

# Community Resources

## Options for Affordable Health Care

A full listing of Primary Health Care Services, Prescription Drug Assistance, Dental Care, Alternative Medicine, and free Clinics.

### PRIMARY HEALTH CARE SERVICES

#### MassHealth/Division of Medical Assistance:

This is the only state agency that administers Medicaid and the Children’s Health Insurance Program. In Massachusetts, these two are combined into one program called MassHealth that pays for health care for certain low- and medium-income people living in Massachusetts.

<b>Contact:</b> Enrollment Center: 1-888-665-9993 Customer Service Center: 1-800-841-2900 TTY: 1-888-665-9997	<b>Website:</b> <a href="http://www.mass.gov">http://www.mass.gov</a> Search for “MassHealth”
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#### Massachusetts Women’s Health Network

Provides free breast and cervical cancer screening and diagnostic services and health education services to low income, uninsured women at over 90 locations throughout the state. At some locations, women can also receive free cardiovascular and diabetes screening and healthy lifestyle counseling.

<b>Contact:</b> Anita Christie, Director Office of Clinical Preventative Services 250 Washington Street, 4 <sup>th</sup> Floor Boston, MA 02108 Phone: 617-624-5441 TTY: 1-617-624-5992 Messages in English, Spanish and Portuguese	<b>Website:</b> <a href="http://www.mass.gov/dph/whn">http://www.mass.gov/dph/whn</a>  Email: <a href="mailto:anita.christie@state.ma.us">anita.christie@state.ma.us</a>
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#### Massachusetts Women, Infants, and Children Nutrition Program (WIC)

WIC provides free food and nutrition information to help keep pregnant women, infants and children under five healthy and strong. The services are for individuals and families who are eligible under their income guidelines. WIC-On-Wheels offers medical check-up in MetroWest area.

<b>Contact:</b> Phone: 1-800-WIC-1007 or WIC Framingham/Waltham Office 300 Howard Street Framingham, MA 01702 Phone: 1-508-620-1445 (Spanish and English)	<b>Website:</b>  <a href="http://www.mass.gov">http://www.mass.gov</a> Search for “WIC”  <i>More locations on the website.</i>
<b>Worcester Area</b> 199 Chandler Street Worcester, MA 01610 Phone: 508-762-5700	

#### FAMILY PLANNING & WOMEN’S HEALTH - Contact:

Hahnemann Family Health Center	Marlborough Family Planning Clinic
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279 Lincoln Street Worcester, MA 01605 Phone: 508-334-8830 Fax: 508-334-8835	Marlborough Health Center 91 Main Street #103 Marlborough, MA 01752 Phone: 508-485-4772 Fax: 508-485-4773 Toll free: 1-800-637-5466
Southbridge Family Planning Clinic 50 Elm Street Southbridge, MA 01550 Phone: 800-637-5466 Direct: 508-765-5929 Fax: 508-765-0911	Framingham Community Health Center Edward M. Kennedy Community Health Center 354 Waverly Street Framingham, MA 01702 Phone: 508-270-5700 Fax: 508-370-3637
Milford Family Planning clinic 258 Main Street, Suite 101 Milford, MA 01757 Phone: 1-800-258-4448 Direct: 508-478-4982 Fax: 508-970-1119	Worcester-based HIV Prevention & Education Health Awareness SUC-Central 405 Grove Street Worcester, MA 01605 Phone: 508-756-7123 Fax: 508-522-0034
Plumley Village Health Services 116 Belmont Street Worcester, MA 01605 Phone: 508-334-1102 Fax: 508-795-1739	Administrative Office 200 E. Main Street, Building 2 (Route 20) Marlborough, MA 01752 Phone: 508-485-8792 Fax: 508-485-8793

## PRESCRIPTION DRUG ASSISTANCE

### MassMedLine

Massachusetts College of Pharmacy and Health Sciences, under contract with the Massachusetts Executive Office of Elder Affairs, operates the Pharmacy Outreach Program as a public service to the people of the Commonwealth. Any Massachusetts resident may utilize the MassMedLine to inquire about prescription drug medication support programs that are available at low cost or free of charge.

