

## Helplines and Online Support

### Partnership for Drug-Free Kids Helpline

National Helpline available Monday-Friday, 9am-5pm., along with 24/7 on-line resources

Toll Free: 1-855-DRUGFREE (1-855-378-4373)

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

### Allies in Recovery

Online resource to help support families who have a loved one struggling with addiction. Free for MA residents.

[www.alliesinrecovery.net](http://www.alliesinrecovery.net)

### Parental Stress Line

Toll-free helpline for parents, 24/7 availability, confidential and anonymous.

Toll Free: 1-800-632-8188

[www.parentshelpingparents.org/parental-stress-line](http://www.parentshelpingparents.org/parental-stress-line)

### Grandparents Raising Grandchildren

On line resource and group meeting directory for grandparents and all relatives raising grandchildren

[www.massgrg.com](http://www.massgrg.com)

**This booklet is provided to help area families locate local resources, and was created for wide-distribution by:**

### Hampden-Wilbraham Partners for Youth

Visit the Coalition website, and Facebook page, to learn more about the Coalition, and find a wide variety of resources on how to help keep our youth Safe, Healthy, and Drug-free.

[www.hwp4y.org](http://www.hwp4y.org)



Follow us on  
Facebook



## Hampden County Family Resources

### Find HELP Resources in One Place

### Phone App or Website



(Free) Phone App: [HELPSTEPS](#)

Website: [WWW.HELPSTEPS.COM](http://WWW.HELPSTEPS.COM)

Search [HelpSteps](#) by zip code to find local resources:

Addiction & Recovery, Adolescent & Youth Services, Education, Elder Care, Fitness, Food, Goods, Help Escape Violence, Housing, Income/Financial Assistance, Legal Aid, LGBTQ, Medical Care & Insurance, Mental Health, Nutrition, Parenting, Safety Equipment, Sexual Health & Texting, Special Health Care Needs, Transportation, Utilities, and Work.



**HAMPDEN-WILBRAHAM PARTNERS FOR YOUTH**  
*United for Safe, Healthy, & Drug-free Communities*

[WWW.HWP4Y.ORG](http://WWW.HWP4Y.ORG)

## Local Youth Crisis Services



### **Behavioral Health Network & Crisis Services**

Frontline, 24/7 response to individuals of all ages experiencing a behavioral health crisis, regardless of insurance.

**Phone: (413) 733-6661 (24 hours/7 days)**

[www.bhninc.org/services-and-programs/emergency-services](http://www.bhninc.org/services-and-programs/emergency-services)

## Youth Addiction & Recovery Support

### **MA Substance Abuse Information & Education Helpline**

Free, confidential service providing information, support, and referrals for alcohol and drug use problems (all ages). The phone line is open to talk to someone, 24/7.

**Toll free: (800) 327-5050 or [www.helplinema.org](http://www.helplinema.org)**

## Local Family Resource Center

### **Behavioral Health Network's Family Resource Center**

**78 Main St. Ware MA**

**(413) 277-6601 or [bhnfrc@bhninc.org](mailto:bhnfrc@bhninc.org)**

The BHN Family Resource Center connects families to appropriate services within the program or in the local communities, such as: help children develop social and emotional skills, bring people together for mutual support, link families to services and opportunities, respond to family crises, value and support parents, and strengthen parenting skills. The FRC hosts and facilitates groups and events to strengthen families by giving them the tools they need through education and engagement.

**Free to all families regardless of income. Not insurance-based.**

## Find Local Support Groups

Most Support Groups are Virtual during COVID-19

Find out more below



### **Learn To Cope**

Peer-led support network for families dealing with addiction, and Online 24X7 chat room support and resources. Local Meetings: Thursdays, 7-8:30 PM at Providence Behavioral Health Hospital 1233 Main St. Holyoke (1st floor auditorium)

[www.learn2cope.org](http://www.learn2cope.org)

### **Western MA Parents Support Group**

Parents and caregivers helping each other while trying to cope with a child using alcohol and/or drugs. Meetings: Wednesdays, 6:30-8:30 PM at Providence Behavioral Health Hospital 1233 Main St. Holyoke (1st floor auditorium) Find updated and current info on:

Facebook @ [Parent Support Group of Western Mass](https://www.facebook.com/ParentSupportGroupofWesternMass)

### **Al-Anon and Alateen**

Understanding and support for friends and families of problem drinkers. For information or to find a group meeting visit:

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

### **Naranon**

A 12-step support program for family and friends of an addict. For more information or to find a group meeting in your area visit:

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

## Local Services

**bestlife**  
Emotional Health & Wellness  
8 4 4 - M H A - W E L L



### **BestLife Emotional Health & Wellness Center** **153 Magazine St. Springfield, MA**

Partners with adults, children, families, couples—whoever may be impacted by the challenges of long-term or temporary mental health, substance use and/or co-occurring concerns. Evidence-based services are provided (onsite or in the community) by licensed clinicians, master's-prepared clinicians, and a board certified psychiatrist provides treatment oversight and medication management.

**Phone: 844-MHA-WELL**  
[www.mhainc.org/bestlife/](http://www.mhainc.org/bestlife/)

## COVID-19 Community Outreach and Support Services



### **MassSupport Network**

MassSupport facilitates a network of coordinated programs, beginning with conversations about stress, emotional support, coping strategies, resources, and up-to-date information during the COVID-19 pandemic. Their services are anonymous, confidential, and free. MassSupport counselors and clinicians are available to provide support, resources, and education typically weekdays from 8 a.m. to 8 p.m.

**Call: 888-215-4920** or [MassSupport@riversidecc.org](mailto:MassSupport@riversidecc.org)  
[www.masssupport.org](http://www.masssupport.org)