

# COMMUNITY RESOURCES

## **Mass 2-1-1**

Mass 2-1-1 connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 2-1-1 maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies. It is available 24 hours a day, 7 days a week, and responds immediately during time of crisis. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available **877-211-MASS (6277)**: Hearing Impaired: **508-370-TTY**.

## **Massachusetts Substance Abuse Information and Education Helpline**

**800-327-5050**

Free confidential information and referrals for alcohol and drug problems providing personalized phone services in any language from 8:00 am to 10:00 pm Monday-Friday, and 9:00 am to 5:00pm Saturday-Sunday. Find a treatment center now. <http://helpline-online.com/>

## **Parental Stress Hotline**

**800-632-8188**

A 24 hour hotline for Massachusetts parents and caregivers under stress.

## **Massachusetts Poison Information Hotline**

**800-682-9211**

**617-355-6609**

Emergency Number for medical professionals and individuals for advice about drugs, pesticides, and other toxins 24 hours, 7 days a week.

## **Emergency Preparedness- American Red Cross**

Resources to help your family prepare for an emergency.

## **The Samaritans on Cape Cod and the Islands**

**508-548-8900**

The Samaritans are a volunteer organization that provides emotional support. All calls are anonymous and confidential.

## **800-893-9900MassRelay**

**711**

**800-439-2370**

**Espanol: 866-930-9252**

MassRelay is a free service for the residents of Massachusetts that enables people who are deaf, hard of hearing, late-deafened, or speech disabled to communicate over the phone.

## **Barnstable County's Department of Human Services**

Barnstable County's Department of Human Services plans, develops, and coordinates regional solutions to Cape Cod's most pressing health and human service issues.

<http://www.bchumanservices.net>

## **Find Services**

Search your area's comprehensive directory to find services related to mental and behavioral health, addiction, advocacy, support, housing, and more. Whether you're looking for programs or facilities, you'll find them at this link below:

[Behavioral Health -Creating a Healthy Connected Cape Cod](#)

## **Yarmouth Food Pantry**

845 Main Street (Route 28)- Unit 16 South Yarmouth, MA 02664

**508-771-1135**

[www.yarmouthfoodpantry.org](http://www.yarmouthfoodpantry.org)

## **The Cape Cod Hunger Network**

List of **Food Pantries** on Cape Cod:

<http://www.capecodhungernetwork.org/FoodPantries.aspx>

## **Immunization Assistance**

Please see below free clinic options for help with required Massachusetts school immunizations. Please call to make an appointment at their immunization clinic.

VNA of Cape Cod: **508-957-7423**

Barnstable County Department of Health and Environment: **508-375-6617**

## **Health Insurance Assistance**

Community Action Committee of Cape Cod and the Islands

CACCI accomplishes its mission by providing services primarily in the areas of *access to health care and public insurance enrollment; childcare services; homeless prevention; emergency shelter; and educational support services for seniors and their caregivers.*

**508-771-1727**