The Resilience, Risk Reduction and Suicide Prevention (R3SP)
Massachusetts National Guard

STATE RESOURCE GUIDE

*Veteran Specific Resource
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*Veteran Specific Resource*
Massachusetts Regions

Orange: Greater Boston
Blue: Northeast Massachusetts
Green: Southeast Massachusetts
Cyan: Cape Cod
Red: Central Massachusetts
Yellow: Pioneer Valley
Purple: Berkshire Hills

Region 1: Greater Boston
Boston, Brookline, Cambridge, Charlestown, Chelsea, Newton, Revere, Somerville, Winthrop

Region 2: Northeast Massachusetts

Region 3: Southeast Massachusetts

*Veteran Specific Resource
Massachusetts Regions

Orange: Greater Boston
Blue: Northeast Massachusetts
Green: Southeast Massachusetts
Cyan: Cape Cod
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Yellow: Pioneer Valley
Purple: Berkshire Hills

Region 4: Cape Cod
Aquinnah, Barnstable, Bourne, Brewster, Chatham, Chilmark, Dennis, Eastham, Edgartown, Falmouth, Gosnold, Harwich, Mashpee, Nantucket, Orleans, Oak Bluffs, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, Yarmouth

Region 5: Central Massachusetts

Region 6: Pioneer Valley

Region 7: Berkshire Hills

*Veteran Specific Resource
Resources by Region

Region 1: Greater Boston Area

All Inclusive Resources
• S.A.V.E Team
• New England Outreach Center
• MCSP
• Mass Fallen Heroes

Domestic Violence
• Sexual Assault Helpline

Employment
• Employment Support of the Guard and Reserve (ESGR)
• Hero To Hire (H2H)

Families
• Family Assistance Center (FAC)
• Strength at Home*
• Tragedy Assistance Program for Survivors (T.A.P.S.)
• Military One Source
• Guard Support

Financial
• Guard Support
• Military Friends Foundation

Housing / Shelter
• New England Center for Homeless Vets*
• New England Outreach Center

Mental Health
• Give an Hour
• Military One Source

Mental Health: VA Hospitals
• VA Boston Healthcare System*
• Boston Vet Center*
• Causeway (Boston) Community Based Outpatient Center* (CBOC)

PTSD & TBI
• Home Base Program*
• VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

*Veteran Specific Resource
Region 2: Northeast Massachusetts

All Inclusive Resources
- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence
- Sexual Assault Helpline

Employment
- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families
- Family Assistance Center (FAC)
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military One Source
- Guard Support

Financial
- Guard Support
- Military Friends Foundation

Housing / Shelter
- Veterans Inc.

Mental Health
- Give an Hour
- Military One Source
- Veterans Northeast Outreach Center* Mental Health: VA Hospitals
- Edith Nourse Rogers Memorial Veterans Hospital*
- Lowell Vet Center*
- Gloucester Community Based Outpatient Center* (CBOC)
- Haverhill Community Based Outpatient Center* (CBOC)
- Lowell Community Based Outpatient Center* (CBOC)
- Lynn Community Based Outpatient Center* (CBOC)

PTSD & TBI
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

*Veteran Specific Resource
Resources by Region

Region 3: Southeast Massachusetts

All Inclusive Resources
- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence
- Sexual Assault Hotline

Employment
- Employment support of the Guard and Reserve (ESGR)
- Hero To Hired (H2H)

Families
- Guard Support
- Family Assistance Center (FAC)
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military One Source

Financial
- Guard Support
- Military Friends Foundation

Housing / Shelter
- Veterans Inc.

Mental Health
- Give an Hour
- Military One Source
- Mental Health: VA Hospitals
- Providence VA Medical Center*
- Brockton Vet Center*
- New Bedford Vet Center*
- New Bedford Community Based Outpatient Center* (CBOC)

PTSD & TBI
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)
- Home Base Program*

*Veteran Specific Resource
Resources by Region

Region 4: Cape Cod

All Inclusive Resources
• S.A.V.E Team
• New England Outreach Center
• MCSP

Domestic Violence
• Sexual Assault Helpline

Employment
• Employment Support of the Guard and Reserve (ESGR)

Families
• Strength at Home*
• Tragedy Assistance Program for Survivors (T.A.P.S.)
• Military One Source
• Guard Support

Financial
• Guard Support
• Military Friends Foundation

Housing / Shelter
• Veterans Inc.

Mental Health
• Give an Hour
• Military One Source

Mental Health: VA Hospitals
• Providence VA Medical Center*
• Hyannis Vet Center*
• Hyannis Community Based Outpatient Center* (CBOC)

PTSD & TBI
• VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

*Veteran Specific Resource
Resources by Region

Region 5: Central Massachusetts

All Inclusive Resources
- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence
- Sexual Assault Helpline

Employment
- Employment Support of the Guard and Reserve (ESGR)

Families
- Project New Hope*
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military Family Life Consultant (MFLC)
- Family Assistance Center (FAC)
- Guard Support
- Military One Source

Financial
- Guard Support
- Military Friends Foundation

Housing / Shelter
- Veterans Inc.
- Northeast Veteran Training & Rehabilitation Center

Mental Health
- Give an Hour
- Military One Source

Mental Health: VA Hospitals
- VA Boston Healthcare System*
- Worcester Vet Center*
- Fitchburg Community Based Outpatient Center* (CBOC)
- Worcester Community Based Outpatient Center* (CBOC)

PTSD/TBI
- The Onsite Academy
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

*Veteran Specific Resource
Resources by Region

Region 6: Pioneer Valley

All Inclusive Resources
- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence
- Sexual assault Helpline

Employment
- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families
- Military One Source
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military Family Life Consultant (MFLC)
- Family Assistance Center (FAC)
- Guard Support

Financial
- Guard Support
- Military Friends Foundation

Housing / Shelter
- Veterans Inc.

Mental Health
- Give an Hour
- Military One Source

Mental Health: VA Hospitals
- VA Central Western Massachusetts Healthcare System*
- Springfield Vet Center*
- Greenfield Community Based Outpatient Center* (CBOC)
- Springfield Community Based Outpatient Center* (CBOC)

PTSD & TBI
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

*Veteran Specific Resource
Resources by Region

Region 7: Berkshire Hills

All Inclusive Resources
- S.A.V.E Team
- New England Outreach Center
- MCSP
- Soldier On

Domestic Violence
- Sexual Assault Helpline

Employment
- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Guard Support
- Military One Source

Financial
- Guard Support
- Military Friends Foundation

Housing / Shelter
- Veterans Inc.

Mental Health
- Give an Hour
- Military One Source

Mental Health: VA Hospitals
- VA Central Western Massachusetts Healthcare System*
- Pittsfield Community Based Outpatient Center* (CBOC)

PTSD & TBI
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

*Veteran Specific Resource
Regional Realignment Map
All Inclusive Resources

Massachusetts Coalition for Suicide Prevention

Suicide Prevention Life Line at 1-800-273-TALK (8255) and press 1.

