

# Health & Wellness | Resource Guide

## Community Wellness Project

Created by the Community Wellness Project, this guide provides resources for those seeking mental and physical health services.



THIS PAGE INTENTIONALLY LEFT BLANK

## TABLE OF CONTENTS

CRISIS AND SUBSTANCE USE HOTLINES	PAGE 2
LGBTQIA+ CRISIS PREVENTION AND INTERVENTION	PAGE 3
SUBSTANCE USE RESOURCES	PAGE 6
BEHAVIORAL AND MENTAL HEALTH RESOURCES	PAGE 8
EATING DISORDER SUPPORT	PAGE 10
HOSPITALS	PAGE 11
CHILDREN AND FAMILY SERVICES	PAGE 12
PRIMARY CARE PROVIDERS	PAGE 14

This booklet is not meant to be a complete list of all health resources available to Randolph residents. However, we hope that with this, we are able to provide some information on critical services and support that might otherwise be difficult to locate.

If you have any questions or feedback, please contact our Community Wellness Project at [cwp@randolph-ma.gov](mailto:cwp@randolph-ma.gov).



# CRISIS & SUBSTANCE USE HOTLINES

## NATIONAL SUICIDE PREVENTION LIFELINE

**988**

24-hour helpline for those seeking mental health, substance use, and suicidal intervention.

## ADCARE ADMISSION AND REFERRAL

**1-800-ALCOHOL  
1-800-252-6465**

24-hour Admission and Referral Line for alcohol help.

## ALCOHOL AND DRUG HOTLINE

**1-800-327-5050**

24-hour crisis intervention and referrals for alcohol and drug treatment.

## MASSACHUSETTS SMOKERS' HELPLINE

**1-800-784-8669**

Monday - Sunday, 7AM - 1AM.  
For all MA residents hoping to end their tobacco use.

## ASPIRE HEALTH ALLIANCE

**617-774-6036  
1-800-528-3890**

24-hour helpline for adolescents and children experiencing psychiatric distress.

**LGTBQIA+  
CRISIS PREVENTION  
AND INTERVENTION**

**THE TREVOR PROJECT**  
866-488-7386

**LGBT NATIONAL  
HOTLINE**  
888-843-4564

**LGBT NATIONAL  
YOUTH TALKLINE**  
800-246-7743

**LGBT ONLINE  
SUPPORT**  
LGBTHOTLINE.ORG/CHAT

**TRANS LIFELINE**  
877-565-8860

**NATIONAL DOMESTIC  
VIOLENCE HOTLINE**  
800-799-7233

**DEQH HELPLINE  
(DESI, SOUTH ASIAN)**  
908-367-3374

**BLACKLINE  
(QTPOC)**  
800-504-5841

**RAINN - NATIONAL  
SEXUAL ASSAULT LIFELINE**  
800-656-4673

**LGBT NATIONAL  
SENIOR HOTLINE**  
888-234-7243

**SAGE LGBT  
ELDER HOTLINE**  
877-360-5428

# SUBSTANCE ABUSE RESOURCES



PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Adolescent Substant Abuse Program (ASAP)</b>            Boston Children’s Hospital            300 Longwood Avenue            (Fegan Building, 10th Floor)            Boston, MA 02115</p> <p>Phone: 617-355-2727            ASAP@childrens.harvard.edu</p>	<p>Case management            Comprehensive evaluation            Drug testing            Group therapy            Individual counseling            Medication supported recovery            Parent guidance</p>
<p><b>AdCare Hospital</b>            1419 Hancock Street, Suite 201            Quincy, MA 02169</p> <p>Phone: 617-328-0639            Fax: 617-328-2049            quincy@adcare.com</p>	<p>Alcohol and drug abuse treatment            Developing emotional recovery skills            Early recovery group            Gender-specific groups            Parenting and recovery            Relapse prevention group</p>
<p><b>Aspire Health Alliance</b>            460 Quincy Avenue            Quincy, MA 02169</p> <p>Phone: 617-774-6036            Toll-free: 800-528-4890            www.aspirehealthalliance.org</p>	
<p><b>Bay State Community Services</b>            1120 Hancock Street            Quincy, MA 02169</p> <p>Phone: 617-471-8400            quincyopc@baystatecs.org</p>	<p>Group therapy            Individual therapy            Outpatient mental health            Substance abuse</p>

PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Castle/High Point</b> 20 Meadowbrook Road Brockton, MA 02301</p> <p>Phone: 508-638-6000 www.Castlekids.org ksisher@hptc.org</p>	
<p><b>Gavin Foundation</b> 1233R Hancock Street Quincy, MA 02170</p> <p>Phone: 617-847-1513</p>	<p>Substance abuse treatment Substance abuse education Substance abuse prevention</p>
<p><b>Lamour Counseling &amp; Consulting Clinic</b> 44 Diauto Drive Randolph, MA 02368</p> <p>Phone: 781-885-7252 ext. 151 Fax: 781-885-7256</p>	
<p><b>Luminosity Behavioral Health Services</b> 810 Washington Street Stoughton, MA 02072</p> <p>Phone: 781-344-0102 Fax: 781-344-1635</p>	<p>Adolescent counseling Community support services Couples counseling Diagnostic assessments Family therapy Group counseling Individual counseling Substance abuse</p>
<p><b>MANET Community Health Center</b> 110 W Squantum Street North Quincy, MA 02171</p> <p>Phone: 857-403-0815</p>	<p>Behavioral Health Harm reduction tools Medicated Assisted Treatment</p>
<p><b>Stairway to Recovery</b> 142 Crescent Street Brockton, MA 02302</p> <p>Phone: 774-257-5660 ext. 532</p>	<p>Morning motivation Musical group Peer support groups Recovery meetings</p>
<p><b>VarzCare Clinic</b> 999 N Main Street, Suite #4 (Back Entrance) Randolph, MA 02368</p> <p>Phone: 781-885-0269</p>	<p>Individual treatment plans</p>

# BEHAVIORAL AND MENTAL HEALTH RESOURCES



PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Aspire Health Alliance</b> 460 Quincy Avenue Quincy, MA 02169</p> <p>Phone: 617-774-6036 Toll-free: 800-528-4890 <a href="http://www.aspirehealthalliance.org">www.aspirehealthalliance.org</a></p>	<p>Available 24/7 Counseling Early intervention Outpatient mental health</p>
<p><b>Bay State Community Services</b> Quincy, MA 02169</p> <p>Phone: 617-471-8400 <a href="mailto:quincyopc@baystatecs.org">quincyopc@baystatecs.org</a></p>	<p>Group therapy Individual therapy Outpatient mental health Substance abuse</p>
<p><b>Brockton Area Multi-services, Inc. (BAMSI)</b> 10 Christy's Drive Brockton, MA 02301</p> <p>Phone: 508-580-8700 <a href="mailto:askinfo@bamsi.org">askinfo@bamsi.org</a></p>	<p>Group therapy Individual therapy Outpatient mental health Substance abuse</p>
<p><b>Carney Hospital Behavioral Health</b> 2100 Dorchester Avenue Dorchester, MA 02124</p> <p>Phone: 617-296-4012 Ext. 4990</p>	<p>Case management Family supportive therapy Group therapy Inpatient and outpatient program Partial hospital program</p>
<p><b>Collaborations in Clinical Care</b> 275 Turnpike Street Canton, MA 02021</p> <p>Phone: 781- 821-1760 Fax: 781-821-1743 <a href="mailto:info@collaborationsinclinicalcare.com">info@collaborationsinclinicalcare.com</a></p>	<p>Crisis intervention Diagnostic assessments Individual/family/group psychotherapy Medication evaluation and treatment</p>

PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Lamour Counseling and Consulting Clinic</b>  44 Diauto Drive  Randolph, MA 02368</p> <p>Phone: 781-885-7252 ext. 151  Fax: 781-885-7256</p>	<p>Before and after school programs  Outpatient services  Parent and Child Nurturing Groups  Summer vacation camps</p>
<p><b>Mass Bay Counseling</b>  234 Copeland Street, #320  Quincy, MA 02169</p> <p>Phone: 617-786-0137</p>	<p>Behavioral health  Substance abuse  Individuals, families, couples, counseling</p>
<p><b>National Alliance on Mental Illness (NAMI)</b>  Phone: 617-580-8541</p>	<p>Peer-led support groups</p>
<p><b>New Life Counseling &amp; Wellness Center</b>  400-402 North Main Street  Randolph, MA 02368</p> <p>Phone: 781-986-4800  Fax: 781-986-4801  newlife@newlifecounselingcenter.org</p>	<p>Mental health  Social services</p>
<p><b>South Bay Mental Health Center</b>  103 Commercial Street  Brockton, MA 02302</p> <p>Phone: (508) 521-1020</p>	
<p><b>South Cove Community Health Center - Hancock St. Clinic</b>  North Quincy Clinic  435 Hancock Street  Quincy, MA 02171</p> <p>Phone: 617-318-3300  Fax: 617-318-3390</p>	<p>Behavioral Health  Case management  Children's collaborative  Early intervention  Intensive family intervention  Parent aide services  Psychotherapy</p>
<p><b>South Cove Community Health Center - Holmes St. Clinic</b>  North Quincy Clinic  88 Holmes Street  Quincy, MA 02171</p> <p>Phone: 617-318-3200  Fax: 617-318-3291</p>	<p>Behavioral Health  Case management  Children's collaborative  Early intervention  Intensive family intervention  Parent aide services  Psychotherapy</p>



# EATING DISORDER SUPPORT

PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Walden Behavioral Care</b>            150 Grossman Drive, Suite 404            Braintree, MA 02184</p> <p>Phone: 781-380-0695            Fax: 781-380-0760</p>	<p>Adolescent and adult eating disorder            Intensive outpatient program</p>
<p><b>Behavioral Nutrition INC</b>            1266 Furnace Brook Parkway, Suite 404            Quincy, MA 02169</p> <p>Office: 617-595-7044            Mobile: 617-481-9395            Fax: 888-434-5097  <a href="mailto:info@behavioralnutrition.org">info@behavioralnutrition.org</a></p>	<p>Eating disorder            Food addiction</p>
<p><b>New Horizon Medical</b>            38 Vanderbilt Avenue, Suite E            Norwood, MA 02062</p> <p>Phone: 781-269-5400</p>	<p>Nutrition counseling            Behavior counseling            Exercise counseling</p>

