



Community Resources

Local Mutual Aid Networks

For the mutual aid networks in greater Boston, they all follow the same model. There are a few ways the process works: someone can reach out to their neighborhood point person, they can review the 'Offerings Spreadsheet' to see a list of offers already made by their neighbors and contact them directly, or they can write their needs on the 'Needs List'. Lynn and Worcester mutual aid groups are set up differently. Find the right location:

- [Mutual Aid Medford & Somerville](#)
- [Mutual Aid Jamaica Plain/Roxbury](#)
- [Mutual Aid Dorchester](#) (Spanish, Vietnamese, Haitian Creole, Cape Verdean Creole versions in document)
- [Mutual Aid Brookline](#)
- [Mutual Aid Cambridge](#)
- [Mutual Aid Lynn](#)
- [Mutual Aid Worcester](#)
- [Mutual Aid Eastie](#)
- [Mass Mutual Aid Networks](#)

Sign Up for NextDoor - Another way for neighbors to request help from neighbors. [NextDoor](#) is a hyper local social networking site. Using your home address you can then send out messages and engage with people in your direct neighborhoods. A lot of people are using this platform as a way to share information and ask for assistance with quick responses.

Grocery Delivery Options - This is a compiled list of local grocery delivery and/or curbside pick up options for Boston area:

- [Food for Free](#)
- [Project Driveway](#)
- [Good Neighbors by Nesterly](#)

Mental Health Resources

Full Service Agencies

- [Brighton-Allston Mental Health Center](#) (617) 787-1901
- [Brookline Community Mental Health Center](#) 617-277-8107
- [Fenway Health](#) (Offers services particularly for the LGBTQ Community) 617-927-0900
- [So. Jamaica Plain Health Center](#) 617-983-4219
- [Riverside Community Care](#)

Therapy matching services

- [Psychology Today](#)
- [Therapy Matcher](#) – NASW referral line for licensed social workers.

Hospital Services

- [Mass General Hospital outpatient clinics](#)
- [Cambridge Health Alliance](#)
- [Newton-Wellesley: Mental Health Matters Workbook](#)
- [Boston Children's Hospital](#)

Crisis support

Samaritans: If you need help fast, call Samaritans at 877-870-4673. The free 24/7 crisis hotline offers non-judgmental support and conversation to callers who are depressed, lonely, or considering suicide.

If you think someone is at risk for self-harm or harming others, call 911 or go to the nearest Emergency Department.

Food Resources for Those Who are Facing Hunger/Limited by Finances

- [Project Bread's Food Source Hotline: 1-800-645-8333](#)
- [City of Boston Food Resources Compilation](#)
- [City of Cambridge](#)
- **Chelsea:** Call 3-1-1 from within Chelsea (or 617-466-4209 outside the city)
- **Massachusetts:** 211