<b>Contact:</b> MassMedLine 25 Foster Street Worcester, MA 01608 Phone: 1-866-633-1617 Direct: 508-373-0031 Fax: 508-373-0032 Email: <a href="mailto:Massmedline@mcphs.edu">Massmedline@mcphs.edu</a>	<b>Website:</b> <a href="http://www.mcphs.edu">http://www.mcphs.edu</a>  <b>Hours of Operation:</b> Monday through Friday 8:00 a.m. to 6:00 p.m. Closed on holidays
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### NeedyMeds.com

This website offers comprehensive information on patient assistance programs available through their alphabetical “drug list” and “program list.” The site also provides a chart on pharmaceutical discount card comparisons as well as patient assistance program applications.

<b>Contact:</b> NeedyMeds, Inc P.O. Box 219 Gloucester, MA 01931 Fax: 1-419-858-7221	<b>Website:</b> <a href="http://www.needymeds.org">http://www.needymeds.org</a>
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## MENTAL HEALTH

Spectrum’s Behavioral Health Division offers a full array of CARE accredited substance abuse and mental health treatment services.

Spectrum Health Systems 10 Mechanic Street, Suite 302 Worcester, MA 01608 Phone: 508-792-5400	<b>Website:</b> <a href="http://www.spectrumhealthsystems.org">http://www.spectrumhealthsystems.org</a>
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Outpatient Admissions: 800-464-9555 x1161 Inpatient Admissions: 800-366-7732	info@spectrumhealthsystems.org
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## DENTISTRY FOR ALL

Low-income individuals and families who do not have dental insurance or Medicaid coverage are eligible to participate in this program that charges some dental services at reduced fees. The program is open to Massachusetts residents only.

<b>Contact:</b> Massachusetts Dental Society/Mass Dentists Care 2 Willow Street #200 Southborough, MA 01745 Phone: 1-800-342-8747 Fax: 508-480-0002	<b>Website:</b> <a href="http://www.massdental.org">http://www.massdental.org</a>  Email: madental@massdental.org
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### Quinsigamond Community College Dental Hygiene Clinic

The clinic is open during the academic year (September – May). Services are provided by dental hygiene students under the supervision of licensed faculty members and a supervising dentist.

<b>Contact:</b> Quinsigamond Community College 670 West Boylston Street Worcester, MA 01606 Phone: 508-853-2300	<b>Website:</b> <a href="http://www.qcc.mass.edu/dental/DH/clinic.htm">http://www.qcc.mass.edu/dental/DH/clinic.htm</a>  Email: dental@qcc.mass.edu
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### Tufts University School of Dental Medicine Dental Clinic

The undergraduate and postgraduate clinics offer a wide variety of dental services to the public at reduced fees. Insurances are accepted with patient co-payment.

<b>Contact:</b> Tufts University School of Dental Medicine Dental Clinic 1 Kneeland Street Boston, MA 02111 Phone: 617-363-6828 Patient Info: 617-636-6828	<b>Website:</b> <a href="http://dental.tufts.edu">http://dental.tufts.edu</a>  Email: janet.markell@tufts.edu
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### MassHealth

MassHealth will provide dental benefits for its members who are pregnant or have children under the age of 3. Prepared by Health Care for all (HCFA) and Health Law Advocates (HLA).

<b>Contact:</b> HCFA 30 Winter Street, 10 <sup>th</sup> Floor Boston, MA 02108 Phone: 617-350-7279 Fax: 617-451-5838 TTY: 617-350-0974	<b>Website:</b> <a href="http://www.hcfama.org">http://www.hcfama.org</a>
<b>HLA</b> Phone: 1-617-338-5241	<a href="http://www.healthlawadvocates.org">http://www.healthlawadvocates.org</a>

## FREE CLINICS

### Open Door Medical Program

Free healthcare services on Monday evenings from 6-8p.m. Services available in English, Spanish and Portuguese.

<b>Contact:</b> First United Methodist Church 34 Felton Street Hudson, MA 01749 Church Phone: 1-978-562-2932	<b>Website:</b> <a href="http://www.hudsonfumc.org">www.hudsonfumc.org</a>
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Open Door Phone: 978-567-0600	
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**St. Tarcisius Church**

Free healthcare services on 2nd and 4th Thursday of the month on evenings from 5-9p.m. Primary care, HIV testing and mental health intake are some of the services provided in English, Spanish and Portuguese.

<b>Contact:</b> St. Tarcisius Church 562 Waverly Street Framingham, MA 01702 Phone: 508-875-6347 Fax: 508-875-6358	<b>Website:</b> <a href="http://www.sttarcisius.com">www.sttarcisius.com</a>
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**Southside Clinic**

The MetroWest Medical Center operates the clinic and services are provided only to those who are eligible.