The Massachusetts Coalition for Suicide Prevention (MCSP) is a broad based inclusive alliance of suicide prevention advocates, including public and private agency representatives, policy makers, suicide survivors, mental health and public health consumers and providers and concerned citizens committed to working together to reduce the incidence of self-harm and suicide in the Commonwealth.

From its inception, the Coalition has been a public / private partnership, involving government agencies such as the Department of Public Health and Department of Mental Health working in partnership with community based agencies and interested individuals.

The mission of the MCSP is to prevent suicide through state-wide collaboration and advocacy. Accordingly, we are truly a community based group comprised of suicide prevention advocates. Our membership includes public and private agency representatives, non-profit organizations, policy makers, survivors of suicide loss, attempt survivors, mental health clinicians and other health care providers, law enforcement, mental health and public health consumers, and concerned citizens committed to working together to reduce the incidence of self-harm and suicide in Massachusetts.

MCSP encourages your involvement. We firmly believe that suicide prevention and postvention activities, and educating the public require collaboration.
**S.A.V.E Team**

Department Of Veterans services  
Phone Number: 617-210-5743  
Address: 600 Washington street 7th floor, Boston Ma, 02111  
Email: Save@massmail.state.ma.us  
rsaucier@massmil.state.ma.us

Additional offices:

Chelsea- Chelsea Soldiers’ Home  
91 Crest Avenue Building D  
Chelsea, Ma 02150

Holyoke- Holyoke Soldiers’ Home  
110 Cherry Street Office #065  
Holyoke, Ma 01040

Description: The fundamental principle of the SAVE program is to advocate for veterans who are not able to obtain the benefits they have earned due to institutional or personal barriers. The program's primary mission is prevention of suicide and mental health distress through the identification of issues facing veterans when they return from service and proactively providing them with access to benefits and services that may address these issues and result in positive transitions back to civilian life. SAVE acts as a liaison between veterans and their families and the various agencies within the federal and state governments.

The SAVE team works closely, and in collaboration, with the Massachusetts National Guard. Resources offered by the Massachusetts National Guard and their Family Readiness Program are available to all service members and their families, regardless of the branch in which they serve.

**Soldier On**

Phone Number: 413 236-5644  
Address: 360 West Housatonic Street, Pittsfield, MA 01201  
Fax: 413 236-2912  
Email: info@wesoldieron.org  
www.wesoldieron.org

Soldier On is a nationally recognized non-profit organization governed by a full-time President/CEO and a volunteer Board of Directors. We work in partnership with the Department of Veterans Affairs and other agencies to provide veterans with shelter and support in an environment that offers a continuum of care that includes immediate and long-term housing with services delivered where they live, Soldier On’s ultimate goal is to provide formerly homeless veterans with permeant, supportive, sustainable housing – assisting them in their transition from homelessness to homeownership.

*Veteran Specific Resource*
All Inclusive Resources

Veterans Northeast Outreach Center

Jessica Hall
Email: jhall@veteransbenefits.us
Phone: 978-372-3626
Fax: 978-372-5197
Address: 10 Reed St., Haverhill, MA 01830

Website:
www.NortheastVeterans.org
Email: vetreach@northeastveterans.org
D.Mullen@northeastveterans.org

Hours of Operation
Outreach Center Hours:
Monday – Friday 9:00 am – 9:00 pm
Client Office Hours: Monday – Friday 9:00 am – 3:00 pm

Administrative Office Hours: (Office closed to clients) Monday – Friday 3:00 pm – 4:00 pm
Food Pantry Hours: Tuesday and Thursday 10:00 am – 2:00 pm (Evenings by appointment)

Description: We provide a continuum of care to Veterans, their families, from the very basic food and shelter needs to advocacy, information, referral, career, and education services.

The Veterans Mansion is a substance-free transitional housing program serving Veterans in Haverhill and the Merrimack Valley. Located at 65 Cedar Street, Haverhill.

Veterans Campus Residential Program offers 25 transitional housing units at the Veterans Campus in the Mt. Washington neighborhood section of Haverhill. Here, Veterans receive case management and ongoing support as they transition from homelessness to independent living.

Massachusetts Fallen Heroes

100 Hallet Street
Boston, MA 02124
617 326-6042
info@massfallenheroes.org

Mass Fallen Heroes acts as a liaison in acquiring educational, employment, medical, legal financial and numerous additional services to local military veterans, their families and families of the fallen.

*Veteran Specific Resource
Domestic Violence Resources

Sexual Assault Helpline

Nationwide

Phone Number: 877-995-5247 Nationwide or 508-889-6644 Statewide
Address: 2 Randolph Road, Hanscom AFB, MA 01731
Website: www.safehelpline.org

Description:
DoD Safe Helpline is a crisis support service for adult Service Members of the DoD Community affected by sexual assault. Safe Helpline provides live, one-on-one expert advice and confidential support.

Many victims of sexual assault stay silent, believing nothing will be done if they come forward, fearing ridicule, gossip, exclusion, and even damage to their military careers. But if you’ve been sexually assaulted, it’s important to act quickly. Seeking help and speaking out is the best way to ensure you receive the help you need to heal from the incident and prevent another incident from happening to someone else. Victims of Sexual Assault can report an incident and decide (if no one else knows about the incident) to just receive services and may not initiate an investigation.

Massachusetts National Guard SARC Helpline

Statewide

Phone: 508 889 6644
Web: www.SafeHelpline.org

Joint Force Headquarters

Phone: 774-286-1164
Phone: 774-286-9474
**Employment Resources**

ESGR: Employer Support of the Guard and Reserve

Nationwide / Statewide

Phone Number: 339 202-4816  
Address: JFHQ 2 Randolph Rd, Hanscom AFB, MA, 01731  
Website: www.esgr.mil

Description:
Employer Support of the Guard and Reserve, ESGR, is a Department of Defense Volunteer organization. We provide free education, Consultation, and if necessary mediation for employers of Guard and Reserve employees. Employment Support of the Guard and Reserve (ESGR)’s goal is to support America’s employers who share their employees with the nation to ensure our national security.

*Veteran Specific Resource*
Family Resources

Tragedy Assistance Program for Survivors (T.A.P.S.)

Phone Number: 800-959-TAPS (8277)
Main Telephone Number: 202-588-TAPS (8277) TAPS Programs: 202-588-TAPS (8277)
FAX Number: 202-509-8282
Address: National Headquarters, 3033 Wilson Blvd. Suite 630, Arlington, VA, 22201
Website: www.TAPS.org Email: info@taps.org
Director: Kim@taps.org

Description:
Caring for the families of the fallen...
TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

- Crisis Intervention - network of trained crisis response professionals who are on call 24 hours a day, seven days a week.
  Call us at 1-800-959-8277. We are here for you!

- Casualty / Case Work Assistance - If you have questions, from benefits, to burial, to resources; TAPS can assist you in finding answers. Our toll free number (1-800-959-8277) is a good starting point to share your questions.

- Survivor Seminars - Each event provides an opportunity to join together with survivors for a powerful time of support, care and hope! These conferences provide you with a wealth of information, resources and personal contact with fellow survivors in a spirit of friendship and understanding.

