

Massachusetts Equipment Distribution Program (MassEDP) Offers specialized telephones, wireless or landline to residents who have permanent disabilities. You may be able to get these telephones for free or at a reduced cost. Please note, for wireless devices MassEDP DOES NOT provide service plans. Phone: (800) 300-5658 • Visit: <https://www.mass.gov/massachusetts-equipment-distribution-program-massedp>

Massachusetts Good Neighbor Energy Fund Available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Contact your local Salvation Army Corps Community Center to apply. Phone: (800) 334-3047 Visit: <http://www.magoodneighbor.org/assistance.html>



Violence / Abuse Resources

Fleeing Domestic Violence Domestic violence resources. Phone: (877) 785-2020

National Domestic Violence Hotline Phone: (800) 799-7233
Text: START to 88788



Violence / Abuse Resources

Disabled Persons Protection Commission Hotline

Phone: (800) 426-9009 (24 hrs/7days/week)

New Hope Domestic violence resource for children and adults. Phone: (800) 323-4673 • Visit: <https://www.new-hope.org/>

Safe Link Domestic Violence Hotline. Phone: (877) 785-2020



Additional Resources

First Step Inn Fall River residents.

Phone: (508) 679-8001

Mainspring House Open to any individual 18+ (no children or minors). Must have transportation to house. If from outside of Brockton area, stay limited to 3 days. Phone: (508) 587-5441
Visit: <https://helpfbms.org/>

Massachusetts Hoarding Resource Directory Resources by location/type. Visit: <https://www.masshousing.com/programs-outreach/housing-stability/partnership-programs/hoarding>

MassRelay Free and confidential communication relay service for those who may be deaf, hard-of-hearing, late deafened, or speech disabled.
Visit: <https://www.mass.gov/massrelay>

MassHealth Member Benefits WellSense MassHealth ACO or MCO member. Provides discounted and free services: bike helmets, car seats, booster seats, diapers, dental kits, fitness and Weightwatchers reimbursement. Call Member Services. Phone: (888) 566-0010.
Visit: <https://www.wellsense.org/members/ma/masshealth#your-extras>

Attleboro Literacy Center Offers second language classes. May offer housing assistance depending on person-specific condition.
Phone: (508) 226-3606 • Visit <https://www.theliteracycenter.com/>

SVDP St. John's Clothing Center Men's, women's, children's clothing. Open 9:30 a.m. - 11 a.m. on first Saturday of each month except Holiday weekends. Richardson School, 95 Pine St., Attleboro.
Phone: (508) 222-8400
Visit: <https://svdpattleboro.org/resources/clothingctrdetail.html>



Additional Resources

SNAP Into BabySteps Monthly deposits for your children's future. Every Massachusetts child enrolled in both the BabySteps Savings Plan and SNAP within one

year of their birth or adoption is eligible to receive a monthly deposit of \$10 to their MEFA U.Fund 529 account for one year.

Email: BabySteps@tre.state.ma.us

ConnectorCare Card to Culture Because living a healthy life includes enjoying art and culture, ConnectorCare members are able to access discounted admission to institutions throughout Massachusetts.

Visit: <https://www.mahealthconnector.org/learn/plan-information/connectorcare-plans/connectorcare-card-to-culture>

Attleboro Public Library Free events and services such as health screenings, library cards, museum and park passes, public computers, and crafting, coding, and gardening programs for youth and families.

Phone: (508) 222-0156 • Visit: <https://attleborolibrary.org/>

Department of Transitional Assistance (DTA) Serves one in six residents of the Commonwealth with direct economic assistance (cash benefits) food assistance (SNAP benefits), and workforce training opportunities. Phone: (877) 382-2363

Visit: <https://www.mass.gov/orgs/departments-of-transitional-assistance>

Self Help Offers a range of programs and services (fuel & energy, tax assistance, early education, elder care, etc.) to help families across Southeastern Massachusetts. Phone: (508) 588-0447

Visit: <https://selfhelpinc.org/program-services/>

My Brother's Keeper Delivers furniture and food to families in need with locations in Easton and Dartmouth, MA. Note: Dartmouth facility also covers areas of RI. Phone: Easton (508) 238-7512

Phone: N. Dartmouth (774) 305-4577

Visit: <https://www.mybrotherskeeper.org/>



Sturdy Health

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211 Park Street • Attleboro, MA 02703

Phone: 508-222-5200 • www.sturdyhealth.org