<b>Contact:</b> Framingham Community Health Center 19 Concord Street Framingham, MA 01702 Phone: 508-370-0113	Metrowest Medical Center 115 Lincoln Street Framingham, MA 01702 Phone: 508-383-1000 Website: <a href="http://www.mwmc.com">www.mwmc.com</a>
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**St. Anne Parish Medical Clinic Tuesdays 6:00 pm – 8:00 pm**

St. Anne Parish 130 Boston Turnpike Shrewsbury, MA 01545 Phone: 508-757-5154 Fax: 508-797-9520	<b>Website:</b> <a href="http://www.stannesparish.org">www.stannesparish.org</a> <b>Email:</b> <a href="mailto:starec@aol.com">starec@aol.com</a>
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**Massachusetts Substance Abuse Information and Education Helpline**

Provide referrals to substance abuse treatment services

<b>Contact:</b> 95 Berkeley Street, Suite 208 Boston, MA 02116 Phone: 1-800-327-5050 24 hours Fax: 617-292-5085 TTY: 888-448-8321	<b>Website:</b> <a href="http://www.helpline-online.com">www.helpline-online.com</a> <b>Email:</b> <a href="mailto:helpline@hria.org">helpline@hria.org</a>  Monday-Friday 8:00 am-11:00 pm Saturday-Sunday 9:00 am-5:00 pm
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**Smokers Quitting**

Provide counseling and referrals to free and confidential smoking cessation programs.

Monday –Thursday, 9:00 AM - 7:00 PM and Friday 9:00 AM - 5:00 PM.

<b>Contact:</b> Phone: 1-800-QUIT-NOW	<b>Website:</b> <a href="http://www.makesmokinghistory.org">www.makesmokinghistory.org</a>
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**Other Referrals**

**Health Care on Wheels**

The UMass Memorial Ronald McDonald Care Mobile services are offered during weekdays with flexible hours. Appointments are preferred, however, walk-ins are always welcome. To make an appointment, call 508-334-6073. Monday through Friday. <http://www.umassmemorial.org/MedicalCenterIP.cfm?id=2874>

**Massachusetts Department of Mental Health**

Provide emergency evaluations and persons having a mental health crisis.

<b>Contact:</b> Central Office 25 Staniford Street Boston, MA 02114 Phone: 617-626-8000 or 1-800-221-0053 TTY: 617-727-9842	<b>Website:</b> <a href="http://www.mass.gov">www.mass.gov</a> Search for “Department of Mental Health”  Email: <a href="mailto:dmhinfo@dmh.state.ma.us">dmhinfo@dmh.state.ma.us</a>
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## CHILD CARE

**Child Care Connection**, a program of **Family Services of Central Massachusetts**, provides child care resource & referral. Working with families, child care providers, businesses and the community, CCC promotes available, affordable, quality early care and education in the Central & Southern Worcester County & Blackstone Valley.

<b>Contact:</b> Child Care Connection 31 Harvard Street Worcester, MA 01609 Phone: 508-757-1503 FAX: 508-791-4755 Toll Free: 800-278-1503	<b>Website:</b> <a href="http://www.cccfscm.org">www.cccfscm.org</a> Email: <a href="mailto:mail@cccfscm.org">mail@cccfscm.org</a>
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**Advocacy And Benefits Services:** Advocacy and Benefits Services assists individual and families who are homeless or at-risk of home-lessness throughout the Metro West area.

Outpatient & Emergency Services provides services that empower individuals and families to strengthen relationships and work towards personally satisfying goals.

One Clarks Hill, Suite 305 Framingham, MA 01702 Phone: 508-628-6300 TTY: 508-628-6303 <a href="mailto:information@advocatesinc.org">information@advocatesinc.org</a>	<b>Website:</b> <a href="http://www.advocatesinc.org">http://www.advocatesinc.org</a> Email: <a href="mailto:information@advocatesinc.org">information@advocatesinc.org</a>
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**Wayside Community Links:**

Services include promoting healthy/safe alternative through a provision of mobile outreach and community services to prevent homeless, violent and destructive situations for adolescents.