Military One Source

Phone: 1-800-342-9647
Address: 17 Court Street, Boston, MA 02108
Website: www.MilitaryOneSource.com

Description:
Military OneSource is provided by the U.S. Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families.
Offering resources, referrals, consultations and counseling services on the issues that concern military families. Services are offered in person, by telephone or online.

Counseling services come in groups of up to twelve sessions per issue at no cost
Specialty consultations on issues such as education, special needs, and money management
Family Resources

Strength at Home*

Statewide

Phone: 857-364-4173
Email: StrengthAtHomeOutreach@gmail.com

Description:
The mission of the Strength At Home programs is to advance the clinical care of America's veterans and service members through the research, development, and dissemination of evidence based treatments for stress-related disorders.

The Strength At Home programs are relationship strengthening programs for veterans, service members and their families who are struggling with conflict, anger, and readjustment after a deployment. Boston University, and other academic and clinical institutions serving military members and their families. Our team leaders are experts in couple's treatment, anger treatment, as well as trauma and recovery.

Shoulder to Shoulder

Phone number: 781-693-1206
Website: www.jfcsboston.org/shouldertoshoulder
Email: shouldertoshoulder@jfcsboston.org

Description: Shoulder to Shoulder is a family-centered, peer-to-peer program, supporting families faced with the unique challenges that accompany military service. Through private conversations that provide support and encouragement, our volunteers can help identify families’ strengths and improve their resiliency. Trained by Shoulder to Shoulder, volunteers are veterans, spouses, parents, and other military-connected community members who understand the pressures that accompany military family life.

What to expect:
- Weekly in home visits up to a year
- Free service available to Active Duty, National Guard, Reserve, and Veteran service members and their families, regardless of income, economic circumstances, religion, or age.
- Discharge status is not a barrier
- No insurance billing
- Privacy protected; info not shared with outside agencies including VA, DoD

Specific services include:
- Support for parental concerns and the impact of military life on the family
- A compassionate presence and non-judgmental listener
- Helping to access informal and formal supports including:
  - Access to other programs for support, intervention, financial and material resources
  - Access to community supports as needed including housing, education, employment,
  - Referrals for therapeutic support for any family member as needed

*Veteran Specific Resource
Family Resources

Project New Hope* Region 5: Central Massachusetts

Address: 70 James Street, Suite 153A
Worcester MA 01603
Website: www.ProjectNewHopeMA.org

Description:
Project New Hope exists to provide veteran retreats. Including the whole family (even the kids!) is unique to Project New Hope and fosters family togetherness through a wilderness getaway.

It is our goal to provide veterans (singles, couples, and families) with the education, training, and skills necessary to manage their lives after wartime service: repair of relationships is a primary goal. And of course, have fun in the process!

NO COST TO PARTICIPANTS.
There is no cost to the families on the retreat.
President - BILL MOORE - 508-713-3362 - bmoore01@charter.net

Family Assistance Centers Statewide

Region 1: Wellesley Armory Phone: 339-202-4811
Region 2: Camp Edwards: 508-968-5676
Region 3: Taunton Armory Phone: 508-822-6024
Region 4: 102nd Fighter Wing Phone: 508-968-4855
Region 6: Springfield Armory Phone: 339-202-5594
Region 6: 104th Fighter Wing Phone: 413-568-9151

*Veteran Specific Resource
Financial Resources

Guard Support

Phone: 617-848-8868
Address: P.O. Box 5225 Beverly, MA 01915
Website: www.guardsupport.org

- You will need to go through FAC – GS will not accept applications directly

Description:
Emergency Financial relief Grants for families that face emergency needs when a loved one is deployed, or about to be deployed, we can provide some immediate help. Guard Support provides emergency financial relief through the State Family Program Office or the Family Assistance center Coordinator.

Examples of qualifying Needs Include:
- Child Care or Elder Care
- Utilities (heat, water, gas, and electric)
- Funeral expenses
- Housing (rent or mortgage to avoid eviction or foreclosure)
- Medical insurance co-pay
- Emergency travel expenses related to serious illness, injury, or death
- Vehicle payment (to prevent repossession)

Other types of need may qualify. Emergency Financial Relief Grants do not exceed $500.00, except in unusual circumstances. Approved grant disbursements are paid directly to third-party payees.

Military Friends Foundation

Sarah Keller-Likens
Phone: 1-844-357-8387 / 1-84-HELP-VETS
Address: 14 Beacon Street, Suite 706 Boston, MA, 02108
Website: www.militaryfriends.org

Description:
Created as an independent non-profit organization, the Military Friend Foundation is designed to assist eligible Massachusetts National Guard and Reserve families facing financial hardships related to a deployment or extended activation.
Veteran Homestead, Inc.

69 High Street, Fitchburg MA 01440
O: (978) 353-0234
Alt.: (978) 342-5714
Lisa Corbett
Outreach Coordinator
lisa@veteranhomestead.org
Semper Fi

Veteran Homestead Inc. with six unique locations in Central Massachusetts, N.H. and P.R. is an independent non-profit solution for the medical, psychological and spiritual care veterans require. No Veteran should be discarded and neither should their experience. VHI facilities are designed to provide a safe haven for wounded warriors to regain dignity. Additional services include support with medical, housing, financial, educational & counseling needs. For more information visit our website at www.veteranhomestead.org
Housing/Shelter Resources

Northeast Veteran Training & Rehabilitation Center       Statewide
Development Director: Jennifer
Phone: 978-353-0234
         978-632-1271
Web: veteranhomestead.org

Description:
Located in Gardener, Massachusetts,

New England Center for Homeless Vets*          Region 1 : Greater Boston
Phone: 617-371-1800
Fax: 617-371-1771
Address: 17 Court Street, Boston, MA 02108
Website: www.NECHV.org Email: info@nechv.org

Description:
The New England Center for Homeless Veterans welcomes all homeless veterans who have an honorable or
general under honorable military discharge, from all wars and conflicts, including peacetime.

The New England Shelter for Homeless Veterans- Our substance-free shelter is open 7 days a week, 24
hours a day, serving our men and women veterans.

Programs and Supportive Services - Each veteran is given a thorough assessment and evaluation.
Residents receive individual counseling and on-site assistance to deal with PTSD, substance abuse,
emotional and family problems. Clients are assigned a case manager. An emergency health care clinic is
located on-site. Our clinic offers medical, dental and optical services. Financial counseling and legal services
are also provided to clients.

Transitional Housing- Clients must either be working or enrolled in a training or educational program to
enter this component. The program's focus concentrates on financial management and the search for
permanent housing.

Single Room Occupancy Units - There are 59 project-based single room occupancy (SRO) permanent units
housed within the John Joseph Moakley Veterans Quarters located at the shelter.

Veterans Training School
The goal of the Veterans Training School and Institute is to significantly reduce unemployment through a
comprehensive vocational training program leading to full employment.

*Veteran Specific Resource
Mental Health Resources

Give an Hour

Website: www.GiveAnHour.org Email: info@GiveAnHour.org
Description:
Our mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. Our first target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan, Iraq, and supporting areas. Give an Hour is asking mental health professionals nationwide to literally donate an hour of their time each week to provide free mental health services to military personnel and their families.

