

# Milton Resource Guide



**FOR SOCIAL, EMOTIONAL AND MENTAL HEALTH SUPPORTS  
FOR CHILDREN, YOUTH AND FAMILIES**

Revised 10/2022



**The Milton  
COALITION**

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# About This Guide

*Positive mental health and access to social services are critical for promoting strong families and healthy childhood development. Yet many people in need of help go without it. There are many reasons for this including the difficulty of finding and accessing services, a reluctance to ask for help, differing cultural beliefs, and the expense involved with getting services. But the longer we wait to get help, the more urgent it becomes.*

*Most of us need help at some time in our lives, no matter our social circumstances. These challenges have become even more prevalent during the COVID-19 crisis. That is why we have created this Resource Guide. We want to make it as easy as possible for all Milton families to get help when the time comes.*

*This Resource Guide contains contact information to link families and youth to mental health, substance use and trauma hotlines as well as to emergency and outpatient therapy, family and group support programs, substance use disorder treatment, culturally competent care, and social services. Some of these services are paid by insurance, and some of them are free of charge.*

*This guide was made possible by the Milton Public Schools, Milton Foundation for Education, Milton Public Health Department and Milton Police Department. The content research was conducted by the Milton Coalition. We hope it will serve to increase access to various types of assistance for Milton families in need.*

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**If you are in immediate danger, call 9-1-1-or go to the local emergency room**

**If your child attends the Milton Public School System, you can contact your child's Adjustment Counselor or the system's Family Outreach Liaison at 617.980.7343**



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## CONTENTS

<b>HOTLINES + HELPLINES</b>	<b>1</b>
<b>OUTPATIENT THERAPY</b>	<b>2</b>
<b>DRUG AND ALCOHOL TREATMENT AND SUPPORT</b>	<b>3</b>
<b>SOCIAL SERVICES</b>	<b>4</b>
<b>LOCAL SUPPORT GROUPS</b>	<b>4</b>
<b>KEY TOWN WEBSITES</b>	<b>BACK PAGE</b>

# Hotlines + Helplines

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## CRISIS MENTAL HEALTH

- ▶ **Aspire Health Alliance  
Crisis Line (24/7)**  
*Free clinical phone consults  
for student behavioral health  
emergencies*  
**P 617.774.6036**  
**P 800.528.4890**
- ▶ **Samaritans Suicide Hotline (24/7)**  
*Guidance and support for someone  
feeling desperate or suicidal, and  
for their loved ones*  
**P 877. 870.4673**
- ▶ **Parent Stress Line (24/7)**  
*For parents having difficulties  
relating to their children*  
**P 800.632.8188**

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## SUBSTANCE USE DISORDERS AND ADDICTION

- ▶ **Massachusetts Substance  
Use Helpline (24/7)**  
*Referrals for treatment of  
substance use disorders,  
for adults & youth*  
**P 800.327.5050**
- ▶ **Smoking/Vaping Quitline  
(English & Spanish)**  
**P 1.800.QUIT.NOW**

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## PHYSICAL HARM/VIOLENCE

- ▶ **Domestic Violence: DOVE  
Hotline (24/7)**  
*Trained counselors to address  
domestic violence*  
**P 617.471.1234**
- ▶ **Milton Police Department  
Civilian Domestic  
Violence Advocate**  
**P 617.831.8326**  
**E [jtthermidor@mpdmilton.org](mailto:jtthermidor@mpdmilton.org)**
- ▶ **Boston Area Rape Crisis Center  
(24/7)**  
*Trained counselors to help  
sexual assault survivors, and  
their loved ones*  
**P 800.841.8371**

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▶ **For emergencies, call 9-1-1- or go to your local emergency department**

# Outpatient Therapy

SERVING CHILDREN, YOUTH  
AND FAMILIES

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## MENTAL HEALTH REFERRALS

- ▶ **LINK KID Helpline (M-F; 7:30-5)**  
*Referrals for MA. children and youth who can benefit by specialized psychological treatment for traumatic situations, such as witnessing violence, abuse or neglect, family illness, divorce, etc.*

**P 855.LINK.KID**

- ▶ **Therapy Matcher** free referrals to clinical social workers in MA. Service of the MA Chapter of National Association of Social Workers.

**P 617-720-2828**  
or **800-242-9794**

**E [info@therapymatcher.org](mailto:info@therapymatcher.org)**

**ONLINE FORM** [https://  
therapymatcher.org/contact](https://therapymatcher.org/contact)

- ▶ **Psychology Today** find a therapist page where you can filter based on issues treated, insurance accepted, types of therapy and more.

