**Food Assistance**

**MA Emergency Food Assistance Program**

251 Causeway St, Suite 500, Boston, MA. 02114

1-[617-626-1849](tel:6176261849)

<https://www.mass.gov/service-details/massachusetts-emergency-food-assistance-program-mefap>

**SNAP (Formerly Food Stamps) Benefits**

1-877-382-2363

<https://www.mass.gov/snap-benefits-formerly-food-stamps>

**Women, Infant, and Children Nutrition Program (WIC)**

1-800-942-1007

<https://www.mass.gov/orgs/women-infants-children-nutrition-program>

**Braintree Food Pantry**

14 Storrs Ave, Braintree, MA 02184

1-781-277-1609

<https://www.braintreefoodpantry.org/>

**Charity Guild Food Pantry**

404 N Main St, Brockton, MA 02301

1-508- 583-5280

<https://thecharityguild.org/>

**Cohasset Food Pantry**

129 South Main St, Cohasset, MA 02025

1-781-383-0219

<https://www.facebook.com/CohassetFoodPantry/>

**Friendly Food Pantry**

1 Turner Dr, Randolph, MA 02368

1-339-987-5577

**Friends of Homeless South Shore**

8 Driftway Rd, Weymouth, MA 02191

1-781-331-9390

<https://friendsofhomeless.org/>

**Germantown Neighborhood Center**

366 Palmer St, Quincy, MA 02169

1-617-376-1384

<https://ssymca.org/location/germantown-neighborhood-center/>

**Hingham Interfaith Food Pantry**

685 Main St, Hingham, MA 02043

1-781-740-8180

**Milton Community Food Pantry**

158 Blue Hills Pkwy, Milton, MA 02186

1-617-696-0221

<http://miltonfoodpantry.org/>

**Norwell Food Pantry**

345 Main St, Norwell, MA 02061

1-781-690-5050

<https://www.townofnorwell.net/>

**Quincy Interfaith Social Services**

105 Adams St, Quincy, MA 02169

1-617-773-6203

<https://interfaithsocialservices.org/>

**Scituate Food Pantry**

344 Country Way, Scituate, MA 02066

1-781-545-5827

<https://www.scituatefoodpantry.org/>

**South Shore Community Action Council**

71 Obery St, Plymouth, MA 02360

1-508-747-7575

<http://www.sscac.org/food_warehouse/index.html>

**Wellspring Multi-Service Center**

814 Nantasket Ave, Hull, MA 02045

1-781-925-3211

<https://wellspringmultiservice.org/>

**Weymouth Food Pantry**

17 Churc Street Weymouth, MA

241 Broad Street Weymouth, MA

25 Columbian Street Weymouth, MA

1-781-331-7682

[https://www.weymouthfoodpantry.org](https://www.weymouthfoodpantry.org/)

