



Holliston Community Resources

The following information was compiled by
Holliston Youth and Family Services

Updated: October 2019

The following is a compilation of resources gathered from those currently available in the MetroWest Community. While Holliston Youth and Family Services do not endorse individual resources or businesses, we present this information to assist you in determining appropriate care for your family.

Community Resources

Crisis and Hotline Services

Holliston Youth and Family Services

Provides: Holliston Youth and Family Services provides confidential counseling (individual, family, or group), court diversion, crisis intervention, consultation, and referral services to children, adolescents and parents.

Clientele: Children, Adolescents, and Families

Location: 1750 Washington Street, Holliston, MA 01746

Telephone & Contact Info: 508-429-0620

Website: <https://www.townofholliston.us/youth-and-family-services>

Holliston Police Department

Provides: The Holliston Police Department has several initiatives aimed at helping those in active addiction and those who are experiencing a mental health crisis seek services and referrals through the use of a trained mental health clinician from Advocates. Help is available 24/7, by calling central dispatch at 508-429-1212.

Clientele: Town of Holliston

Location: 550 Washington Street (Rt. 16) Holliston, MA 01746

Telephone & Contact Info: Business Line: 508-429-1212; Fax: 508-429-0611; Anonymous Tip Line: 508-429-7145

Psychiatric Emergency Services (PES)- Advocates

Provides: Emergency services for psychiatric evaluations/mental health

Clientele: All ages

Telephone & Contact Info: If you are experiencing a mental health or emotional crisis, please call (800) 640-5432 to speak to an Advocates crisis clinician. Help is available to help 24 hours a day, every day.

Website: <https://www.advocates.org/services/psychiatric-emergency-services>

Parent Stress Hotline

Provides: Parenting can be a demanding, lonely and stressful job. The Parental Stress Line is available to help. This hotline (1-800-632-8188) is toll-free, statewide and available 24 hours a day, 7 days a week. All calls are anonymous and confidential

Community Resources

Clientele: Massachusetts parents, guardians, and caregivers.

Telephone & Contact Info: 1-800-632-8188

Website: <https://www.parentshelpingparents.org/parental-stress-line>

National Suicide/Self Injury Prevention Lifeline

Provides: Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

Clientele: Children/families/adolescents/adults

Telephone contact info: 1-800-273-(talk) 8255

Website: <http://www.suicidepreventionlifeline.org>

Voices Against Violence- Sexual Assault and Domestic Violence Hotline

Provides: Free and confidential services to victims and survivors of sexual and domestic violence in the MetroWest area, 24 hours a day

Clientele: Services are provided in English, Spanish, and Portuguese and are available to everyone regardless of race, ethnicity, gender or sexual orientation

Telephone contact info: 1-800-593-1125

Website: <https://www.smoc.org/voices-against-violence.php>

The Trevor Project- TrevorLifeline Crisis Intervention and Suicide Prevention

Provides: Crisis intervention and suicide prevention services to LGBTQ+ youth

Clientele: Trained counselors are here to support you 24/7 if you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk

Telephone & Contact Info: 1-866-488-7386, or text START to 678678

Website: <https://www.thetrevorproject.org/get-help-now/>

Additional Resources Available through their website: TrevorSpace — An online international peer-to-peer community for LGBTQ young people and their friends; Trevor Support Center — Where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more.

Community Resources

Family Resources

Department of Children and Family Services

Framingham Area Office

Address: 300 Howard St, Framingham, MA 01702

Phone: (508) 424-0100

PPAL (Parent/Professional Advocacy League)

Provides: Providing hope for children with mental health needs and their families through education, advocacy, outreach and support.