# HOSPITALS



PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Beth Israel Deaconess-Milton Hospital</b>                      199 Reedsdale Road                      Milton, MA 02186</p> <p>Phone: 617-696-4600</p>	<p>24-hour emergency department                      Diagnostic imaging                      Inpatient medical/surgical                      Outpatient services</p>
<p><b>Boston Medical Center</b>                      1 Boston Medical Center Place                      Boston, MA 02118</p> <p>Phone: 617-638-8000</p>	
<p><b>Children's Hospital- Boston</b>                      300 Longwood Avenue                      Boston, MA 02115</p> <p>Phone: 617-355-6000</p>	
<p><b>Good Samaritan Medical Center- Brockton</b>                      235 North Pearl Street                      Brockton, MA 02302</p>	
<p><b>Signature Healthcare-Brockton Hospital</b>                      178 Quincy Avenue                      Brockton, MA 02302</p> <p>Phone: 508-941-7000</p>	



# CHILDREN AND FAMILY SERVICES

PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Advocates, South Coastal Family Support Center</b>            1189 North Main Street            Randolph, MA 02368</p> <p>Phone: 781-767-3048            Fax: 508-628-6790            SCFamilySupport@AdvocatesInc.org</p>	<p>Case management for developmental disabilities            Family support            Resource navigation            Training and referral for developmental disabilities and autism</p>
<p><b>Blue Hills Parenting Program</b>            2210 Winter Street, #204            Weymouth, MA 02188</p> <p>Phone: 781-335-1455            Fax: 781-986-1749</p>	<p>Accessing community resources            Child development info            Prenatal education            Transportation</p>
<p><b>Department of Children and Families (Vocational Rehabilitation)</b>            Coastal Area Office            220 Forbes Road\Rear, Suite 117            Braintree, MA 02184</p> <p>Phone: 781-794-4400            Phone: 781-356-8840            Fax: 781-356-8841</p>	<p>Career Counseling            Career Decision Making Group            Career Resource Room            Deaf and Hard of Hearing (Counseling and advocacy, Sign language, Reasonable Accommodation)            Introductory Meeting            Job Club            Job Interviewing Skills Workshop            Job Retention Group            Resume Help            Vocational Assessment</p>

PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Health Imperatives</b>            942 West Chestnut Street            Brockton, MA 02309</p> <p>Phone: 508-583-3005            Emergency: 508-588-8255            Fax: 508-583-9809            info@healthimperatives.org</p>	<p>Court-based advocacy            Domestic violence shelter            Family planning            Health prevention and intervention            Reproductive and sexual health            Sexual assault prevention and counseling            Violence prevention and intervention            WIC nutrition            Young parents support services</p>
<p><b>Weymouth Teen, Woman's, Men's Health</b>            210 Winter Street, #204            Weymouth, MA 02188</p> <p>Phone: 781-335-1404</p>	<p>Birth control/contraceptives            Emergency contraceptives            Pregnancy testing and counseling            STD screening and treatment</p>
<p><b>Quincy Family Resource Center</b>            1120 Hancock Street, 1st floor            Quincy, MA 02169</p> <p>Phone: 617-481-7227            Fax: 617-845-9250</p>	<p>Clothing            CRA/juvenile probation support            Food            Housing            Mental health services            On site programming            School support</p>





# PRIMARY CARE PROVIDERS

PROVIDER/PROGRAM	SERVICES PROVIDED
<p><b>Beth Israel Deaconess Healthcare Randolph</b>            32 South Main Street, Suite 100            Randolph, MA 02067</p> <p>Phone: 781-767-1923</p>	<p>Case management            Comprehensive evaluation            Drug testing            Group therapy            Individual counseling            Medication supported recovery            Parent guidance</p>
<p><b>AdCare Hospital</b>            1419 Hancock Street, Suite 201            Quincy, MA 02169</p> <p>Phone: 617-328-0639            Fax: 617-328-2049            quincy@adcare.com</p>	<p>Alcohol and drug abuse treatment            Developing emotional recovery skills            Early recovery group            Gender-specific groups            Parenting and recovery            Relapse prevention group</p>
<p><b>Alcoholics Anonymous</b></p> <p>Locations vary            Phone: 617-426-944</p>	<p>Group counseling            Mentorship</p>
<p><b>Aspire Health Alliance</b>            460 Quincy Avenue            Quincy, MA 02169</p> <p>Phone: 617-774-6036            Toll-free: 800-528-4890            www.aspirehealthalliance.org</p>	

**BROUGHT TO YOU BY:  
THE COMMUNITY WELLNESS  
PROJECT**



*Community Wellness Project  
Health and Wellness Resource Guide  
June 2022  
[cwp@randolph-ma.gov](mailto:cwp@randolph-ma.gov)*