Military One Source

Phone: 1-800-342-9647
Address: 17 Court Street, Boston, MA 02108 Website: www.MilitaryOneSource.com
Description:
Military OneSource is provided by the U.S. Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. Offering resources, referrals, consultations and counseling services on the issues that concern military families. Services are offered in person, by telephone or online.

Counseling services come in groups of up to twelve sessions per issue at no cost. Specialty consultations on issues such as education, special needs, and money management.

There and Back Again*

Phone: (800) 311-0187
Address: 191 Main Street, Charlestown, MA 02129
Website: www.ThereandBack-Again.org
Description:
Mission: There & Back again is a non-profit reintegration program offered at no cost to veterans of all branches of the U.S. Armed Forces. TABA offers a structured program of yoga, meditation and alternative approaches to healing the whole body to help veterans transition back to their lives stateside. These programs include Veteran Services, Consulting Services, Training Services and Commander Programs: Wellness Reintegration Program; Holistic Clinics; Educational Workshops; Wellness Fairs; Retreats; and Train the Trainer programs.

*Veteran Specific Resource
Mental Health Resources

Shoulder to Shoulder

Phone number: 781-693-1206
Website: www.jfcsboston.org/shouldertoshoulder
Email: shouldertoshoulder@jfcsboston.org

Description: Shoulder to Shoulder is a family-centered, peer-to-peer program, supporting families faced with the unique challenges that accompany military service. Through private conversations that provide support and encouragement, our volunteers can help identify families’ strengths and improve their resiliency. Trained by Shoulder to Shoulder, volunteers are veterans, spouses, parents, and other military-connected community members who understand the pressures that accompany military family life.

What to expect:
- Weekly in home visits up to a year
- Free service available to Active Duty, National Guard, Reserve, and Veteran service members and their families, regardless of income, economic circumstances, religion, or age.
- Discharge status is not a barrier
- No insurance billing
- Privacy protected; info not shared with outside agencies including VA, DoD

Specific services include:
- Support for parental concerns and the impact of military life on the family
- A compassionate presence and non-judgmental listener
- Helping to access informal and formal supports including:
  - Access to other programs for support, intervention, financial and material resources
  - Access to community supports as needed including housing, education, employment,
  - Referrals for therapeutic support for any family member as needed

Strength at Home*

Statewide

Phone: 857-364-4173
Web: Strengthathome.com
Email: StrengthAtHomeOutreach@gmail.com

Description:
The mission of the Strength At Home programs is to advance the clinical care of America's veterans and service members through the research, development, and dissemination of evidence based treatments for stress-related disorders.
- The Strength At Home programs are relationship strengthening programs for veterans, service members and their families who are struggling with conflict, anger, and readjustment after a deployment.
  - Boston University, and other academic and clinical institutions serving military members and their families.
  - Our team leaders are experts in couple's treatment, anger treatment, as well as trauma and recovery.

*Veteran Specific Resource
Mental Health Resources

New England Center for Homeless Veterans* Region 1: Greater Boston

Phone: 617-371-1800
Fax: 617-371-1771
Address: 17 Court Street, Boston, MA 02108 Website: www.NECHV.org
Email: info@nechv.org

Description:
The New England Center for Homeless Veterans welcomes all homeless veterans who have an honorable or general under honorable military discharge, from all wars and conflicts, including peacetime.

- Homeless Shelters and Service (see Housing/Shelter Resources)

- Addictions Services Program- for those veterans suffering with substance dependence, we have a six-month intensive Addictions Services Program.

- Project Access-This highly specialized, dual diagnosis program, addresses mental health issues and addictions. Clinical case managers provide supportive counseling and all of the case management services listed above. The goals are mental health stabilization and maintaining sobriety while working towards permanent housing.

- Special needs programs- We have two special needs programs, which are collaborations between NECHV and the Veterans Administration. Our Senior Services Program provides specialized services for our veteran population age 65 and older. Our Bridges Program provides clinical case management and two years of intensive follow up services to our veterans with chronic and persistent mental illness.

- Stay-In Program - We provide rehabilitative activities and additional support for those veterans who have severe medical conditions and physical or psychological disabilities. Recreational activities are planned through this program, and are open to all Center residents.

*Veteran Specific Resource
Riverside Trauma Care

Phone: 781-329-0909
Address: 450 Washington Street, Dedham, MA 02026
Website: www.Riversidecc.org

Larry Berkowitz
781 433-0672
lberkowitz@riversidecc.org

Description: Adults who contact us for services have a wide range of needs and goals. No matter what the presenting challenge is, we develop a thoughtful plan together with the individual and others who may be helpful. In some instances, we work with the individual for a short time. In other situations, we provide ongoing services that allow the person to continue living in his or her own community with varying levels of support for an extended period of time.
Mental Health Resources

VA Boston Healthcare System*
Phone: 508-583-4500 or 800-865-3384
Director: Erin Daley 857-364-2472
Address: 940 Belmont Street, Brockton, MA 02301

Jamaica Plain Division
Phone: 617-232-9500 or 800-865-3384
Address: 150 S. Huntington Avenue, Boston, MA 02130

West Roxbury Division
Phone: 617-323-7700 or 800-865-3384
Address: 1400 VFW Parkway, West Roxbury, MA 02132

Description:
Outpatient Treatment is available to veterans with any mental health concern, such as; alcohol and drug abuse, post-traumatic stress disorder (PTSD), depression or sadness, anxiety, schizophrenia or manic depressive illness. In addition, specialized programs are available for returning veterans and for women veterans.

Inpatient care is available for veterans in need of intensive treatment.

Residential/transitional programs provide temporary housing to veterans while offering treatments for a wide range of mental health concerns including substance abuse, as well as job training. Veterans in need of emergency assistance can call:

Veterans Crisis Line at 1-800-273-TALK (8255).
During normal business hours, veterans can also be evaluated urgently at:
- Jamaica Plain Urgent Care Clinic 857-364-5250
- Brockton Urgent Care Clinic 774-826-2318
- West Roxbury ED 857-203-5425 or 857-203-5426
- For non-urgent matters, please call one of the following Mental Health numbers so that we may assist you:

Jamaica Plain: 857-364-4109 or 857-364-4815
Brockton: 774-826-1778 or 774-826-2325

*Veteran Specific Resource
Mental Health Resources

Edith Nourse Rogers Memorial Veterans Hospital* Region2: Northeast Massachusetts

Phone Number: 781-687-2000 or 800-838-6331
Address: 200 Springs Road, Bedford, MA 01730

Description:

**Mental Health Emergencies:**
If you are having a Mental Health Emergency, or are calling about a veteran who is, PLEASE CALL TO DESCRIBE THE PROBLEM AND GET ADVICE. CALL YOUR CASE MANAGER OR OTHER EMERGENCY CONTACT. IF NONE, CALL:

MENTAL HEALTH HOTLINE
- Days: (781) 687-2347
- Evenings, Weekends and Holidays: (781) 687-2275
Say "This is an emergency". Don't hang up until you get advice.