Clientele: Massachusetts parents

Location: Central MA Office (Worcester)

Telephone & Contact Info: 21 Cedar Street , Floor 1, Worcester MA, 01608

Tel: (508)767-9725, Fax: (508)767-9727, Email: info@ppal.net

Website: <http://ppal.net/>

Framingham Family Resource Center(FRC)

Provides: The goal of the FRC is to connect those looking for help to the appropriate services whether within the FRC itself, Wayside, or other places in the community. FRC staff can help with facilitating the following: Housing Support, Utility Assistance, Legal Help, Summer camps, Sports leagues, and more.

Clientele: Families in the MetroWest community, serving families of any cultural background.

Location: 88 Lincoln St, Framingham, MA 01702

Telephone & Contact Info: (508) 270 -1313, Rosalind Baker, Director

Rosalind_Baker@waysideyouth.org

Website: <https://www.waysideyouth.org/services/waysidemetrowest/familyresourcecenter/>

Food, Energy, and Financial Assistance

Holliston Pantry Shelf

Provides: The Holliston Pantry Shelf offers complete privacy and confidentiality for our neighbors who need temporary or longer term help meeting their grocery needs.

Community Resources

Clientele: Holliston Residents

Location: 73 Charles Street, Holliston, MA 01746

Telephone & Contact Info: (508) 429-5392

Website: <https://www.hollistonpantrysshelf.org/>

The Holliston Community Action Fund

Provides: The Emergency Assistance Grant program is the cornerstone of the Holliston Community Action Fund. Since 2009 the fund has provided over 50 grants to people in the community who need help. Although the grants are sometimes modest in the amount, they certainly have a lasting impact on a family who is struggling with the hardships of life.

Clientele: Any Holliston resident in need of assistance. The grant program is driven through the Holliston Youth and Family Services Department and all applications go through them.

Website: <https://hollistoncommunityaction.org/>

Metrowest Veterans Services

Provides: Direct emergency financial assistance to veterans and their dependents that are in need

Clientele: Veterans and their dependents in Holliston, Hopkinton, Medway, Ashland

Location: 1750 Washington Street, Holliston, MA 01746

Telephone & Contact Info: 508-429-0629

Website: <https://www.townofholliston.us/veteran-services>

Holiday Dreams

Provides: Sponsors a gift drive to support JFS Metrowest, the Woodrow Wilson School in Framingham, Holliston, Needham and Brighton public schools, Youth and Family Services, and DSS in Massachusetts.

Clientele: Any child identified by someone in these communities as in need of joy during the holiday season.

Telephone & Contact Info: holidaydreamsfoundation@gmail.com (949) 689-3011

Website: <http://holidaydreamsfoundation.com/contact>

St. Vincent de Paul Society

Provides: The Society of Saint Vincent de Paul is one of the largest charity organizations in the country. They are committed to providing social services, resources and financial assistance to those in need across

Community Resources

the United States.

Clientele: Metrowest residents in need.

Location: Multiple conferences in the Metrowest area: 173 Washington St, Plainville, MA 02762; 507 Park Ave, Worcester, MA 01603; 18 Canton St, Stoughton, MA 02072

Telephone & Contact Info: Plainville: (508) 695-5150; Worcester: (508) 752-4232; Stoughton: (781) 344-3100

Website: <https://www.svdpusa.org/>

SMOC (Southern Massachusetts Opportunity Council) Fuel Assistance

Provides: Eligible households in 37 communities receive assistance paid directly to their heating vendor. The program is designed to help low-income people afford the cost of heat in the winter months.

Clientele: Eligibility is based on gross annual income and family size.

Location: 7 Bishop Street Framingham MA 01702-8313

Telephone & Contact Info: Call (508) 620-1230 or 1 (800) 286-6776 for more info

Website: <https://www.smoc.org/smoc-fuel-assistance.php>

Massachusetts Energy Assistance

Provides: Provides eligible households with help in paying a portion of winter heating bills.

Clientele: Massachusetts Homeowners and renters are eligible – including households whose cost of heat is included in the rent and not subsidized.

