

Good day,

In the light of the recent health concerns, students may have a great deal of trouble coping with the ever changing events as well as the media and social media pervasiveness. Their feelings are complex and varied and we wanted to provide insight into local resources should you find you or your family in need of support while students remain out of school.

[Bay Cove Human Services](#) 1-833-229-2683 (24 hour hotline)

- Provides 24-hour response to adults and youth in need of crisis intervention for mental health and substance abuse concerns
- Mobile Crisis Intervention (MCI): Serving youth under the age of 21, MCI provides short-term service that is mobile, onsite, face-to-face therapeutic response to youth and family caregivers experiencing a behavioral health crisis.

[Cape Cod Family Resource Center and Family Continuity Program](#) (508)-862-0600

- Offers Parent Education and Support, Information and Referrals, Child and Youth Assessments, and Help Navigating Resources.
- Community Resources and Services include Financial Assistance, Housing Assistance, Transportation, Legal Services, Grandparents Raising Grandchildren, and Disability Services.

[Child and Family Services: Plymouth](#) 1-800-469-9888

- Provides emergency psychiatric assessment and intervention to patients of all ages.
- Mobile Crisis Intervention available 24/7

[Independence House](#) 1-800-439-6407 (hotline)

- Offers comprehensive programs and specialized services to adults, teens, and children affected by domestic and/or sexual violence.
- Services are free and confidential and available in Brazilian Portuguese and Spanish.

[Mass.gov: Help for Homeless People](#)

- A branch of the state Attorney General's office, this agency assists families who are currently or expect to become homeless to find emergency and permanent housing

[Mass.gov: Information on the Outbreak of COVID-19](#)

- Includes general information about the spread of the virus, as well as public health announcements and symptom/treatment resources

[Project Bread](#) 1-800-645-8333 (hotline)

- Refers callers to local food resources
- Assists callers with applications for free and reduced meals

[Falmouth Service Center](#) - 508-548-2794

- Food pantry & clothing
- Local food delivery to those who need it
- Financial assistance & Fuel assistance

[Falmouth Human Services](#) - 508-548-0533

- Mental Health services
- Financial Assistance
- Food Stamps and Fuel Assistance

- Many other programs to help assist local families in need

The Upper Cape Resource Guide and The Mid Cape Resource Guide,

- both comprehensive resource listings for Cape Cod Families put together by the Coalition for Children:
- https://www.scribd.com/document/395890066/resource-guide-2018-2019-crttcfce#fullscreen&from_embed

Cape Cod Family Resource Center Guide to Community Resources and Services:

- http://habitatcapecod.org/images/uploads/Community_services.pdf

Psychology Today's Directory:

- Provides a comprehensive directory of therapists, psychiatrists and treatment facilities near you.
- https://www.psychologytoday.com/us/therapists/ma/barnstable-county?_ga=2.22791970.1.992179425.1584218936-471042185.1582759004&_gac=1.141255302.1584218936.EAlaIQobChMI9-n72Lys1QIVyFYNCh1iEwp1EAAYASAAEgL2GvD_BwE

Child & Family Services

- offers comprehensive mental health and child welfare services to children, adults, families and those with special needs.
- <http://child-familyservices.org/cape-cod/>

Cape Cod Healthcare Behavioral Health:

- Services and referrals span a comprehensive array of services, including:
 - Adult Inpatient Services
 - Emergency and Consultative Services
 - Intensive Outpatient Program (IOP)
 - Outpatient Mental Health Services
 - Partial Hospital Program (PHP)
 - Child, Adolescent and Adult Outpatient Psychiatric Services
 - Patient and Family Support
 - <https://www.capecodhealth.org/medical-services/behavioral-health/>

2019 Multicultural Mental Health Resource Directory compiled by the MA Department of Mental Health Office of Race, Equity, & Inclusion

- The goal of this directory is to increase access to culturally and linguistically appropriate care and thereby support the elimination of health disparities.
- This directory contains information about organizations in Massachusetts that offer culturally and linguistically appropriate services for communities of color, LGBTQ community, deaf and hard of hearing community, immigrants, and refugees.

- <https://www.mass.gov/files/documents/2019/02/19/Combined-2019-Multicultural-Directory-v2.pdf>

Outer Cape Health Behavioral Health Services:

- Individual and group therapy, psychiatry and medication management, child and adolescent services and substance abuse support.
- <https://outercape.org/behavioral-health/>