*Samaritan's Phone Numbers:
- Boston - (617) 247-0220
- Framingham - (508) 875-4500
- Methuen - (978) 688-6607
- Keene, NH - (603) 357-5505

Mental Health Services at Bedford VA and its satellite clinics at Haverhill, Fitchburg, Gloucester, and Lynn are available to treat veterans in the community with many different Mental Health needs. All new patients have their needs assessed in an evaluation, and treatment is planned under a psychiatrist's direction. Individual and group psychotherapy, as well as medication and other specialty treatments, are available depending on the assessment.

**Mental Health Clinic**
Clinic services include: Mental Health Evaluations and Psychological Testing; Individual, Group, Couples, and Family Therapy; Medication Therapy; Greif and Loss Therapy; Gambling Assessment; Insomnia Evaluation; and PTSD (Post Traumatic Stress Disorder) Counseling.
Mental Health Resources

VA Central Western Massachusetts Healthcare System*  Region 6: Pioneer Valley

Phone: 413-584-4040 or 1-800-893-1522  
Address: 421 North Main Street, Leeds, MA 01053

Description:
The mental health service at VAMC Northampton provides consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being. Treatment is offered in both the inpatient and outpatient settings.

**Inpatient treatment** includes an acute psychiatric treatment ward, a transitional care unit and a PTSD unit.

**Outpatient services** include individual counseling and walk-in psychiatric services in the Primary Care Mental Health Clinic.
Mental Health- VA Hospital Resources

**Boston Vet Center***  
Region 1: Greater Boston  
Phone Number: 617-424-0665 or 877-927-8387  
Fax: 617-261-3547  
Address: 7 Dry dock Ave. Suite 2070, Boston, MA, 02210-2303  
Description:  
Normal working hours are 8:00am to 4:30pm Monday through Friday.

**Brockton Vet Center***  
Region 3: Southeast Massachusetts  
Phone Number: 508-580-2730 Or 877-927-8387  
Fax: 508-586-8414  
Address: 1041L Pearl St., Brockton, MA 02301  
Website:  
Description:  
Normal working hours are 8:00am to 4:30pm Monday through Friday.

**Hyannis Vet Center***  
Region 4: Cape Cod  
Phone Number: 508-778-0124 Or 877-927-8387  
Fax: 508-775-3014  
Address: 474 West Main Street, Hyannis, MA 02601  
Website:  
Description:  
Normal working hours are 8:00am to 4:30pm Monday through Friday.

*Veteran Specific Resource
Mental Health- VA Hospital Resources

Lowell Vet Center* Region 2: Northeast Massachusetts

Phone Number: 978-453-1151 or 877-927-8387
Fax: 978-441-1271
Address: Gateway Center, 10 George Street,, Lowell, MA 01852

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.

New Bedford Vet Center* Region 3: Southeast Massachusetts

Phone Number: 508-999-6920 or 877-927-8387
Fax: 508-997-3348
Address: 73 Huttleton Ave., Unit 2, Fairhaven, MA 02719

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.

Springfield Vet Center* Region 6: Pioneer Valley

Phone Number: 413-737-5167 or 877-927-8387
Fax: 413-733-0537
Address: Northgate Plaza, 95 Ashley Avenue, Suite A, West Springfield, MA 01103

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.

Worcester Vet Center* Region 5: Central Massachusetts

Phone Number: 508-753-7902 or 877-927-8387
Fax: 508-753-4296
Address: 691 Grafton Street, Worcester, MA 01604

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.

*Veteran Specific Resource
Mental Health- VA Hospital Resources

Causeway Street (Boston) Community Based Outpatient Clinic*  Region 1: Greater Boston

Phone Number: (617) 248-1000 or (617) 248-1470  
Fax: (617) 248-1282  
Address: 251 Causeway Street, Boston, MA 02114

Description:  
Normal working hours are 8:00am to 4:30pm Monday through Friday.

Services available at Causeway St.  
- Primary Care  
- Mental Health  
- Optometry  
- Laboratory Blood Drawing  
- Pharmacy  
- Podiatry  
We also provide on-site eligibility meetings and means testing on Monday, Tuesday, Thursday, and Friday.

Eligibility phone number: 617-248-1218 Shuttle service

VA Boston offers free shuttle service between the Causeway St. clinic and our Jamaica Plain campus.

Fitchburg Community-Based Outpatient Clinic (CBOC)*  Region 5: Central Massachusetts

Phone Number: 978-342-9781  
Fax: (978) 342-9521  
Address: Burbank Hospital, 275 Nichols Road, Fitchburg, MA 01420

Description:  
Normal working hours are 8:00am to 4:30pm Monday through Friday.

SERVICES PROVIDED:  
- Primary Care  
- Mental Health Services  
- Lab Blood Drawing

*Veteran Specific Resource
Mental Health - VA Hospital Resources

Gloucester Community Based Outpatient Clinic* Region 2: Northeast Massachusetts

Phone: 978-282-0676
Fax: (978) 282-3497
Address: Addison Gilbert Hospital, 298 Washington Street Gloucester, MA 01930

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.
SERVICES PROVIDED:
• Primary Care
• Mental Health Services
• Lab Blood Drawing

For Mental Health services by scheduled appointment, you may call 781-687-2363
For Urgent care, after hours call 781-275-7500.
Prescription information is available by calling 1-800-838-6331.

Greenfield Community-Based Outpatient Clinic (CBOC)* Region 6: Pioneer Valley

Phone: (413) 773-8428 or 800-893-1522
Fax: 413-773-8435
Address: VA Outpatient Clinic, 143 Munson Street, Greenfield, MA 01301

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.
SERVICES PROVIDED:
Medical Services - Primary medical services; treatment of chronic and non-emergency medical conditions and immunizations.
Mental Health Services – Mental Health treatment including diagnostic evaluation; psychotherapy services; referral to community resources and to inpatient treatment. PTSD, as well as general mental health outpatient services are available to veterans returning from Afghanistan and Iraq.

*Veteran Specific Resource
Mental Health- VA Hospital Resources

Haverhill Community Based
Outpatient Clinic* Region 2: Northeast Massachusetts

Phone: 978-372-5207
Fax: (978) 372-5089
Address: 108 Merrimack St., Haverhill, MA 01830

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday. SERVICES PROVIDED:

- Primary Care
- Mental Health Service
- Lab Blood Drawing

Hyannis Community-Based
Outpatient Clinic (CBOC)* Region 4: Cape Cod

Phone: (508) 771-3190
Fax: (508) 771-0940
Address: 233 Stevens Street, Hyannis, MA 02601-3766

Description:
Normal working hours are 7:30am to 4:00pm Monday through Friday. SERVICES PROVIDED:

- Primary Health Care
- Mental Health Services - Are available Monday through Friday and include a social worker, psychiatrist and psychologist that provide psychosocial evaluations, individual, group and family counseling, substance abuse counseling and HIV pre- and post- testing counseling.
- Laboratory
- Pharmacy
- Radiology