Location: Managed by the MA Department of Housing and Community Development (DHCD); 100 Cambridge St, Suite 300, Boston, MA 02114

Telephone & Contact Info: DHCD: (617) 573-1100; Cold Relief Heatline (800) 632-8175

Website: <https://www.masscap.org/heatinghelpma/>

MASS 211

Provides: Mass 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources.

Clientele: Massachusetts residents

Location: Over the phone

Telephone & Contact Info: Dial 2-1-1, or 1-877-211-MASS (6277), available 24/7.

Community Resources

Website: <https://mass211.org/about/>

Health

Integrative Behavioral Health

Provides: Primary care settings have become a gateway for many individuals with behavioral health and primary care needs. To address these needs, many primary care providers are integrating behavioral health care services into their setting. Integrated Behavioral Health is an initiative of the physicians group (PPOC - Pediatric Partners of Children's) that many practices in the Holliston and the MetroWest region belong to.

Clientele: Pediatric Care is offered to both new families in the community, as well as the children and grandchildren of previous patients.

Location: Holliston Pediatrics, Start line pediatrics , Main Street Pediatrics , and Framingham Pediatrics.

Website: <https://www.ppochildrens.org/learn-about-ppoc/behavioral-health-integration-program/>

Massachusetts Health Connector

Provides: The Massachusetts Health Connector is the state's Marketplace for health and dental insurance. Free in-person help is available at Milford Regional Hospital. These trained and certified Application Counselors can help you from application through enrollment into new health insurance plans and answer your questions about your eligibility, application, payments, plan details, and health care reform rules and requirements.

Website: Before you get started, be sure to check the Help Center for information, guides, and where to find free, in-person help near you. Click "Get Assistance" or go to MAhealthconnector.org/Help-Center at any time

Planned Parenthood of MetroWest

Provides: Men's & Women's Health Care, Abortion Referrals, Birth Control, HIV Testing, Morning-After Pill (Emergency Contraception), Pregnancy Testing & Services, STD Testing, Treatment & Vaccines

Clientele: With or without insurance, you can always come to us for your health care. You will not be turned away because of your inability to pay. For languages other than English, interpretation is available by telephone. Please let us know if you need an interpreter when scheduling your appointment.

Location: 91 Main Street, Marlborough, MA 01752

Telephone & Contact Info: 800-258-4448

Website:

<https://www.plannedparenthood.org/health-center/massachusetts/marlborough/01752/metro-west-health>

Community Resources

[h-center-3951-90610](https://www.hollistonma.gov/center-3951-90610)

Legal Resources

Holliston Police Department

Provides: "The Mission of the Holliston Police Department is to achieve effective, efficient, and professional policing in partnership with the community, helping to secure a safe and just community in which human rights and responsibilities are properly respected and balanced."

Clientele: Town of Holliston

Location: 550 Washington Street (Rt. 16) Holliston, MA 01746

Telephone & Contact Info: Business Line: 508-429-1212; Fax: 508-429-0611; Anonymous Tip Line: 508-429-7145

Website: <https://sites.google.com/hollistonpolice.com/hpd/home>

Framingham Juvenile Court

Provides: Juvenile Court has general jurisdiction over delinquency, guardianship matters, and youthful offender cases.

Clientele: The Middlesex County Juvenile Court in Framingham serves Acton, Ashland, Bedford, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Marlborough, Maynard, Natick, Sherborn, Stow, Sudbury, and Wayland.

Location: 110 Mount Wayte Ave., Framingham, MA 01702

Telephone & Contact Info: (508) 879-3561

Website: <https://www.mass.gov/locations/framingham-juvenile-court>

Probate Court, Cambridge District Court

Provides: The Probate and Family Court Department has jurisdiction over family-related and probate matters, such as divorce, paternity, child support, custody, parenting time, adoption, termination of parental rights, and abuse prevention. We also handle wills, estates, trusts, guardianships, conservatorships, and changes of name

Clientele: This court serves all cities and towns in Middlesex County.

