


Resources for the Town of Southborough during the Covid-19 Pandemic

This list of resources is being updated periodically to provide individuals and families with the most up-to-date information about community resources related to health and mental health during the COVID-19 pandemic.

If there are resources that you are aware of that you would like to have added to this document, please email Shannon Kinayman, Program Coordinator of Southborough Youth and Family Services at skinayman@southboroughma.com

For immediate, non-emergency assistance, you can also call Mass 2-1-1 for live, professional help finding tailored information

FOR EMERGENCIES, ALWAYS CALL 911 GO TO YOUR LOCAL EMERGENCY ROOM

Category	Agency	Contact Information
Food & Meals 	Southborough Food Pantry, Located at the Pilgrim Congregational Church	You must call or email first. Please call and leave a voicemail for the Pantry before your first visit at 508-485-4847 or email southboroughfoodpantry@gmail.com
	The Public Schools of Northborough & Southborough, (For families of school-aged children)	Sign up for lunches through this link: https://docs.google.com/forms/d/e/1FAIpQLScioYeZsFGAqNkqCJLS5azo5lx7M4LkdMF9-cZVAPf2ghObmw/viewform Specific questions can be sent to Keith Lavoie, Director of Operations - klavoie@nsboro.k12.ma.us
	Salvation Army Framingham Corps Community Center Food Pantry	You must call or email first. Please call and leave a voicemail for the Pantry before your first visit: 508-875-3341
	Massachusetts WIC Program (for families with infants and children under 4)	Call 800-942-1007 to see if you are eligible or apply online by visiting https://www.mass.gov/forms/apply-for-wic-online
	Southborough Senior Center Seniors can contact Cindy Henderson Beard for emergency and ongoing needs.	Call: 508-229-4453 Email: cbeard@southboroughma.com
	Baypath Elder Services Elderly Nutrition Program Meals on Wheels	Call: 508-573-7246

Health & Medical





<p>Your Primary Care Physician If you have questions regarding your health, the <i>first place</i> to call is your primary care physician. Offices are urging patients to please call first.</p>	
<p>AFC Urgent Care, Marlborough If you do not have a primary care physician, you can use American Family Care (AFC), 38 Boston Post Road West, Marlborough. If you are experiencing symptoms of Covid-19, please call first.</p>	<p>Phone: 508-658-0764 Website: https://www.afcurgentcaremarlborough.com/</p>
<p>Southborough Board of Health Up to date information can be found on the web. You can also call the Board of Health to speak to the Public Health Nurse or one of the other nurses on staff.</p>	<p>Web: https://www.southboroughtown.com/board-health. Phone: (508) 481-3013.</p>
<p>Massachusetts Department of Public Health Epidemiology</p>	<p>Phone: 617-983-6800</p>





Mental Health Support

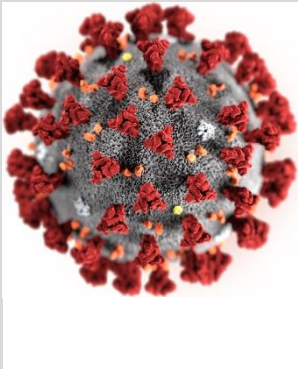


<p>Southborough Youth and Family Services For residents not already seeing a SYFS member for counseling services: if you are in need of a mental health professional to talk to during this time, please consider talking to a member of our clinical staff. To start this process, please contact our Assistant Director, Meaghan.</p>	<p>Phone: (508) 481-5676 Meaghan Eiland: (774) 249-1545 These are not an emergency numbers. The clinician will return your call ASAP. With no way to gauge the level of need and interest in this service, we ask for your patience and understanding, as we will be doing our best to support the community.</p>
<p>Emergency Psychiatric Services (Advocates) If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician. We are available to help 24 hours a day, every day.</p>	<p>Phone: 1-800-640-5432</p>
<p>UMass Link-KID Referral service for children in need of evidence-based trauma treatment & mental health providers who are trained in these treatments</p>	<p>Website: Click here for site Phone: 1-855-Link-Kid (1-855-546-5543) to speak to one of their clinical referral coordinators.</p>
<p>Community Healthlink Youth Mobile Crisis Intervention (covers all 5 towns)</p>	<p>Website: Click here for site Phone: 1-800-977-5555 or 866-549-2142</p>