*Veteran Specific Resource
Mental Health- VA Hospital Resources

Lowell Community Based
Outpatient Clinic*  Region 2: Northeast Massachusetts

Phone: (978) 671-9000
Fax: (978) 671-9149
Address: 130 Marshall Road, Lowell, MA 01852

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.
SERVICES PROVIDED:

Diabetes Education Program
Primary Care
Mental Health
Optometry
Neurology
Podiatry
Laboratory Blood Drawing
Physical Therapy
Radiology
Nutrition Counseling
Pharmacy
Women's Health

Lynn Community-Based
Outpatient Clinic (CBOC)*  Region: Northeast Massachusetts

Phone: 781-595-9818
Fax: (781) 596-2036
Address: 225 Boston Street, Suite 107, Lynn, MA 01904

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.
SERVICES PROVIDED:

Primary Care
Mental Health Services by scheduled appointment (Thursdays and some Wednesdays and Fridays)
Lab Blood Drawn

*Veteran Specific Resource
Mental Health- VA Hospital Resources

New Bedford Community Based Outpatient Clinic* Region 3: Southeast Massachusetts

Phone: (508) 994-0217
Fax: (508) 994-5489
Address: 174 Elm Street, New Bedford, MA 02740

Description:
Normal working hours are 7:30am to 4:00pm Monday through Friday. SERVICES PROVIDED:
Primary Health Care

Mental Health Services - Social workers and mental health providers provide psychosocial evaluations, individual, group and family counseling, substance abuse and counseling. They will also help you access community resources.

Nutrition Clinic
Pharmacy
VA Benefits Information
Specialty Clinics - Clinics in Neurology, Audiology, and Podiatry

Pittsfield Community-Based Outpatient Clinic (CBOC)* Region 7: Berkshire Hills

Phone: (413) 499-2672
Address: VA Outpatient Clinic, 73 Eagle Street, Pittsfield, MA 01201

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday. SERVICES PROVIDED:

Medical Services - Primary medical services; treatment of chronic and non-emergency medical conditions; and immunizations.

Mental Health Services - Mental health treatment including diagnostic evaluation: individual, group and family psycho-therapy; referral to community resources and inpatient treatment. PTSD, as well as general mental health outpatient services, available to veterans returning from Afghanistan and Iraq.

*Veteran Specific Resource
Mental Health - VA Hospital Resources

Springfield Community Based Outpatient Clinic*

Region 6: Pioneer Valley

Phone: (413) 584-4040 or 800-893-1522
Address: VA Outpatient Clinic, 25 Bond Street, Springfield, MA 01104

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday. SERVICES PROVIDED:
· Medical Services
· Specialty Clinics - Dermatology, Urology, Orthopedics, Women’s Health Services, Neurology, Nutrition, Respiratory Clinic, and Home Based Primary Care.
· Mental Health Services - Mental health treatment including diagnostic evaluation; individual, group and family psycho-therapy; referral to community resources and to inpatient treatment. PTSD, substance abuse, as well as general mental health outpatient services available to veterans returning from Afghanistan and Iraq.

Worcester Community-Based Outpatient Clinic (CBOC)*

Region 5: Central Massachusetts

Phone: (508) 856-0104
Fax: (508) 856-7425
Address: 605 Lincoln Street, Worcester, MA 01605

Description:
Normal working hours are 8:00am to 4:00pm Monday through Friday. SERVICES PROVIDED:

Primary Care and Preventive Health

Specialty Services: Optometry, Cardiology, Neurology, Podiatry, Dermatology, Rheumatology, Rehabilitation Medicine, Nutrition Counseling, Geriatrics

Mental Health
Laboratory Test
Physical Therapy
Radiology and Electrocardiograms (EKGs)
Pharmacy
PTSD Resources

The Onsite Academy                   Region 5: Central Massachusetts

Phone Number: (978) 874-0177
Page: (781) 553-0542
Address: Westminster, MA 01473
Mail: Gardner Campus, 216 Mill St, Gardner, MA 01440 Website: www.OnsiteAcademy.org
Email kims@onsiteacademy.org

Description:
The On-Site Academy is a short term, intensive residential treatment center for rescue personnel who may be temporarily overwhelmed by the stress of their job, suffering from work-related cumulative or delayed critical incident stress, or experiencing an acute, transient reaction to a "critical incident." Currently Offered at the On-Site Academy:

**Returning Combat Veterans' Program (RESTORE)***  
With national statistics indicating 1 in 6 returning combat soldiers suffering from depression or Post Traumatic Stress Disorder, this new program is geared specifically for those returning veterans who will resume their emergency service jobs at the federal, state, municipal, or local levels. We usually meet once a month from Friday through Sunday.

**Five Day Residential Programs**

**Extended Care Program (ECP)**
We offer a comprehensive extended care program that is available from 30 to 90 days.

**Intensive Intervention Program (Double I)**
The Intensive Care Program is incident specific. It is usually planned around specific events that have occurred and provides an intense but limited treatment for the clients involved.

**Solo Crisis Intervention Program**
These are planned admissions for 24 hour crisis intervention and peer support.

**Line of Duty Injury Program**

**W.I.N.G.S. Program**
"Widows/Widowers In Need of Grief support” program provides mobile crisis intervention, grief support services, defusing and debriefings, and quarterly residential groups for survivors of line of duty death, including child and family support services.

**Out Service Appointments**
Limited space is available for our service appointments. Please call first.

*Veteran Specific Resource
PTSD and TBI Resources

Home Base Program

Phone Number: (617) 724-5202
Address: 165 Cambridge Street, 7th Floor, Boston, MA 02114 Website: www.homebaseprogram.org
Email: homebaseprogram@partners.org

Description:
The mission of the Home Base Program is to serve New England veterans affected by what have become the two signature wounds of the current war.

Our program has four key components, including:

A clinical program to provide confidential evaluation, diagnosis and care for veterans with deployment- and combat-related stress and/or TBI;

A family program to provide education, counseling, and family support services to family members of veterans;

Innovative research which seeks to develop better treatments for these conditions; and

An educational component to help inform veterans, families and health care providers, social workers, clergy and others about the diagnosis and treatment of deployment- and combat-related stress and TBI.
TBI Resources

Bedford VA Medical Center
Polytrauma and TBI Support Clinic * Region 2: Northeast Massachusetts

Phone Number:
781.687.2705 - Mary Fardy, LICSW, Polytrauma and TBI Coordinator 781.687.3053 - Glen Hevy, Director of Rehab Services
Address: 200 Springs Road, Bedford, MA 01730 Email: Mary.Fardy@va.gov

Description:
The mission of the Polytrauma and TBI Support Clinic is to manage the life-long specialized rehabilitation needs of active duty members and veterans with polytraumatic injuries.