Location: 208 Cambridge Street, Cambridge, MA 02141

Telephone & Contact Info: (617) 768-5800

Website: <https://www.mass.gov/locations/middlesex-probate-and-family-court>

Community Resources

Justice Bridge, UMASS Dartmouth

Provides: Empowering new lawyers to deliver quality, affordable legal services to clients of modest means.

Clientele: Affordable legal representation for clients of modest means whose needs have been unmet

Location: 257-259 Union Street New Bedford, MA 02740-5947; 67 Battery March Street, Lower Level
Boston, MA 02110-3110

Telephone & Contact Info: New Bedford: (508) 449-9296; Boston: (617) 860-3414

Website: <https://www.justice-bridge.org/>

MetroWest Legal Services

Provides: Provides free civil legal aid to low-income people and victims of crime who would be denied justice without our help.

Clientele: Priority practice areas include: Family Law, Housing, Homeless Advocacy, Government Benefits (including Social Security), Education, Elder Law & Immigration.

Location: 63 Fountain St # 304, Framingham, MA 01702

Telephone & Contact Info: (508) 620-1830 | (800) 696-1501

Website: <https://www.mwlegal.org/>

Mental Health & Substance Misuse Resources

Interface Referral Service

Provides: Free and confidential mental health and wellness referral service, available Monday through Friday, 9 am-5 pm

Clientele: This service is available to Holliston Elementary, Middle, and High School Students

Telephone & Contact Info: 888-244-6843 (toll free)

Website: <https://interface.williamjames.edu/>

Therapy Matcher

Provides: Free, personalized, and confidential referrals to licensed social workers across Massachusetts

Clientele: individuals, couples, families, groups, children, adolescents, adults, and elders

Telephone & Contact Info: 800-242-9794, or email us at info@therapymatcher.org

Community Resources

Website: <https://therapymatcher.wordpress.com/>

Behavioral Health Partners of MetroWest Referral Line

Provides: Care coordinators are available by phone Monday through Friday to speak with you about mental health and social service concerns you may have for yourself, a loved one, or a person in your care. We take the time needed to listen to your concerns, understand your preferences, and offer service and support options that are personalized to meet the unique needs of each individual we serve. Partner agencies include Advocates, South Middlesex Opportunity Council (SMOC), Spectrum Health Systems, and Wayside Youth & Family Support Network.

Clientele: People of any age that reside in Holliston

Telephone & Contact Info: 1-844-528-6800 (A care coordinator will return your call within 24 hours, Monday through Friday)

Website: <https://www.bhpmw.info/>

LINK-KID – A Centralized Referral Service

Provides: Toll-free number for families and the community to streamline the link between children in need of evidence-based trauma treatment and mental health providers who have been trained in these treatments.

Clientele: Referrals to treatment for ages 0-22

Telephone & Contact Info: 1-855-LINK-KID (1-855-546-5543)

Website: <https://www.umassmed.edu/cttc/cttc-services/link-kid/>

Massachusetts Substance Use Helpline

Provides: Statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. Our caring, trained Specialists will help you understand the treatment system and your options.

Clientele: Anyone can use the Helpline, whether you're struggling with substance use or care about someone who is.

Telephone & Contact Info: 800-327-5050, 8am-10pm Mon-Fri, and 8am-6pm weekends. The Helpline is open on all holidays.

Website: <https://helplinema.org/>

Community Resources

LGBTQ+ RESOURCES

OUT MetroWest

Provides: OUT MetroWest offers three programs for youth (WAGLY, Umbrella, Nexus). They also offer weekly drop-in hours for LGBTQ+ and allied youth at our Framingham office and a variety of educational workshops on topics related to LGBTQ+ youth.

Clientele: LGBTQ+ youth and allies

Location: Locations include Framingham, Newton, and Wellesley and vary by program. Visit website for more information.

