

Stoughton Public Schools Family Resources

Updated 2/13/21

Local Organizations That Can Help

Stoughton Youth Commission: (781)341-2252 Stoughton.org/youthcommission

Stoughton OASIS Coalition: www.stoughtonoasis.org FB: stoughtonoasis

MA Helpline: 1-800-327-5050

National Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text the Crisis Text Line at 741741.

Mass211 offers a wide variety of support and referral services. Dial 2-1-1.

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Community Mental Health Resources

A video of a program with hosted in February for Parents (and Teens):

Protecting Teen Health with OASIS, SPD and SYC:

<https://www.youtube.com/watch?v=Ajeg2BwhGGY>

OASIS mental health videos:

<https://stoughtonoasis.org/parent-resources>

Some print materials /resources for behavioral health:

<https://stoughtonoasis.org/mental-health-resources-for-covid19>

(also one attached)

Community Food Resources

Stoughton Community Food Resources

Location	Days of Week	Serving	Special Notes
Stoughton Elementary Schools (Dawe, Hansen, Gibbons, South & Wilkins)	Mon, 8:45 a.m.- 9:30 a.m.	Stoughton children breakfast and lunch	Contact Food Service Director Ed Gilbert with special dietary needs @ e_gilbert@stoughton.schools.org For more info go to: https://www.stoughton.schools.org/district/food-services
Dr. Robert G. O'Donnell Middle School, 211 Cushing Street	Wed 10:00 a.m.- 11:30 a.m.	Stoughton children breakfast and lunch	
St. Anthony's Free Market, 2 Park Avenue	Fridays, 9:00 a.m.- 12:00 p.m.; 2nd Thursday of the month, 5:00 p.m.- 6:00 p.m.	Stoughton residents (proof of residency required), <i>Donations accepted from 9:00 a.m.- 10:30 a.m. on Wednesdays</i>	For more info or to donate to food pantry go to: https://stoughtoncatholic.org/stanthonys
Ilse Marks Food Pantry, 103 Pleasant Street	Tuesdays, 9:00 a.m.- 11:00 a.m.	Stoughton residents (proof of residency required)	To contact Ilse Marks Food Pantry, go to: https://www.foodpantries.org/li/ilse_marks_food_pantry_02072
Old Colony YMCA, Stoughton, 445 Central Street	Monday- Friday, 9:00 a.m.-5:00 p.m. Donation bins in front of the building	Area residents	For more information about how you can help support the Y, go to: https://www.oldcolonyymca.org/locations/stoughton/contact-us
National Equipment Repair, 1296 Washington Street	Open 24/7	Blessing Box- Take what you need	
Stone Ends Apartment Complex, Wheeler Circle & Central St entrance	Open 24/7	Blessing Box- take what you need	
Trinity Episcopal	Open 24/7	Blessing Box- Take	

Church, 414 Sumner Street		what you need	
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- o **Lasagna Love** – Parents everywhere have been affected by the pandemic. Lost income, lost childcare, lost sanity - we're here to help. If you're a mom or dad and could use a hand with dinner one night in the coming weeks, sign up [here](#)."
- o **Community Cabinet** – Located at the First Parish Universalist Church, 790 Washington St. (Pleasant Street side) in Stoughton. This pantry focuses on neighbors-helping-neighbors way to make sure everyone in our community has **non-food items for household cleaning and personal care**.
- o **Project Bread** offers a FoodSource hotline for all Massachusetts residents, call: 800-645-8333. Available in 160 languages 8am-7pm, Monday-Friday; 10am-2pm on Saturday. TTY 800-377-1292
- o All Massachusetts families with school aged children who qualify for free or reduced price school meals may also be eligible for Pandemic EBT benefits worth \$5.70 per eligible student per day- here's the link to find out about your eligibility and more details: <https://www.mass.gov/info-details/pandemic-ebt-p-ebt>

COVID-19 Resources

COVID-19 is putting incredible pressure on families. You know your child better than anyone. But even you have a few questions. You might be noticing your child is struggling in new ways, or that old problems are getting worse. Should you worry about your child's behavioral health? We're here to help you figure that out. <https://handholdma.org/>

Stoughton Youth Commission provides monthly support groups for parents and caregivers and no-cost professional and confidential counseling services to Stoughton youth and their families. No referrals needed. Please call the Commission at 781-341-2252

Teresa Tapper of the Stoughton Youth Commission shares this message: "If you need someone to talk to, leave a voicemail on my extension and I will return your call. 781-341-2252 x9453. May you be safe and healthy as we all learn to adjust to the advice of social distancing for the time being!" Teresa also offers some great online resources for Parents/Guardians ad kids!!

Massachusetts Parental Stress Line: Staffed by volunteer counselors 24/7, this resource is a hotline for all Massachusetts caregivers and parents to reach out with their concerns. Call 800-632-8188

BAMSI (Brockton Area Multi-Services Inc.) is one of the largest minority, non-profit, human service organizations in Massachusetts. BAMSI's mission is to empower people and enrich their lives, through compassionate support and diverse services, one individual, one family at a time. www.bamsi.org
10 Christy's Drive, Brockton, MA 02301 – telephone: (508) 580-8700

Stoughton WIC Program – offered by the Department of Public Health – 445 Central St., Old Colony YMCA, Room 272, Stoughton, MA – telephone: 781-341-2016