Polytrauma Rehabilitation Centers (PRC): Provide acute intensive inpatient rehabilitation

Polytrauma Network Sites (PNS) and Polytrauma Support Clinic Team (PSCT): Team of qualified rehabilitation and healthcare professionals. Including:

Physical Medicine and Rehab Physician
Social Work Case Manager
Physical Therapist
Occupational Therapist
Audiology and Speech and Language Pathologist
Vision Rehabilitation Specialist
Recreational Therapist
Vocational Rehabilitation Specialist
Psychologist/ Neuropsychologist
Chaplain

VISN 1 PNS and PSCT Locations:
VA Connecticut HCS
Togus, VAMC
White River Junction VAMC
Manchester VAMC
Providence VAMC
Northampton VAMV
VA Boston HCS
New Hampshire Army National Guard’s Suicide Prevention Resource List

Military One Source: http://www.militaryonesource.com/
G1 Suicide Prevention Homepage: http://www.armyg1.army.mil/HR/suicide/default.asp
CHPPM Homepage: https://smart.asee.org/assets/File/Orientation_Army_CHPPM.pdf
Center for Disease and Control: http://www.cdc.gov/
National Alliance on Mental Illness: http://www.naminh.org/
Free Mental Health Self-Assessment: http://www.militarymentalhealth.org/
Vet Centers State Locator: http://www2.va.gov/directory/guide/vetCenter_flsh.asp
VA Offices State Locator: http://www2.va.gov/directory/guide/home.asp?isFlash=1
Compassionate Friends Post-Vention Assistance: http://www.compassionatefriends.org/
Compassionate Friends State Locator: http://www.compassionatefriends.org/Local_Chapters/Chapter_Locator.aspx
Tragedy Assistance Program for Survivors (TAPS): www.TAPS.org
Prevention Resources: http://www.preventsuicide.army.mil/
Real Warriors Public Service Announcements (PSAs): http://www.realwarriors.net/
Disaster Behavioral Health Response Teams Locator: http://www.dhhs.nh.gov/esu/dbhrtnh.htm

*Veteran Specific Resource
Helpful Website List (Multi-Branch)

1. **My Pay**  
   - Automated payroll system for military members. View/Print pay, tax, and leave statements, make changes to discretionary payroll items (Child/Spousal support, TSP Contributions, etc.)

2. **Defense Finance and Accounting Service (DFAS)**  
   [https://www.dfas.mil/](https://www.dfas.mil/)  
   - Military Payroll; PCS and TYD Travel Information, garnishments, retiree pay, etc

3. **Thrift Savings Plan**  
   - 401K-type program for military members

4. **Military Compensation**  
   - Umbrella website outlining range of military benefits (pay, retirement, health care, commissary/exchange shopping, etc.)

   **Military Compensation- Army**  
   - Umbrella website outlining range of military benefits (pay, retirement, health care, commissary/exchange shopping, etc.)

5. **Military Compensation - Marines**  
   - Marine – Specific Website outlining military benefits

6. **Military Compensation – Navy**  
   - Navy specific website outlining military benefits.

7. **Better Business Bureau Military Line**  
   - Branch-specific free resources for financial literacy/ consumer

8. **Stop – Loss Compensation**  
   - Compensation pay for SM’s whose service was extended beyond scheduled separation or retirement due to stop-loss

*Veteran Specific Resource*
9. **Service members Civil Relief Act (SCRA)**
   - Formerly the Soldiers’ and sailors’ Civil Relief Act. Provides wide range of protections for individuals entering, called to active duty in the military, or deployed service member. Postpones or suspends certain civil obligations (credit card debt, mortgage payments, taxes, pending trials, termination of leases)

10. **Annual Credit Report**
    [http://annualcreditreport.com](http://annualcreditreport.com)
    - The three nationwide consumer reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you can order your free annual report. Do not contact the three nationwide reporting consumer reporting companies individually. You may order reports from each of the three nationwide companies at the same time, or you can order your report from each of the companies at one time. The law allows you to order one free copy of your report from each of the nationwide consumer reporting companies every 12 months.

11. **Military and money**
    [http://www.militaryandmoney.com/](http://www.militaryandmoney.com/)
    - Website and free app for smart phones featuring educational resources and tools to help military members and families make informed decisions about money. Sponsored by McGraw-Hill and the better business bureau, in collaboration with the Joining Forces Initiative. Website has training videos on budgeting and managing debt, Financial tool Army Emergency Relief.

12. **Army Emergency Relief**
    [http://www.aerhq.org](http://www.aerhq.org)
    - Army-specific program that offers emergency financial assistance in the form of loans, grants, or a combination to active duty, Reserve, National Guard, and retired service members and their families.
    - Have to be on title 10 orders only.

13. **Air Force Aid Society**
    [http://www.afas.org/index.cfm](http://www.afas.org/index.cfm)
    - Air Force-specific program that offers emergency financial assistance in the forms of loans, grants, or a combination to active duty, Reserve, National Guard and retired service members and their families.

14. **Navy – Marine Corps Relief society**
    - Navy and Marine Corps- specific program that offers emergency financial assistance in the forms of loans, grants, or a combination to active duty, Reserve, National Guard and retired service members and their families.

15. **Coast Guard Mutual Assistance (CGMA)**

*Veteran Specific Resource*
Any questions in eligibility contact your command or Family Programs

- Coast Guard- specific program that offers emergency financial assistance in the forms of loans, grants, or a combination to active duty, Reserve, National Guard and retired service members and their families.

16. **American Red Cross**
   - Emergency communication services with service members and families; financial assistance for emergencies.

17. **Operation Home front**
   [http://www.operationhomefront.net/](http://www.operationhomefront.net/)
   - Non-Profit organization that provides emergency assistance to service members and families, as well as assistance to Wounded Warriors.

18. **USA cares Basic Needs Family Assistance**
   [http://www.usacares.org/index.php/assistance/sub/category.basic needs](http://www.usacares.org/index.php/assistance/sub/category.basic needs)
   - Grants for Post 9/11 service members and their families to cover housing, temporary shelter, food, gas, utilities, phone, auto payment/insurance/repair. Funds are paid directly to the debt collector; hardship must be military service related.

19. **Casualty Travel Assistance Program**
   - Program operated by the Red Cross; Provides travel assistance (airfare, Lodging, food) for two immediate family members to attend a memorial or a funeral service for a service member killed on active duty in a combat zone or to travel to the bedside of a service member wounded in a combat zone.

20. **Injured Marine Semper Fi Fund**
    [www.semperfifund.org](http://www.semperfifund.org)
    - Provides immediate financial support for the injured and critically ill Post 9/11 Marines and Sailors, as well as members of the Army, Air Force, or Coast Guard who serve in support of Marines.

21. **Homeless Shelter Directory**
    [http://www.homelessshelterdirectory.org](http://www.homelessshelterdirectory.org)
    - Searchable national database of homeless shelters.

22. **Feeding America**
    [https://secure.feedingamerica.org/site/Donation2?df_id=19008&19008.donation=form1&s_src=Y157P1B2X&s_subsrc=c&s_keyword=www%20feedingamerica%20com&gclid=CKfBgrvU-8cCFVc7gQodI5EONw](https://secure.feedingamerica.org/site/Donation2?df_id=19008&19008.donation=form1&s_src=Y157P1B2X&s_subsrc=c&s_keyword=www%20feedingamerica%20com&gclid=CKfBgrvU-8cCFVc7gQodI5EONw)
    - Nationwide network of food banks.

