

Community Resources List
Provided by UMMMG Outpatient Psychiatry Services
for our Patients, their Friends, and Family (Updated 4/2019)

Alcoholics Anonymous AA.Org. **Worcester Area Intergroup** AAWorcester.Org
Eastern Massachusetts 617-426-9444 Western Massachusetts 413-448-2382
Worcester 508-752-9000 Cape Cod 508-775-7060

Al Anon Family Groups When affected by another's drinking, ma-al-anon-alateen.org, or call 508-366-0556 for info and list of meetings.

Bipolar and Unipolar Depression Support Alliance Peer-to-peer support group promoting recovery for patients, friends and family. Meets at UMass Memorial Medical Center, University Campus, Hiatt Auditorium (1st floor, Room 608) Mondays 7-9pm (excluding holidays). 508-864-4759
dlatham46@verizon.net

Community Legal Aid 405 Main Street, 4th floor Worcester. 800-649-3718 Legal assistance: housing, government benefits, utilities, family, mental health, consumer, education, elderly.

Consumer Credit Counseling Service 340 Main St, Suite 813, Worcester, 508-753-6362 or creditcounseling.org. US DOJ approved assistance with debt problems such as credit cards.

DCF- Department of Children and Families 800-792-5200 51A reports

Debtors Anonymous Meetings 800-421-2383 Support groups and programs. Debtorsanonymous.org

Depressed Anonymous Self-help groups to gain and use skills to overcome depression; Mondays in Shrewsbury 730-9pm, call 508-485-HELP (4357) DepressedAnon.Com and meetup.com/depression-anonymous

Disabled Person Protection Commission 800-426-9009 mass.gov/orgs/disabled-persons-protection-commission

Domestic Violence Hotline in MA, 1-800-799-SAFE (7233) Safe link: 877-785-2020 Daybreak: 508-755-9030 thehotline.org

Elder Affairs: 800-AGE-INFO or 800-243-4636 or contactus.800ageinfo.com

Elder Affairs in Central Mass and the Worcester Senior Center: 508-799-1232. Each town may also have services.

Elder Abuse Affairs Hotline: 800-922-2275

Families for Depression Awareness Info, support + education 781-890-0220 FamilyAware.Org

Gamblers Anonymous 855-222-5542 gamblersanonymous.org/ga/locations

Genesis Club assists those with mental illness in Worcester Area to attain employment, housing, wellness and friendships 508-831-0100 or GenesisClub.org

Homelessness statewide resource agency providing information on food, housing, medical, clothing, transportation, jobs, mental and substance use disorder. MassHomelessHealth.Org

Massachusetts Rehabilitation Commission, 359 Main Street, Worcester, 508-754-1757 for education, job placement, and training for employment. mass.gov/orgs/massachusetts-rehabilitation-commission

Massachusetts Resources and Worcester Resources free on-line service for residents of MA or Worcester in need of housing, food, healthcare, and other basic services. cmhaonline.org

Massachusetts Substance Use helpline Info, resources, and referrals 800-327-5050 helplineMA.org

Narcotics Anonymous, Central MA--12 step support groups 866-624-3578 CentralmassNA.Org

National Alliance for the Mentally Ill of MA (NAMI-MA) A non-profit organization for patients, families and friends 800-370-9085 or NamiMass.Org Worcester meetings 508-368-3562

Nicotine Anonymous (Nic-A) 12 step support group toward living nicotine/tobacco free, CHL, 12 Queen Street, Boardroom, 1st floor Thursdays 7pm, 877-879-6422, nicotine-anonymous.org

Overeater's Anonymous' Central MA For those concerned with binge eating, weight obsession or purging. Worcester area meetings 508-754-7712. centmassint.org/meetings

Parents Helping Parents 800-632-8188 or ParentsHelpingParents.org

Pathways for Change for rape crisis services, formerly known as Rape Crisis Center of Central MA 588 Main St, Worcester, Ph 508-852-7600. Hotline: 800-870-5905

Recovery Learning Community in Central MA: 508-751-9600 at 209 Shrewsbury St, Worcester, CentralMassRLC.Org for community-based recovery from mental illness and trauma informed based outcome model (the kiva center) including Wellness Wednesdays and many free classes.

Smart Recovery Statewide meeting list of alternative addiction recovery meetings 866-951-5357 SmartNE.Org

Smoking Cessation: 1- 800-Quit Now (784-8669) National Tobacco Quit Line for coaching, a plan, educational materials and local resources. MakeSmokingHistory.org, CDC.Gov/Tobacco.

Suicide Prevention Lifeline National: 800-273-TALK (8255) 888-628-9454 (Spanish) SuicidePreventionLifeLine.Org When phone and computer contacts are not enough, contact the closest emergency service or call 911.

United Way of MA - call 211 or 877-211-MASS (6277) for 24-hour info on local and state health and human services, government benefits and services, support groups, volunteer opportunities, donation programs, meetings, food pantries, housing, etc.

unitedwaycm.org 508-757-5631

Mass211.org has call2talk a national 24/7 suicide hot line, and childcare chat.