

Resource Guide | updated spring 2021

Guia de Recursos

Mental Health & Counseling

Saúde Mental e aconselhamento psicológico

SALUD MENTAL Y CONSEJERÍA

Mass Health : Search here for counseling availability: [MABHA](#)

Contact Advocates Mobile Crisis if you are experiencing a mental health crisis: 781-893-2003

Wayside Youth & Family Network	781-966-5665 outpatient, in home
The Key Program : Children's Charter	(781) 894-4307 x 20 outpatient (781)-894-4307 x 51 in home
Right Turn	(781) 646-3800 substance use disorders
HFLW - Out At Home	(781) 647-9976 outpatient, in home LGBTQIA youth
Strong Roots	(857) 304-4025 outpatient, family, psychological testing
The Wellness Room	(617) 552-5116 outpatient
Mindfulness Change Group	info@mcg.works telehealth : individual & family therapy
Waltham Behavioral Health	(781) 966-0070 outpatient, medication management
BNBA	(508) 979-5557 telehealth outpatient, psychiatry
Brighton Allston Mental Health	(617) 787-1901 x 121 outpatient
Kaleidoscope	(781) 331-8227 outpatient, mentoring
Riverside Community Care	(617) 969-4925 x1 outpatient, in home
Walker	(781) 292- 2196 outpatient, in home

The Home For Little Wanderers	(855) 240-4663 outpatient, in home
Advocates, Waltham	(781) 893-5110, outpatient, in home

[Samaritans Suicide Prevention](#) Helpline 877-870-4673 Call/text anytime you feel isolated, desperate, suicidal, or concerned about someone else in your life. Available 24/7

Ayuda en español: 1-888-628-9454

National Suicide Prevention Lifeline: Call/text: 1-800-273-8255, Press 1 for Veterans

Mental Health or Substance Use Disorder Service [Locator](#)

Legal Resources

RECURSOS LEGALES | Recursos legais

Boston College “LAB”	Housing, immigration, civil : website
Greater Boston Legal Services	Immigration : 617-603-1808 Free Consult: 617-371-1234
Harvard Legal Services	(617) 522-3003
DeNovo Community Legal Services	Immigration, asylum (617) 661-1010
MetroWest Legal Services	(508) 620-1830
Irish International Immigration Center	(617) 542-1654

Neighbors helping neighbors

Watertown MA [Mutual Aid](#) - a place to share offers & needs within the community

Domestic Violence Resources

Recursos sobre violência doméstica

[Safelink](#)

24/7, multiple languages (877) 785-2020

[REACH](#) 800-899-4000

[National Domestic Violence](#)

[Hotline](#) 800-799-SAFE (7233)
thehotline.org or text LOVEIS to
22522 Staying Safe During
COVID-19:
<https://www.thehotline.org/>

Pet Safety – Domestic
Violence Pet Safety Hotline:
781-235-8460

Housing

RECURSOS SOBRE VIVIENDA | Moradia

[Rental Assistance](#)

[Watertown Housing Assistance](#)

[Metro West Collaborative](#) - affordable housing **617-923-3505**
Wednesdays 1-3pm or 5-7pm- weekly housing clinics
Evelyn@metrowestcd.org

[City Lift Urbana Vita](#)

Public Housing - CHAMP application <https://publichousingapplication.ocd.state.ma.us/>

<https://willbrownsberger.com/emergency-housing-assistance-for-renters-homeowners-and-landlords/>

Tutoring

INFORMACIÓN SOBRE AYUDA ESCOLAR | Tutoria



<https://www.learntobe.org/> Non-Profit offering “pay what you can” tutoring

<https://www.tutor.com/> : 20,000 public libraries around the country, offering free tutoring

<https://bostoncovidtutoring.org/> free tutoring for students, by students

Work

INFORMACIÓN SOBRE TRABAJO

Unemployment Assistance online:

<https://uionline.detma.org/Claimant/Core/Login.ASPX>

<https://unemployment.mass.gov/>

Food Resources

INFORMACIÓN SOBRE COMIDA

Food pantries:

11 Homer St, Newton

Tuesdays, 2:30-6:00pm

Every first Saturday, 11:30am-2:00pm

617-340-9554, www.centrestfoodpantry.org

Newton Food Pantry

1000 Commonwealth Ave (City Hall)

Wednesdays, 1:30-5:30pm

2nd & 4th Wednesdays open till 7:30pm

617-796-1233, www.newtonfoodpantry.org

Watertown Food Pantry

Belmont-Watertown United Methodist Church

80 Mt. Auburn St. (Rear)

Watertown, MA 02472

Ph: (617) 972-6490

Tuesdays ONLY

10:00 AM - 2:00 PM

Kathy Cunningham, Food Pantry Coordinator

Watertown Catholic Collaborative Food Pantry

Sacred Heart Rectory-(Basement)

770 Mount Auburn Street

Watertown MA, 02472

Ph: (617) 926-7121

Thursdays

10:00 am - 11:45 am

Beverly Concannon, Food Pantry Coordinator

Community Fridges:

<https://boston.eater.com/maps/community-fridges-boston>