Mental Health Support continued	Mass. Emergency Services Program Contact Information	Click here for site
	National Suicide Prevention Lifeline	Phone: 1-800-273-8255
	Call2Talk	Phone: 1-508-532-2255 or Text C2T to 741741
	Samariteens	Phone: 1-800-252-TEEN(8336)
Recovery Resources 	Substance Abuse and Mental Health Administration (SAMSHA) Federal hotline offering referrals to local treatment and support services	Web: https://www.samhsa.gov/find-help/national-helpline Phone: 1-800-662-HELP (4357)
	Narcotics Anonymous Meetings worldwide for people struggling with drugs. Directory of online meetings, using Zoom, Skype and other platforms.	Web: www.na.org
	SMART Recovery Abstinence-based international organization that uses a cognitive behavioral therapy tool kit. Has a directory of online meetings.	Web: www.smartrecovery.org
	AA-Alcoholics Anonymous The worldwide 12-step abstinence program has extensive online resources	Web: www.aa.org
	Recovery Dharma This organization uses Buddhist practices and principles to support individuals in recovery. Directory of daily online meditations and meetings.	Web: www.recoverydharma.org
	Women for Sobriety Dedicated to helping women recover from substance use disorders, with online gatherings.	Web: www.womenforsobriety.org
	LifeRing Organization focusing on practical, secular support, with online meetings.	Web: www.lifering.org
	Moderation Management For people seeking to moderate their drinking and not necessarily abstain, this growing group has an international network of online meetings.	Web: www.moderation.org

Recovery Resources continued	Cocaine Anonymous Online International group offering online support through email and voice-only conference calls.	Web: www.ca.org
	In the Rooms Clearinghouse of 30 online meetings offering supports with a variety of approaches to different substance use disorders.	Web: www.intherooms.org
Financial Assistance 	Southborough Youth and Family Services SYFS shares generous funding made possible by the Southborough Community Fund and Southborough Trust Fund Committee. If you find yourself struggling to pay a utility bill, buy/access food, medical expenses, or housing costs, call or email to find out if you would qualify for assistance.	Phone: 978-310-1182, Shannon Kinayman, Program Coordinator Email: skinayman@southboroughma.com **Please note, funding is limited per household
	Southborough Senior Center If you are a senior in need of financial assistance please contact the Senior Center Outreach Coordinator to discuss your needs.	Phone: 508-229-4453 Email: Cindy Henderson-Beard Cbeard@southboroughma.com
	Southborough Food Pantry Clients of the Food Pantry may be eligible to receive additional assistance with medical or housing bills.	You must call or email first. Please call and leave a voicemail for the Pantry before your first visit at 508-485-4847 or email southboroughfoodpantry@gmail.com
	Massachusetts Department of Unemployment Assistance If you have recently lost your job due to Covid-19 you can apply for DUA benefits online. Assistance with applying is available through the department's daily Town Hall meetings. Sign up in advance.	Web: https://www.mass.gov/orgs/departement-of-unemployment-assistance To learn more about Town Hall meetings: http://www.mass.gov/unemployment/townhall
	Massachusetts Department of Transitional Assistance DTA provides benefits to 1 out of every 9 people in the state. Those served include children, elders, and people with disabilities. DTA is also the lead agency for SNAP (formerly known as food stamps).	Web: https://www.mass.gov/orgs/departement-of-transitional-assistance

