



# HAMPSHIRE COUNTY RESOURCES

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

- **Behavioral Health Help Line:**
  - 833-773-2445
- **Suicide and Crisis Lifeline (National):**
  - 988 (call or text)
- **CBHC:**
  - Clinical and Support Options (CSO): Hampshire County
    - 8 Atwood Dr. Northampton
    - 413-586-5555
  - Center for Human Development (CHD) Gateway
    - 1109 Granby Rd., Chicopee
    - 833-243-8255
- **Family Resource Centers:**
  - The Bridge Family Resource Center
    - 101 University Ave. Suite A3, Amherst
    - 413-549-0297
    - “Provides multi-cultural parenting resources, support groups, early childhood services, information and other education and referral programs for families with children from birth to 18 years of age”
  - Ware Family Resource Center at Behavioral Health Network
    - 82 Main St., Ware
    - 413-277-6601
    - BHNFRFC@bhninc.org
    - “Children and families who need additional supports or are at risk of court involvement can be assessed by FRC clinicians to develop a Family Support Plan. The FRC hosts and facilitates groups and events to strengthen families by giving them the tools they need through education and engagement”
  - Craig’s Doors Resource Center
    - 434 N. Pleasant St., Amherst
    - 413-256-0704 ext. 8
    - Hours of Operation: 8:30 am - 4:30 pm, M-F
    - Services provided: Overnight shelter, comprehensive case management, housing navigation, workforce development opportunities, daily meals, referrals to outside agencies, and more.
- **Individual Shelters:**
  - Grove Street Inn
    - 91 Grove St., Northampton
    - 413-586-6001

- M-F 4:30pm-8am; Weekends – all day (max stay 60 days)
    - Waitlist – call after 4pm (call 2x/week to stay on waitlist)
    - Men & Women (18+), 21 beds. Sober. Three meals & snack. Handicap accessible. Advocacy, counseling, housing, work, medical referrals. Spanish speaking
  - Interfaith Cot Shelter
    - 43 Center St., Northampton
    - 413-586-6750
    - November 1 – April 30; 6pm-7am
    - First come, first serve; line up at 5:30pm
    - Men & Women (18+); 20 beds. Sober, breakfast, advocacy, counseling, housing, medical referrals, Spanish speaking
  - Craig's Doors Congregate Emergency Overnight Shelter at the Immanuel Lutheran Church
    - 867 N. Pleasant St., Amherst
    - 413-256-0704 ext. 2
    - Hours of Operation: 24/7
    - Services provided: Overnight shelter, comprehensive case management, housing navigation, workforce development opportunities, daily meals, referrals to outside agencies, and more.
  - Soldier On
    - VA Medical Center 421 N. Main St., Leeds
    - 413-582-3059 OR online referral: [wesoldieron.org/admissions](http://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:**
  - Safety Zone
    - 246 Park St., West Springfield
    - 413-781-6556 (24/7 intake)
    - Ages 14-17, temporary (up to 21 days)
    - Homeless/Runaway youth
    - Serves Hampshire, Hampden, Franklin and Berkshire counties
- **Food Programs:**
  - Amherst Survival Center
    - 138 Sunderland Rd., Amherst
    - 413-549-3968 (call for most up to date schedule)
    - General public and Senior only nutrition program
  - Craig's Doors Non-Congregate Emergency Overnight Shelter
    - 329 Russell St., Hadley, MA 01035
    - Hours of Operation: 24/7
    - Phone number: 413-256-0704 ext. 3
    - Services provided: Outreach case management, food, showers, transportation vouchers, wifi, clothing, cooling center, warming center, vouchers, referrals to outside agencies, other resources.
  - Easthampton Community Center
    - 12 Clark St., Easthampton
    - 413-527-5240 (call for most up to date schedule)

- Emergency pick-up available if outside normal hours
- Delivery to Northampton, Easthampton, Southhampton, Westfield, Leeds and Florence
- Kid's Summer Bag Program
- Neighbors Helping Neighbors
  - 30 Carew St., South Hadley
  - 413-437-7593 (call for most up to date schedule)
  - Service for South Hadley and Granby
  - Mobile food pantries throughout the month within service area
- 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
- Free Community Breakfasts at the Unitarian Universalist Society of Amherst (121 N Pleasant St, Amherst, MA 01002) on Wednesday mornings