**SEARCH** [https://  
www.psychologytoday.com/us](https://www.psychologytoday.com/us)

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## SPECIALIZED CARE: CULTURAL AND LINGUISTIC COMPETENCE

- ▶ **Mattapan Community Health Center**  
*(African American, Spanish cultural competence)*  
**P 617.898.9038**
- ▶ **Children's Services of Roxbury**  
*(by and for families of color)*  
**P 617.989.9486**
- ▶ **South Cove Community Health Center, North Quincy (Chinese)**  
**P 617.318.3200**
- ▶ **Asian Mental Health Program in Cambridge**  
**P 617.591.6033**
- ▶ **Aspire Health Alliance in Quincy**  
*Ask for Chinese-speaking clinician*  
**P 617-847-1914**
- ▶ **Haitian Mental Health Network**  
*List of local Haitian providers*  
**W [www.hmhnetwork.org/  
directory/](http://www.hmhnetwork.org/directory/)**
- ▶ **Children's Services of Roxbury (Haitian)**  
**P 617.989.9486**

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## SPECIALIZED CARE: LGBTQ COMPETENCE

- ▶ **Fenway Health**  
*Provides health and behavioral health care geared to LGBTQ youth*  
**P 617.927.6202**

# Drug and Alcohol Treatment and Support

## ► Milton Cares

Housed at the Milton Police Department, a substance use counselor from Manet Health Center will confidentially provide a family, struggling with substances, with support and referral in their home. Goal is to arrange for help, not arrest

**P 617.898.4814**

**E** [miltoncares@mpdmilton.org](mailto:miltoncares@mpdmilton.org)

## ► Catalyst Clinic at Boston Medical Center

Provides quick access to adolescent substance treatment services, primary care, behavioral health services and family support

**P 617.414.6655**

## ► Adolescent Substance Abuse Program at Children's Hospital Boston (ASAP)

Substance abuse assessment, treatment and family support. Specialty in vaping addiction

**P 617.355.2727**

## ► MGH Addiction Recovery Management Services (ARMS)

Specializes in supporting teenagers and young adults between the ages of 14 and 26 and their parents as they deal with their substance use and related problems

**P 617-643-4699**

## ► Gavin Foundation Center for Recovery Services

Support and treatment for adolescents and families

**P 617.847.1513**

## Codman Square and Manet Community Health Centers

offer medically assisted treatments nearby. You can also get free 24/7 assistance from the **MA Substance Use Helpline** <https://helplinema.org>

## ► The Sun Will Rise Foundation

Offers grief support for area families that have lost a loved one from overdose.

**W** [www.thesunwillrise.org](http://www.thesunwillrise.org)

## ► Quitstart APP for Quitting Tobacco or Vaping

Download free app geared for teens who want to stop vaping or smoking

**W** [teen.smokefree.gov/become-smokefree/quitstart-app](http://teen.smokefree.gov/become-smokefree/quitstart-app)

# Social Services

FOR FAMILIES NEEDING  
FINANCIAL ASSISTANCE  
WITH FOOD, HEAT, HOUSING,  
TRANSPORTATION, ETC.

## ▶ Anne Grossman MSW, LICSW

**P 617.898.4982**

**E [AGrossman@townofmilton.org](mailto:AGrossman@townofmilton.org)**

## ▶ Family Resource Center in Quincy (Norfolk County)

*Assesses the needs of families and connects them to resources such as financial, transport, housing, health care, jobs and mental health referrals. Specialized support groups for parents/caregivers/grandparents/fathers and LGBT teens*

**P 617.481.7227**

## ▶ Interfaith Social Services in Quincy

*Provides financial emergency assistance, food, job counseling, clothing, and mental health counseling and referrals to South Shore families*

**P 617.773.6203**

## ▶ Milton Community Food Pantry

*Located at Parkway Methodist Church, 158 Blue Hills Parkway*

**P 617.696.0221**

**W [www.miltonfoodpantry.org](http://www.miltonfoodpantry.org)**

## ▶ Milton Residents Fund

*Limited funds are available to primarily prevent utility shutoffs, to prevent eviction, and promote safe and stable housing. Self-referrals and other referrals are welcome by appointment.*

**P 617.696.1214**

**E [MiltonResidentsFund@gmail.com](mailto:MiltonResidentsFund@gmail.com)**

## ▶ South Shore Community Resource Directory (new!)

*Online resources for a variety of free or low cost local social services*

**W [www.southshorehealth.org/patient-resources/community-resource-directory](http://www.southshorehealth.org/patient-resources/community-resource-directory)**

# Local Support Groups

## ▶ The Family Restored

*Family Restored runs a support group in Milton as well as other towns in the region. See the link for the latest locations and times.*

**W [www.thefamilyrestored.org](http://www.thefamilyrestored.org)**

## ▶ Joanna's Place (Weymouth)

*Provides support for children & parents who are facing serious illness, disability or death in family*

**P 781.413.5141**

# KEY TOWN OF MILTON WEBSITES

➤ Milton Public Schools

**W** [www.miltonps.org](http://www.miltonps.org)

➤ The Milton Coalition

**W** [www.milton-coalition.org](http://www.milton-coalition.org)

➤ Milton Public Health Department

**W** [www.townofmilton.org/health-department](http://www.townofmilton.org/health-department)

➤ Milton Police Department

**W** [www.townofmilton.org/police](http://www.townofmilton.org/police)

**E** [miltoncares@mpdmilton.org](mailto:miltoncares@mpdmilton.org)

➤ Milton Special Education Parent Advisory Council (SE PAC)

**W** <http://www.miltonsepac.org/>

➤ Milton Foundation for Education

**W** [www.miltonfoundationforeducation.org](http://www.miltonfoundationforeducation.org)

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Milton Police



**Public Health**  
Prevent. Promote. Protect.

Milton Health Department



Milton Public Schools



**MILTON FOUNDATION  
FOR EDUCATION**  
ENGAGING ALL SIX MILTON PUBLIC SCHOOLS

**Milton Foundation  
for Education**