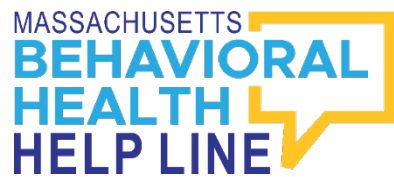




Public Health & Human Service Resources

Melrose Behavioral Health Services

Anyone in Massachusetts can now call or text the Behavioral Health Help Line (BHHL) for immediate clinical assessment and to get connected to treatment. Call or text the BHHL at 833-773-2445 or chat online at masshelpline.com. For 24/7 crisis services, call the local Community Behavioral Health Center (CBHC) at 800-988-1111 or visit the CBHC at 95 Pleasant Street in Lynn.



Local and National Support Services

- Boston Area Rape Crisis Center:** 800-841-8371
- Department of Transitional Assistance (SNAP & other benefits):** 781-388-7300 / 877-382-2363
- Lifetime Program (free / reduced-cost cell phone):** 800-234-9473
- MA Emergency Housing Assistance Resource Helpline:** 888-584-0653
- MASSHIRE Metro North Career Center (employment and career services) Woburn:** 781-932-5500
- MelroseWakefield Healthcare & Tufts Medicine Mothers Helping Mothers (free children's clothing & essentials):** 781-338-7579
- Mystic Valley Elder Services:** 781-324-7705
- Respond Inc. (domestic violence resources):** 617-440-7267
- Suicide and Crisis Lifeline:** 988
- Trevor Lifeline (LGBTQ+ support):** 866-488-7386

Resource Directories & Helplines

- SAMHSA's National Helpline:** 800-662-4357
- MA Substance Use Helpline:** 800-327-5050
- NAMI Compass Helpline:** 800-704-6264
- Find Treatment:** <https://findtreatment.gov/>



7/2023 Edition

City Services

Social Services Coordinators:

Collin Macgowan (For residents under 60)
Health and Human Services: 781-979-4128

Rachael Cordella (For residents 60+)
Council on Aging: 781-665-4304 x4164

City Hall: 562 Main St. 781-979-4500

Police Department/Jail Diversion Clinician:

56 West Foster St. 781-665-1212

Council on Aging: Manages the Melrose Emergency Fund.
235 West Foster St. 781-665-4304

Public Library:

Beebe School, 263 West Foster St. 781-665-2313

Veterans Services: 201 West Foster St. 781-979-4186

Health and Human Services: 562 Main St. 781-979-4130



Sign up here to receive
news from Health and
Human Services!



Housing

Housing Families:

General Outreach & Inquiry: Contact 781-322-9119
Legal Services Program Hotline: 781-322-9119 x146

Melrose Housing Authority: 781-665-1622

910 Main St. (Administrative Office)
melroseha.com

Metro Housing Boston:

General number: 617-859-0400



For the most updated
resource list, visit the
Melrose Health & Wellness
Coalition Resource page.



Community Meals

First United Methodist Church: 645 Main St, Melrose
Sundays 11:30 AM–12PM

St Joseph Church: 173 Albion St, Wakefield
1st Thursday of the month, 5-5:30 PM

Most Blessed Sacrament Community Dinners:

1155 Main Street, Wakefield
2nd Wednesday of the month, 5-6 PM

Faith Evangelical Church: 200 Franklin St, Melrose
3rd Friday of the month 5-6 PM

These cost-free meals are open to all.

Food Access

Melrose Pantry Network/ The Food Drive:

617-501-7134

Mystic Community Market: 617-629-5120

Walnut St. Center; 291 Mystic Ave. Medford, MA 02155
mv-ymca.org. Check online for hours

Bread of Life: 781-397-0404

214 Commercial St., Suite 209, Malden, MA 02148

Eliot Community Health Services: 781-861-0890

Greater Malden Behavioral Health: 781-480-3946

**Melrose Alliance Against Violence (Domestic
Violence Resource):** 781-662-2010

Melrose Wakefield Hospital Behavioral Health:
781-306-6155

Wayside: Youth & Family Support Network:
508-879-9800

Local Mental Health Resources

Arbour Counseling: 855-575-2273

**BAGLY: The Boston Alliance of Gay, Lesbian,
Bisexual and Transgender Youth:** Open Mon-Fri 9am-
7pm, (617)227-4313, info@bagly.org.

The Bridge Recovery Center: 781-480-4937

Department of Mental Health Northeast Office MA:
State Mental Health Agency 978-863-5000

Disclaimer: Please take notice that by providing the information to the organizations listed in this brochure, the City is doing so for informational purposes only and is not endorsing the organizations.