

Behavioral Health & Mental Health Resources

Substance Use Disorder and Recovery

Bay State Community Services Counseling

offers many different therapeutic treatments for individuals, families, couples, and children. The multidisciplinary team tailors a care plan specific to the needs of each individual/family.

Walk-ins:
M-F 9:30 AM - 11:30AM
617-471-8400 ext. 121
baystatecs.org/outpatient

Community Certified Behavioral Health Clinic

uses a holistic approach to recovery treatment and care. Services include therapy, peer-to-peer recovery coaching, nursing services, specialized care for veterans, and more

Walk-in hours: 9:00AM to 12:00PM
with immediate access to clinicians and recovery coaches for adults 18+
617-471-8400
CCBHC@baystatecs.org

MANET Community Health Center - Community Outreach

provides access to various harm reduction tools like Narcan and Medication Assisted Treatment for substance use disorders. MANET also has behavioral health services available for primary care patients.

857-403-0815
manetchc.org/programs-and-services

A New Way Recovery Center

provides a safe and supportive environment for those on any kind of path to recovery and offers sober activities, peer support, and recovery coaching

617-302-3287
anewwayrecoveryctr.org

William James College: INTERFACE Referral Services

matches adults and children with a licensed mental health provider based on needs, location, and insurance over the phone.

M-F 9:00am to 5:00pm
888-244-6843
interface.williamjames.edu

Support Groups

Grief Support

Hope Float Healing and Wellness Center

offers several specific support groups for people grieving the loss of a loved one

782-585-4221
hopefloatswellness.org

Sun Will Rise Foundation

is a peer to peer grief support for those 18 and older who have lost a loved one to substance use disorder, addiction, or overdose.

781-789-4604
robyn@thesunwilrise.org

Substance Use Disorder

For individuals:

Alcoholic Anonymous (AA) & Narcotics Anonymous (NA)

12-step based fellowships, free and welcome to anyone who has the desire to not drink (AA) or use drugs (NA)

Alcoholic Anonymous: aaboston.org
Narcotics Anonymous: na.org

Alanon/Alateen

Al-Anon is a 12-step mutual support group program for people whose lives have been affected by someone else's drinking

Alateen is a fellowship of young people whose lives have been affected by someone else's drinking.

al-anon.org

For Families:

Learn to Cope

offers education, resources, peer support, and hope for parents and family members who have a loved one dealing with substance use disorder.

508-738-5148
learn2cope.org

Mental Health

National Alliance on Mental Illness (NAMI)

MA wide NAMI Connection

is a free, peer-led support group for people who are concerned about their mental health. Groups are led by NAMI-trained facilitators who've been there.

617-580-8541
namimass.org

Social Services and Others

Quincy Family Resource Center

offers community based, multi-cultural support groups, parenting programs, information, and referral resources and education for families with children 0-18.

617-481-7227
quincfamilyrc.org

Quincy Community Action Partnership Food Pantry

provides monthly food bags with a variety of meat, produce, and grains, as well as SNAP application assistance and fuel assistance. Must call to make food order.

617-471-0796
qcac.org/food

Interfaith Social Services

offers multiple free programs including a food pantry with fresh foods and toiletries, a rent and utilities assistance program, and counseling services.

105 Adams St.
Quincy, MA 02169
617-773-6203 ext.19
interfaithsocialservices.org/food

DOVE (Domestic Violence Ended)

works specifically with adults, teens, and children who have been abused emotionally and financially, as well as physically and sexually. Services include crisis intervention, danger assessment and safety planning, supportive counseling, emergency shelter, legal advocacy and representation.

24 Hour Hotline: 617-471-1234
Emotional Support Intake Line:
617-770-4065 ext.300
dovema.org

Hotlines and Helplines

- **Samaritans Suicide Hotline (24/7):**
 - 877-870-4673
- **Parent Stress Line (24/7):**
 - 1-800-632-8188
- **DOVE Domestic Violence Hotline (24/7):**
 - 617-471-1234
- **SafeLink Domestic Violence Helpline (24/7):**
 - 877-785-2020
- **Boston Area Rape Crisis Center (24/7):**
 - 800-841-8371
- **Aspire Health Alliance Crisis Line (24/7):**
 - 617-774-6036 or
 - 800-528-4890
- **MA Substance Use Helpline:**
 - 800-327-5050



Helping Families. Saving Lives.
Empowering Communities.



Produced by the Quincy Substance Use Prevention Collaborative, a collaborative between Braintree, Milton, Quincy, Randolph, Stoughton, and Weymouth

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