*Veteran Specific Resource*
23. **National School Lunch Program**  
   - Federally assisted program that provides low-cost or free lunches to children during school.

24. **Woman, Infants, and Children (WIC)**  
   - Provides supplemental food, nutrition education, and screening/referrals to other social services to pregnant, breastfeeding, and postpartum women, and infants/children up to the age of 5

25. **Supplemental Nutrition Assistance Program (SNAP)**  
   - Formerly food stamp program; Provides nutrition benefits to low-income families and individuals that are used at stores to purchase food.

26. **The Emergency Food Assistance Program (TEFAP)**  
   - Federal program that helps supplement the diets of low-income needy persons by providing them with emergency food and nutrition assistance.

27. **Catholic Charities**  
   - Assists local agencies in effort to reduce poverty, support families and empower communities. Provides assistance regardless of religion, social, or economic background.

28. **Meals on Wheels**  
   - Home delivery of nutritious meals to seniors; also offers meal programs through senior centers.

29. **National Housing Database**  
   - Searchable shelter database for homeless/low income people.

30. **Goodwill Industries International Inc.**  
   - Provides programs to assist with transition to civilian life, as well as assistance with support services such as health care, counseling, transportation and more.

31. **Salvation Army**  
   - Provides Various programs for veterans and service members.

32. **On Behalf of a Great Nation**  
   [www.onbehalf.org](http://www.onbehalf.org)  
   - Provides financial assistance as well as referrals to low-or-no cost services (auto repair, home repair, etc.) for wounded warriors and the families of fallen service members.

*Veteran Specific Resource*
33. **Wish Upon a Hero Foundation**  
   [https://www.wishuponaherofoundation.org/](https://www.wishuponaherofoundation.org/)  
   - Grants wishes for active duty families and veterans; from basics needs to holiday gifts to assistance devices.

34. **Wish for Our Heroes**  
   - Non-profit foundation that grants wishes for active duty service members and their families. Addresses needs based on strains of military life and deployments, financial strains, marital strains, etc.

35. **Unmet Needs**  
   - Sponsored through VFW; assists military families experiencing hardship due to deployment or other service-related issue. Provides grants, paid directly to creditors, for mortgage/rent, home/auto repairs, insurance, utilities, food, and clothing.

36. **Military saves**  
   [www.militarysaves.org](http://www.militarysaves.org)  
   - Part DoD financial Readiness Campaign and national America saves campaign; Motivates/encourages military families to become financially stable through saving debt reduction, and wealth-building

37. **Homeowners Assistance Program**  
   - DoD-sponsored program administrated by the Army Corps of Engineers. Eligible applicants can receive help in one of four ways; Reimbursement for part of financial loss from selling home, assistance with lack of funds from the sale of home to pay off mortgage, foreclosure/default assistance, and government purchase of your for-sale home.

38. **Pioneer Military Loans**  
   [http://www.pioneermilitaryloans.com](http://www.pioneermilitaryloans.com)  
   - Personal loans for active duty and career-retired military members

39. **Omni Military Loans**  
   [http://www.yesomni.com](http://www.yesomni.com)  
   - Variety of loan programs for active military members

40. **Star Card**  
    [www.aafes.com](http://www.aafes.com)  
    - Military Exchange Credit card; accepted at all service exchanges and for online/catalog exchange purchases.

41. **Bank of America**  
    [https://www.bankofamerica.com/military/index.cfm?&sta](https://www.bankofamerica.com/military/index.cfm?&sta)  
    - Specialized banking/lending services for eligible members of the military.

*Veteran Specific Resource*
42. **Air Force Federal Credit Union**  
   [http://airforcefcu.com](http://airforcefcu.com)  
   - Banking/lending services for members of the Air Force.

43. **Pentagon Federal Credit Union**  
   [https://www.penfed.org/](https://www.penfed.org/)  
   - Specialized banking/lending services for members of the military, Department of Homeland Security, and DoD.

44. **Navy Federal Credit Union**  
   [www.navyfcu.org](http://www.navyfcu.org)  
   - Banking/lending services for members of the Navy and Marine Corps

45. **United Services Automobile Association (USAA)**  
   [www.usaa.com](http://www.usaa.com)  
   - Full range of competitive financial products and service (insurance, banking/lending, investments, retirements, etc).

46. **US Department of Housing and Urban Development**  
   - State-specific information on homeownership, rental assistance, homeless resources, foreclosure, and housing discrimination.

47. **National Association of Realtors Foreclosure Assistance program**  
   [http://www.realtor.org/home_buyers_and_sellers/foreclosure_assistance_programs_by_state](http://www.realtor.org/home_buyers_and_sellers/foreclosure_assistance_programs_by_state)  
   - Links to assistance programs by state.

48. **VA Home Loans**  
   [http://www.benefits.va.gov/home](http://www.benefits.va.gov/home)  
   - Operated by the VA Loan Guaranty Service, subsidy of the VA Benefits Administration.
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Providence VA Medical Center* (Region 3: Southeast Massachusetts)

*Veteran Specific Resource
Boston Vet Center* (Region 1: Greater Boston)
Lowell Vet Center* (Region 2: Northeast Massachusetts)
Brockton Vet Center* (Region 3: Southeast Massachusetts)
New Bedford Vet Center* (Region 3: Southeast Massachusetts)
Hyannis Vet Center* (Region 4: Cape Cod)
Worcester Vet Center* (Region 5: Central Massachusetts)
Springfield Vet Center* (Region 6: Pioneer Valley)
Causeway (Boston) CBOC* (Region 1: Greater Boston)

**Mental Health: VA Hospitals Cont.**

Gloucester CBOC* (Region 2: Northeast Massachusetts)
Haverhill CBOC* (Region 2: Northeast Massachusetts)
Lowell CBOC* (Region 2: Northeast Massachusetts)
Lynn CBOC* (Region 2: Northeast Massachusetts)
New Bedford CBOC* (Region 3: Southeast Massachusetts)
Hyannis CBOC* (Region 4: Cape Cod)
Fitchburg CBOC* (Region 5: Central Massachusetts)
Worcester CBOC* (Region 5: Central Massachusetts)
Greenfield CBOC* (Region 6: Pioneer Valley)
Springfield CBOC* (Region 6: Pioneer Valley)
Pittsfield CBOC* (Region 7: Berkshire Hills)

**PTSD**
Home Base Program* (Region 1: Greater Boston)
The Onsite Academy* (Region 5: Central Massachusetts)
VA Hospitals, Vet Centers, and CBOCs*

**TBI**
Bedford VA Medical Center Polytrauma and TBI Support Clinic *
Home Base Program* (Region 1: Greater Boston)
VA Hospitals, Vet Centers, and CBOCs*
MANG MOBILE APPLICATION

Resources Available for Soldiers, Leaders and Families

- Behavioral Health
- Family Programs
- Chaplain Services
- Housing
- Sexual Assault
- And More

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Massachusetts National Guard or use the QR Code below

**ANDROID**

**APPLE**

*Veteran Specific Resource*
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