**Crisis Hotlines**

**A New Day**

Rape Crisis Center

Southeastern Massachusetts

1-508-588-8255

**Autism Speaks**

Autism Crisis Hotline

Nationwide

1-888-288-4762

Español 1-888-772-7050

**Boston Medical Center Emergency Services Program**

Behavioral Health

Massachusetts

1-800-981-4357

**Child-At-Risk Hotline**

Child Abuse/Neglect

Massachusetts

1-800-792-5200

**Crisis Text Line**

Crisis

Nationwide

Text 741-741

**LINK KID**

Trauma Informed Services

Massachusetts

1-855-546-5543

**Llammanos Statewide Spanish Language Helpline**

Sexual Assault

Massachusetts

1-800-223-5001

**Massachusetts Behavioral Health Partnership**

Behavioral Health

Massachusetts

**1-877-382-1609**

**National Alliance on Mental Illness**

Mental Health Support

Nationwide

1-800-950-6264

**National Alliance on Mental Illness – AUTISM**

Autism Crisis Support

Nationwide

1-800-950-6264

M-F 10am-6pm

**National Domestic Violence Hotline**

Domestic Violence

Nationwide

1-800-799-7233

**National Runaway Safeline**

Youth

Nationwide

1-800-786-2929

**National Suicide Prevention Lifeline**

Self-harm/Suicide

Nationwide

1-800-273-8255

**Parental Stress Hotline**

Counseling

Nationwide

1-800-632-8188

**SafeLink Domestic Violence Hotline**

Domestic Violence

Massachusetts

1-877-785-2020

**Samaritans Statewide Helpline**

Emotional Support

Massachusetts

1-877-870-4673

**Trevor Project**

Crisis/Suicide Prevention

LGBTQ

1-866-488-7386

**Housing Assistance**

**Massachusetts Emergency Housing Assistance**

1-617-573-1106

1-866-584-0653 (shelter services)

<https://www.mass.gov/emergency-housing-assistance-programs>

**The Massachusetts Housing and Shelter Alliance**

7 Bulfinch Pl #201, Boston, MA. 02114

1-617-367-6447

[https://www.mhsa.net](https://www.mhsa.net/)

**Catholic Charities of Greater Boston**

185 Columbia Rd, Dorchester, MA. 02121

270 Washington St, Somerville, MA. 02143

1-617-506-6600

1-617-625-1920

1-617-268-9670

**Housing Authorities**

**Housing Solutions for South Eastern Massachusetts**

169 Summer St, Kingston, MA. 02364

1-781-422-4200

**Braintree Housing Authority**

25 Roosevelt St, Braintree, MA.  02184

1-781-848-1484

**Cohasset Housing Authority**

60 Elm St, Cohasset, MA. 02025

1-781-383-1948

**Hingham Housing Authority**

30 Thaxter St, Hingham, MA. 02043

1-781-749-7138

**Hull Housing Authority**

6 Atlantic House Ct, Hull, MA. 02045

1-781-925-4544

**Milton Housing Authority**

65 Miller Ave, Milton, MA. 02186

1-617-698-2169

**Norwell Housing Authority**

399 Washington St, Norwell, MA. 02061

1-781-659-7690

**Quincy Housing Authority**

80 Clay St, Qunicy, MA. 02170

1-617-847-4350

**Randolph Housing Authority**

1 Decelle Dr, Randolph, MA. 02368

1-781-963-1990

**Scituate Housing Authority**

Lincoln Park, Box 187, No. Scituate, MA. 02066

1-781-545-3375

**Weymouth Housing Authority**

402 Essex St, Weymouth, MA. 02188

1-617-331-2323

**Shelters**

**Father Bill’s Place**

38 Broad St, Quincy, MA. 02169

1-617-770-3314

<https://helpfbms.org/>

**Father Bill’s Place**

460 Belmont St, Brockton, MA. 02301

1-617-652-7560

<https://helpfbms.org/>

**Friends of the Homeless So. Shore**

8 Driftway, Weymouth, MA. 02191

1-781-331-9390

<https://friendsofhomeless.org/>

**Mainspring House**

54 N. Main St, Brockton, MA. 02301

1-508-997-5441

<https://helpfbms.org/>

**Utility Assistance**

**Department of Housing and Community Development**

100 Cambridge St, Suite 300, Boston, MA 02114

1-617-573-1100

<https://www.mass.gov/orgs/housing-and-community-development>

**Citizens Energy Heat Assistance Programs**

88 Black Falcon Ave, Suite 342, Boston, MA. 02210

<http://citizensenergy.com/assistance-programs>

**EnergyBucks**

1-518-356-5373

<http://www.energybucks.com/>

**The Massachusetts Good Neighbor Energy Fund**

**Gift of Warmth**

1-339-502-5900

<http://www.magoodneighbor.org/help.html>

**Massachusetts Electric (NGRID)**

<https://www.nationalgridus.com/MA-Home/Bill-Help/>

**Massachusetts Low Income Home Energy Assistance Program (LIHEAP)**

100 Cambridge St, Suite 300, Boston, MA 02114

1-617-573-1100

1-800-632-8175

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

**South Shore Community Action Council (SSCAC)**

71 Obery St, Plymouth, MA. 02360

1-508-746-6707

1-877-383-5243

<http://www.sscac.org/>