

Helplines and Online Support

Partnership for Drug-Free Kids Helpline

National Helpline available Monday-Friday, 9am-5pm., along with 24/7 on-line resources

Toll Free: 1-855-DRUGFREE (1-855-378-4373)

www.drugfree.org

Allies in Recovery

Online resource to help support families who have a loved one struggling with addiction. Free for MA residents.

www.alliesinrecovery.net

Parental Stress Line

Toll-free helpline for parents, 24/7 availability, confidential and anonymous.

Toll Free: 1-800-632-8188

www.parentshelpingparents.org/parental-stress-line

Grandparents Raising Grandchildren

On line resource and group meeting directory for grandparents and all relatives raising grandchildren

www.massgrg.com

Hampden-Wilbraham Partners for Youth

Visit the website to learn more about how to help keep our youth Safe, Healthy, and Drug-free can be found at:

WWW.HWP4Y.ORG



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Hampden County Resources

Find HELP Resources in One Place

Phone App or Website



(Free) Phone App: [HELPSTEPS](https://www.helpsteps.com)

Website: WWW.HELPSTEPS.COM

Search [HelpSteps](https://www.helpsteps.com) by zip code to find [local resources](https://www.helpsteps.com):

Addiction & Recovery, Adolescent & Youth Services, Education, Elder Care, Fitness, Food, Goods, Help Escape Violence, Housing, Income/Financial Assistance, Legal Aid, LGBTQ, Medical Care & Insurance, Mental Health, Nutrition, Parenting, Safety Equipment, Sexual Health & Texting, Special Health Care Needs, Transportation, Utilities, and Work.



**HAMPDEN-WILBRAHAM PARTNERS FOR YOUTH
UNITED FOR SAFE, HEALTHY, AND DRUG-FREE COMMUNITIES**

WWW.HWP4Y.ORG

Local Youth Crisis Services



Behavioral Health Network & Crisis Services

Frontline, 24/7 response to individuals of all ages experiencing a behavioral health crisis, regardless of insurance.

Phone: 413) 733-6661 (24 hours/7 days)

www.bhninc.org/content/emergency-services

Youth Addiction Support

Youth Central Intake & Care Coordination

Free, confidential support about how to help a youth or young adult who may be struggling with substance use. Ask any questions and get referrals to DPH-licensed treatment services at the right level of care needed. Monday – Friday, 9 am – 6 pm.

Toll free: (866) 705-2807 or (617) 661-3991

www.healthrecovery.org

MA Substance Abuse Information & Education Helpline

Free, anonymous information and referrals for alcohol and drug use problems (all ages). Mon – Fri, 8 am – 10 pm; Sat/Sun, 9 am – 5 pm.

Toll free: (800) 327-5050

www.helplinema.org

Find Local Support Groups



Learn To Cope

Peer-led support network for families dealing with addiction, and Online 24X7 chat room support and resources.

www.learn2cope.org

Local Meetings: Thursdays, 7-8:30 PM at Providence Behavioral Health Hospital 1233 Main St. Holyoke (1st floor auditorium)

Western MA Parents Support Group

Parents and caregivers helping each other while trying to cope with a child using alcohol and/or drugs.

Meetings: Wednesdays, 6:30-8:30 PM at Providence Behavioral Health Hospital 1233 Main St. Holyoke (1st floor auditorium)

www.supportgroupproject.org

Al-Anon and Alateen

Understanding and support for friends and families of problem drinkers. For information or to find a group meeting visit:

www.ma-al-anon-alateen.org

Naranon

A 12-step support program for family and friends of an addict. For more information or to find a group meeting throughout your area visit:

www.naranonctma.org