



# HAMPDEN COUNTY RESOURCES

<https://westernmasscit-ttac.org/>

- **Behavioral Health Help Line:**

- 833-773-2445

- **Suicide and Crisis Lifeline (National):**

- 988 (call or text)

- **CBHC:**

- Center for Human Development (CHD) Gateway
  - 1109 Granby Rd., Chicopee
  - 833-243-8255
- Behavioral Health Network WellBeing: Springfield
  - 417 Liberty St., entrance B, Springfield
  - 800-437-5922
  - [Bhn-intake@bhninc.org](mailto:Bhn-intake@bhninc.org)
- Behavioral Health Network WellBeing: Westfield
  - 77 Mill St., Westfield
  - 413-301-9355
  - [Bhn-intake@bhninc.org](mailto:Bhn-intake@bhninc.org)

- **Family Resource Centers:**

- Enlace de Familias/Family Resource Center
  - 299 Main St., Holyoke
  - 413-532-9300
  - Monday, Wednesday, Friday. Staff will see individuals by appointment only from 10am–3pm
- Westfield Family Resource Center at Behavioral Health Network
  - 16 George St., Westfield
  - 413-417-2020
  - Assistance navigating, housing, education, court/legal system, health insurance, EBT, and behavioral health services

- **Individual Shelters:**

- Samaritan Inn
  - 7 Free St., Westfield
  - 413-568-3122
  - Year-Round, open all day (max stay 90 days). NO waitlist. Intake through phone, call in the morning 9am-2pm. 27 men, 10 women, sober. Two meals/snack, some clothing, referrals. Advocacy, counseling, Spanish speaking
- Rescue Mission
  - 148 Taylor St., Springfield
  - 413-732-0516

- Year-round, Monday – Saturday 3pm-8am. Check-in by 4pm or bed is given away. Call at 8am to ensure bed. Walk-ins accepted at 3pm. 41 men, 18+. Sober, handicap accessible. Two meals, medical/dental, counseling, Spanish speaking
  - Friends of the Homeless
    - 755 Worthington St., Springfield
    - 413-732-3069
    - Year-round 5:30pm–8am. Line up at 5:30pm. 120 men, 34 women. Behavior based. Three meals, storage, shower, laundry, medical/dental, handicap accessible, Spanish speaking
  - Soldier On
    - VA Medical Center 421 N. Main St., Leeds
    - 413-582-3059 OR online referral: wesoldieron.org/admissions
    - Year-round, all day
    - 165 beds, behavior based. Food, clothing, case management, medical/mental health, substance abuse treatment, peer support, transportation
- **Youth/Young Adult Shelters:**
  - SHINE
    - 364 Main St., Indian Orchard
    - 413-736-8329 ext. 236, Monday – Friday intake 8am-5pm
    - Ages 18-24, 8 beds – up to two years
    - Homeless youth in Springfield, willing to work/attend school
  - Safety Zone
    - 246 Park St., West Springfield
    - 413-781-6566 (24/7 intake)
    - Ages 14-17, temporary (up to 21 days)
    - Homeless/Runaway youth
    - Serves Hampden, Hampshire, Franklin and Berkshire Counties
  - Millbrook Scholars
    - 44 Sherman St., Springfield
    - 413-739-5626
    - Ages 18+, four beds, food, clothing, tutoring, life-skills, mentorship
    - Must be enrolled in school. Must work part-time and maintain savings account
- **Food Programs:**
  - One Call Away, Inc., Veteran’s Support Center
    - 104 Ramah Circle South, Agawam
    - 413-301-8125 (call for most up to date schedule)
  - Blessed Sacrament Parish – Take & Eat
    - 1945 Northampton St., Holyoke
    - 413-532-0713
    - Homebound Seniors Only
  - Gray House, Inc., Emergency Services Pantry
    - 22 Sheldon St., Springfield
    - 413-734-6696 (call for most up to date schedule)
    - Drive-thru pick-up
  - Visit [foodbankwma.org/get-help/food-pantry-meal-program-schedule/](http://foodbankwma.org/get-help/food-pantry-meal-program-schedule/) for complete list of food banks and meal programs available in your area
  - Income, household size address and other verifications MAY be requested but NOT required