For information call (508) 620-0010 ext. 340 for TTY (508) 620-1012

Worcester County (Worcester Area)	Rape Crisis Center of Central MA 799 Boylston Street Worcester, MA 01606	Hotline: (800) 870-5905 Office: (508) 852-7600 TTY/TDD: (508) 852-7600
Worcester County (Fitchburg Area)	Rape Crisis Center of Central Mass 275 Nicholas Road Fitchburg, MA 01402	Hotline: (800) 870-5905 Office: (978) 343-5683 TTY/TDD: (978) 852-7600
Framingham Area	Voices Against Violence 300 Howard Street Framingham, MA 01702	Hotline: (800) 593-1125 Office: (617) 626-8686 TTY/TDD: (617) 820-0834
North Shore	North Shore Rape Crisis Center 156 Cabot Street Beverly, MA 01915	Hotline: (800) 922-8772 Office: (978) 927-4506 TTY/TDD: (978) 921-8729
Greater Boston Area	Boston Area Rape Crisis Center 99 Bishop Allen Drive Cambridge, MA 02139	Hotline: (800) 841-8371 Office: (617) 492-8306 TTY/TDD: (617) 492-6434
Assabet Valley & /Blackstone Valley	Wayside Blackstone Valley RC Program 10 Asylum Street Milford, MA 01757	Hotline: (800) 511-5070 Office: (508) 478-6888 TTY/TDD: (508) 478-6275

**Websites:**

<http://www.rapecrisiscenter.org>  
<http://www.mass.gov/dph/fch/dvip.htm>

Programs and Services  
<http://www.smoc.org>

Jane Doe Inc.  
 The Massachusetts coalition against  
 sexual assault and domestic violence:  
<http://www.janedoe.org>

**Energy and Utility Assistance:**

Full Assistance can help you pay for heating your house or apartment during the winter months, it can pay for fuel, or it heat is included in your rent; it can pay part of your rent. To find out if you can get help and which agency covers your city or town, call the “Headline”.

<b>Contact:</b> Headline: 1-800-632-8175	<b>Website:</b> <a href="http://www.mass.gov/dhcd/components/cs/Fuel/default.htm">http://www.mass.gov/dhcd/components/cs/Fuel/default.htm</a>
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**Voter Registration:**

Voter Registration can be accessed by clicking the following link:  
[http://www.eac.gov/assets/1/Documents/Federal%20Voter%20Registration\\_11-1-13\\_ENG.pdf](http://www.eac.gov/assets/1/Documents/Federal%20Voter%20Registration_11-1-13_ENG.pdf)

**Referral list of often used providers, this list is not in any particular order.**

<p>Psychiatric Emergency Service 1-800-640-5432 Support/crisis intervention 24 hours 1-800-977-5555</p>	<p>Community Healthlink PES 508-872-3333</p>
<p>Northborough Psychiatric Associates 112 Main Street, Suite 508 Northborough MA 508-393-7223</p>	<p>Staffier Associates Westborough, MA 508-366-0406</p>
<p>Southborough Medical Group 508-481-5500</p>	<p>Agents of Change Counseling Group 45 Lyman St. Suite 20 Westborough, MA 508-366-2300</p>
<p>Ascension Mental Health and Wellness 160 E Main Street, Suite B Westborough, MA 508-579-5702 Self pay, BCBS Lori Metevia, LMHC</p>	<p>Worcester Youth Guidance Center Community Healthlink 275 Belmont Street Worcester, MA 508-791-3261</p>
<p>Kessler Assoc. 20 Main Street Northborough, MA Dr. Glenn Kessler Ms. Ronnie Sprung Mr. Rob Cooke 508-393-9899</p>	<p>Advocates 340 Maple Street Marlborough, MA 508-485-9300</p>
<p>Emily Kennedy 198 Russell Street Worcester, MA 508-363-4544</p>	<p>You Inc. 81 Plantation Street Worcester, MA 508-849-5600</p>
<p>Worcester Children's Friend 20 Cedar Street Worcester, MA 508-753-5425</p>	<p>Framingham Counseling 508-872-4813</p>
<p>Cindy Bell and Wendy Miles PhD. Westborough, MA 508-366-6388</p>	<p>NE Center for Mental Health Littleton, MA 978-679-1200 <a href="http://www.NEmentalhealth.com">www.NEmentalhealth.com</a></p>
<p>Eliot Center for Maynard clients <a href="http://www.eliotchs.org">http://www.eliotchs.org</a></p>	<p>South Bay Worcester Clinic for Boylston area Accept MBHP 5</p>

	08-791-4976
Providers that specialize in Eating Disorders can be provided upon request or check out <a href="http://Medainc.org">Medainc.org</a>	Central Mass Rape Crisis Center 508-852-7600