Community Services & Resources

Crisis & Emergency Services			
Resource	Link	Phone Number	Description
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/	800-273-8255	Hotline for suicide prevention
SafeLink MA Statewide Domestic Violence Hotline	https://casamyrna.org/get-support/safelink/	877-785-2020	Hotline for domestic violence
Samaritans Statewide Helpline	https://samaritanshope.org/	877-870-4673	Hotline for suicide prevention and emotional support

Health & Social Services			
Resource	Link	Phone Number	Description
Needham Public Health Department	https://www.needhamma.gov/85/Public-Health/	781-455-7940	Public health resources in Needham
MA Supplemental Nutrition Assistance Program (SNAP)	https://www.mass.gov/snap-benefits-formerly-food-stamps	877-382-2363	Information SNAP (food stamps) in MA
Massachusetts Health Connector	https://www.mahealthconnector.org/	877-623-6765	Resource for finding health coverage in MA
Health Care For All HelpLine	https://hcfama.org/health-insurance-help/	800-272-4232	Helpline for finding health coverage in MA
Needham Council on Aging	https://www.needhamma.gov/519/Council-on-Aging	781-455-7555	Services for adults 60 years and older in Needham

Citizenship & Legal Services			
Resource	Link	Phone Number	Description
MetroWest Legal Services	https://mwlegal.org/	508-620-1830 or 800-696-1501	Legal services in MA
Project Citizenship	https://projectcitizenship.org/become-a-citizen/	617-694-5949	Free citizenship services for permanent residents
MIRA Coalition: Citizenship Application Assistance	https://miracoalition.org/citizenship/mira-citizenship-application-assistance/	617-350-5480 ext. 200	Citizenship application assistance by phone, video conferencing, and email
The Refugee & Immigrant Assistance Center (RIAC)	https://www.riacboston.org/	617-238-2430	Social services and for refugees and immigrants in Boston

Education & Career Resources			
Resource	Link	Phone Number	Description
Continuing Education (Mass.gov)	https://www.mass.gov/topics/continuing-education		Professional training, technical education, high school equivalency
MA Adult Education Help Desk	https://adultedhelpdeskma.org	800-447-8844	Hotline that provides referrals to adult education programs
MA Libraries Literacy, ESOL & Citizenship Programs	https://libraries.state.ma.us/literacy/esol/		Literacy, ESOL, and citizenship programs by zip code
Boston Public Library: Adult Education & Certification	https://www.bpl.org/adult-education-certification/	617-536-5400	Resources for adult education and certification
REL Northwest: Starting School in the United States	https://ies.ed.gov/ncee/edlabs/regions/northwest/news/newcomer-guides.asp		Guide for families navigating the US school system

Cultural & Religious Resources			
Resource	Link	Phone Number	Description
Needham Faith Based Resources/Services	https://www.needhamma.gov/4890/Faith-Based-ResourcesServices		Religious resources and places of worship in Needham