
Massachusetts Resources Guide

A clean, direct-reference guide with clickable links and tap-to-call numbers. Compiled from the live Massachusetts Resources page on Soulful Sexology Sanctuary.

Use this guide to quickly open outside resource websites, call support lines, or navigate to the next right step. All links are clickable.

Need help right now?

- Emergency: [911](#)
- 988 Suicide & Crisis Lifeline: [988 / 988lifeline.org](#)
- Behavioral Health Help Line (BHHL): [833-773-2445 / masshelpline.com](#)
- Domestic Violence Hotline: [1-800-799-7233 / Text START to 88788 / thehotline.org](#)
- RAINN Sexual Assault Hotline: [800-656-4673 / rainn.org/hotline](#)
- Mass 211: [211](#) or [877-211-6277 / mass211.org](#)
- Veterans Crisis Line: [988](#) then press 1 / Text [838255 / veteranscrisisline.net](#)

Massachusetts Food Support Resources

- [Feeding America food bank locator](#)
- Project Bread FoodSource Hotline: [1-800-645-8333 / projectbread.org/foodsource-hotline](#)
- [SNAP information in Massachusetts](#)
- Mass 211 for local food support: [mass211.org / Dial 211](#)

Massachusetts Disability Resources

- [Apply for SSI](#)
- [Apply for SSDI](#)
- Social Security: [1-800-772-1213](#)
- [Social Security en Español](#)

Massachusetts Health Coverage Resources

- Health Connector Marketplace plans: [mahealthconnector.org](#)
- MassHealth: [mass.gov/masshealth / 1-800-841-2900](#)
- [Apply for MassHealth](#)
- Medicare: [medicare.gov / 1-800-633-4227](#)
- SHINE Medicare counseling: [mass.gov/shine / 1-800-243-4636](#)

Massachusetts Housing and Eviction Prevention

- [Housing Consumer Education Centers \(HCEC\)](#)
- [Apply for RAFT](#)
- [Apply for Section 8](#)
- [Mass 211 for local housing or shelter help: \[mass211.org\]\(http://mass211.org\) / Dial 211](#)

Massachusetts Peer Support and Respite

- [Afiya House peer respite: \[wildfloweralliance.org/afiya-house\]\(http://wildfloweralliance.org/afiya-house\) / 413-570-2990](#)
- [NAMI Massachusetts](#)
- [Wildflower Alliance Warmline: \[wildfloweralliance.org/peer-support-line\]\(http://wildfloweralliance.org/peer-support-line\) / 888-407-4515](#)

Massachusetts Transportation Resources

- [MassHealth Transportation](#)
- [MassHealth phone: 1-800-841-2900](#)
- [Mass 211 local transportation help](#)

Massachusetts Legal Help Resources

- [Massachusetts Legal Resource Finder](#)
- [MassLegalHelp eviction resources](#)
- [Mass 211 legal help navigation](#)

Massachusetts Phone and Internet Help

- [AT&T; Access](#)
- [Internet Essentials \(Comcast\)](#)
- [Lifeline: \[lifelinesupport.org\]\(http://lifelinesupport.org\) / 800-234-9473](#)
- [Spectrum Internet Assist](#)

Massachusetts Treatment Resources

- [FindTreatment.gov](#)
- [MA Substance Use Helpline: \[helplinema.org\]\(http://helplinema.org\) / 800-327-5050](#)
- [SAMHSA Helpline: 1-800-662-4357 / \[SAMHSA page\]\(#\)](#)
- [BHHL care navigation: 833-773-2445 / Text 833-773-2445](#)

Massachusetts Utilities and Energy Assistance

- [Apply for HEAP](#)
- Mass 211 utility help: mass211.org / Dial 211

Massachusetts Telehealth Appointments

- Telehealth mental health counseling is available for clients located in Massachusetts.
- Request appointments here: yagelis.clientsecure.me/contact-widget
- Call: 719-319-8170
- Text: 719-319-8170
- If there is immediate danger, call 911. For emotional crisis support, call or text 988. For local help with housing, food, and benefits, dial 211.

Soulful Sexology Sanctuary - Massachusetts telehealth support and community resources.