<p>Emergency Housing</p> 	<p>RCAP Solutions RCAP assists homeowners, renters and homebuyers. Please visit their website to figure out what service is appropriate to your needs. Please note: email is the best way to contact RCAP at this time.</p>	<p>Web: http://www.rcapsolutions.org/closing/</p>
<p>Parenting Support</p> 	<p>Southborough Youth and Family Services SYFS continues to provide telehealth to parents and families struggling with behavioral health issues. Please call and leave a voicemail for an intake. (Non-emergency calls only)</p>	<p>Phone: 774-249-1545, Meaghan Eiland, Assistant Director Email: meiland@southboroughma.com **if you email, please provide a number at which you can be reached</p>
<p>Fuel Assistance</p> 	<p>South Middlesex Opportunity Council (SMOC) The South Middlesex Opportunity Council (SMOC) is an umbrella organization that works in the community to provide opportunities to enhance self-sufficiency and to create a safety net when short term and/or continuing support are needed. SMOC is the designated community-based anti-poverty agency for one city and nine towns in the MetroWest area and is headquartered in downtown Framingham.</p>	<p>To apply for fuel assistance: Phone: 508-620-2342 Please leave a message and someone will get back to them quickly as we are checking the line every hour. You can also email at fueldocs@smoc.org.</p>
<p>Support for Victims of Domestic Violence</p> 	<p>Voices Against Violence Located in Framingham, Voices provides free and confidential services to victims and survivors of sexual and domestic violence in the MetroWest area.</p>	<p>Voices Against Violence is available to chat online with survivors of sexual and domestic violence from 9 AM - 5 PM Monday through Friday at rc.chat/voices Voices Against Violence is available 24/7 on our support line. Call 508-626-8686. Call2talk text line is: text C2T to 741741 Website is www.uwotc.org/call2talk 24/7 Medical Advocacy is available for survivors in the Emergency Room by phone.</p>

<p>Support for Victims of Domestic Violence continued</p>	<p>National Domestic Violence Hotline At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.</p>	<p>24-Hour Hotline: 800-799-SAFE (7233) Web: www.thehotline.org/help Website includes a chat option</p>
<p>Covid-19 Information and Resources</p> 	<p>Town of Southborough The official source of information from the Town of Southborough is the Town website and Town Twitter account. You can also subscribe for e-alerts and to register for CodeRed.</p>	<p>Web: https://www.southboroughtown.com/ Twitter: @17Common E-Alerts: https://www.southboroughtown.com/subscribe CodeRed Alerts: https://www.southboroughtown.com/home/pages/code-red</p>
<p>Massachusetts COVID-19 Text Message Notification System Anyone who signs up for the alert system will receive up to two alerts per day providing updates including public health tips and service alerts.</p>	<p>How to sign up: Text "COVIDMA" to 888- 777 for Important Updates https://www.mass.gov/news/massachusetts-launches-a-covid-19-textmessage-notification-system-text-covidma-to-888-777-for.</p>	
<p>Centers for Disease Control (CDC) A reliable source for up-to-date, factual information about COVID-19</p>	<p>Web link to fact sheet: https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf Web link to frequently asked questions: https://www.cdc.gov/coronavirus/2019-ncov/faq.html Web link to information on reducing stigma: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Frelated-stigma.html</p>	

Covid-19 Information and Resources continued	<p>World Health Organization (WHO) Another reliable source for up-to-date, factual information about COVID-19</p>	<p>Website: https://www.who.int/emergencies/diseases/novel-coronavirus-2019</p>
	<p>National Association of School Psychologists A number of reliable resources for talking to children about COVID-19.</p>	<p>Website: https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=714545156</p>
	<p>Massachusetts Department of Public Health Link to their new resource and information Coronavirus website</p>	<p>Website: https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19</p>
	<p>Office of Carolyn Dykema Receive daily updates and resources on the impact of COVID-19 in the our area and the state</p>	<p>Website: https://www.carolyndykema.com/ Click on "Covid-19 Updates and Resources" and sign up to receive the daily email updates.</p>