Contact Info: info@outmetrowest.org

Website: <https://outmetrowest.org/>

Greater Boston PFLAG

Provides: Parent, Caregiver, and Family Support Helpline, Support Groups, and 1:1 Program

Clientele: Parents, families, friends, and lesbian, gay, bisexual, transgender, and queer people

Telephone & Contact Info: 1-866-427-3524 (Helpline), helpline@gbpflag.org

Website: <https://gbpflag.org/>

Pride Side Wayside

Provides: Wayside's PrideSide team is comprised of staff who are a clinical resource for LGBTQ+ youth and families who are struggling with mental, emotional and behavioral health issues and need support. PrideSide staff include clinicians, family partners, therapeutic mentors, intensive care coordinators, transition facilitators and parent/peer mentors.

Clientele: LGBTQ+ youth and families

Telephone & Contact Info: To find out more about Wayside's PrideSide team and resources and support available, contact Jenny Posnak at Jenny_Posnak@waysideyouth.org

Website: <https://www.waysideyouth.org/services/prideside/>

Baypath LGBT

Provides: BayPath's LGBT Initiative has staff available to answer questions, provide information and

Community Resources

referrals, and offer programs and events to LGBT older adults, their family members, and local professionals in MetroWest.

Clientele: Lesbian, Gay, Bisexual and Transgender (LGBT) older adults and their allies living in MetroWest.

Telephone & Contact Info: BayPath LGBT Coordinator Julie Nowak can be reached on a confidential phone line at 508-573-7288, or by email at lgbtinfo@baypath.org.

Website: <http://www.baypath.org/LGBT.html>

The Trevor Project

Website: <https://www.thetrevorproject.org/get-help-now/>

Additional Resources Available through their website: TrevorSpace — An online international peer-to-peer community for LGBTQ young people and their friends; Trevor Support Center — Where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more.

JRI Health

Provides: JRI Health offers a continuum of services to mitigate the social and health determinants, and address the well-being of underserved individuals and communities living with and at risk for HIV and HCV.

Clientele: These services might be right for you if: You are living with HIV/AIDS or at risk for infection; You are an LGBTQ+ youth of color looking for help navigating the coming-out process, gender-identity transitions, developing healthy coping strategies, and further support for family, work, and school issues; You need direct representation by an attorney on matters relating to basic subsistence needs including housing, public benefits, and healthcare.

Telephone & Contact Info: Our Navigator personally answers questions and talks with you about resources that may be available in the community to meet your individualized needs. If you have any questions about our programs or services, or aren't sure what you need, contact Rachel Arruda at 508-468-6042, or

navigator@jri.org

Website: <https://jri.org/services/health-and-housing/health>

Aging Adult Resources

Holliston Senior Center

Provides: Offers seniors a variety of outreach services including, but not limited to, fuel and food assistance, SHINE, mobility support and general outreach. The Center's transportation services (in

Community Resources

partnership with the MWRTA) provide seniors, Monday through Friday, door to door service for medical appointments in the MetroWest area as well as weekly grocery shopping.

Clientele: An environment for 55+ individuals to meet

Location: 150 Goulding St, Holliston, MA 01746

Contact Information: (508) 429-0622, <https://www.townofholliston.us/senior-center>

Springwell

Provides: Provides comprehensive services to seniors, individuals with disabilities and those who provide care, guided by a commitment to an individual's right to live independently in the community.

Clientele: Serves all seniors, individuals with disabilities and their families regardless of financial situation or level of need.

Location: 307 Waverley Oaks Rd #205, Waltham, MA 02452

Contact Information: (617) 926-4100, <https://springwell.com/>

BayPath Elder Services, Inc.

Provides: Provides a variety of services including: adult family care, area agency on aging, caregiver support, elder community care, elder housing options, healthy living, home care program, ICO OneCare, LGBT Initiative, money management, nutrition, ombudsman, options counseling, personal care attendant, protective services, senior care options

Location: 33 Boston Post Rd W, Marlborough, MA 01752

Contact Information: (508) 573-7200, <http://www.baypath.org/>