



The Town of Falmouth's Human Services Department continues to be available to support Falmouth residents impacted by the COVID-19 crisis. If you need assistance navigating resources, have questions about basic needs, or are in need of mental health support, please call our office for assistance at 508-548-0533 between the hours of 8:00am-4:30pm, Monday through Friday. Visit our website at <https://www.falmouthma.gov/Human-Services>.

COVID-19 INFORMATION

- **Town of Falmouth**
<https://www.falmouthma.gov/Coronavirus>
- **Barnstable County Department of Health and Environment (Information on testing sites) -**
<https://www.barnstablecountyhealth.org/>
- **Barnstable County Region-wide Helpline – 1-774-330-3001, Monday-Friday 8am – 4:30pm**
- **The Cape Cod COVID-19 Response Task Force**
<http://www.reopeningcapecod.org>
- **Cape Cod HEALTH CARE COVID-19 INFORMATION**
<https://www.capecodhealth.org/medical-services/infectious-disease/coronavirus/>
- **MASSACHUSETTS DEPARTMENT OF HEALTH COVID-19 VACCINE INFORMATION**
<https://www.mass.gov/covid-19-vaccine>
- **CENTERS FOR DISEASE CONTROL**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

MENTAL HEALTH & WELLNESS RESOURCES:

- **The Cape Cod COVID-19 Response Task Force –** For a collection of wellness resources, articles, web videos, etc you can visit <https://www.reopeningcapecod.org/coping-during-covid> Website is updated regularly
- **Mental Health America –** <https://mhanational.org/covid19>
- **Falmouth Human Services Department -** <https://www.falmouthma.gov/Human-Services> for current services and offerings.

If you are feeling alone, overwhelmed, or struggling to cope in any way, the following help lines are available to listen. All calls are free and confidential. You do not need to be suicidal to call. Simply needing a safe space to talk through your emotions during this challenging time.

- **MassSupport/Riverside Trauma Center –** 888-215-4920 Monday-Saturday 8am-8pm, www.masssupport.org, MassSupport@riversidecc.org. MassSupport counselors and clinicians are available to provide support, resources, and education 8am – 8pm.
- **NATIONAL SUICIDE PREVENTION LIFELINE -** 800-273-8255. You can also reach out to the Crisis Text Line by texting TALK to 741741
- **THE SAMARITANS ON CAPE COD AND THE ISLANDS CRISIS LINE –** 508-548-8900. Calls are answered by local trained volunteers from 8am-6:30pm after which time calls are routed to the Boston Samaritans hotline.

- **BAYCOVE EMERGENCY SERVICES** – If you are in crisis please call Bay Cove for mental health crisis intervention services at 833-229-2683 or dial 911 or go to your nearest emergency room
- **THE PARENTAL STRESS LINE** – “PARENTS HELPING PARENTS” – available 24/7 in all languages 1-800-632-8188
- **SAFELINK** – Massachusetts statewide domestic violence support and resources: 24/7 helpline 877-785-2020
- **INDEPENDENCE HOUSE** – Monday-Friday 9am-4pm, 800-439-6507x238 or 24/hour hotline 800-439-6507. Remote services range in all areas including one-on-one counseling with active and new clients by phone and video, group video counseling, assistance with court applications remotely in order to obtain emergency 209A Restraining Orders or 258E Harassment Orders, and legal assistance and representation by a staff attorney. Their confidential emergency domestic and sexual violence shelter remains in full operation.
www.independencehouse.org.
- **FALMOUTH HUMAN SERVICES** – Town Social Workers are available at 508-548-0533, Monday – Friday, 8:00 am – 4:30 pm to provide support to Falmouth residents who are struggling with their emotional health during this challenging time.

SUBSTANCE USE RESOURCES:

- **The Massachusetts Substance Use Helpline** - 800-327-5050 or visit www.helplinema.org
- **Aids Support Group of Cape Cod** – 774-793-6656 or visit <https://www.asgcc.org>, Falmouth location is 31 Teaticket Hwy, Unit 1-6, East Falmouth
- **Cape Cod Intergroup Alcoholics Anonymous** – <https://capecodaa.net/wordpress/meetings/>
- **Cape Cod NA Meeting List** – 1(866) NA HELP U or visit <https://tinyurl.com/y7knz62k>
- **Gosnold Family Education and Support Meetings** – <https://gosnold.org/for-families/>
- **Herren Project Online Support Groups** – <https://herrenproject.org/recovery-meeting/>
- **In the Rooms** – <https://www.intherooms.com>
- **Learn to Cope** – www.learn2cope.org
- **Pause A While** – www.pauseawhile.org
- **PIER Recovery Center** – www.facebook.com/pierrecovery
- **Teen RecoveryBuild** – 774-487-5227 or email Apg@duffyhealthcenter.org
- **South Shore Peer Recovery** – <https://southshorepeerrecovery.org/>
- **WellStrong** – <https://www.wellstrong.org/class-calendar/>

FOOD RESOURCES:

- **FALMOUTH SERVICE CENTER** – Food Distribution hours Tuesday, Thursday & Friday 10am-noon and Wednesday from 3:30-5:30pm. Information and updates can be found on their website <http://www.falmouthservicecenter.org/> and Facebook page or by calling 508-548-2794. Home Delivery for Falmouth Residents age 60+ who do not drive and are housebound can be provided via the Falmouth SENIOR Center 508-540-0196.
- **Falmouth residents in lockdown due to COVID** – Call Falmouth Human Services at 508-548-0533, 8am-4:30pm, Monday-Friday for coordination of a Tuesday delivery of food from CCRTA.
- **List of other Upper Cape food resources for Barnstable County** - <https://www.bchumanservices.net/2021/01/all-food-resources-now-thru-the-holidays-3-3/>
- **DTA – SNAP BENEFITS** (food stamps) 877-382-2363, www.dtaconnect.eohhs.mass.gov
- **Project Bread’s FoodSource Hotline** - Hotline 1-800-645-8333 is open Monday through Friday from 8:00 am to 7:00 pm and Saturday from 10:00am to 2:00pm to answer any questions regarding SNAP Benefits (all sign-ups are going through DTA at this time) or visit <http://www.projectbread.org/>

- **Falmouth WIC** – 508-540-9742
- **Elder Services of Cape Cod Meals on Wheels sign-up** – 800-244-4630 / 508-394-4630
- **Lasagna Love** – To request a meal delivery or nominate a friend visit <https://www.lasagnalove.org>

FINANCIAL RESOURCES:

- **FALMOUTH SERVICE CENTER** – Please call 508-548-2794 for a financial assistance phone appointment.
- **UNEMPLOYMENT BENEFITS** - <https://www.mass.gov/orgs/department-of-unemployment-assistance> 877-626-6800 TeleClaim Center (When calling the TeleClaim Center please follow the call schedule: if your SS# ends in 0, 1 call on Monday; 2, 3 call on Tuesday; 4, 5, 6 call on Wednesday; 7, 8, 9 call on Thursday; any last digit call on Friday). Mass Hire/Jobs One in Hyannis – 508-771-5627 in Hyannis taking calls, closed to onsite help.
- **Cape Cod and the Islands Major Crisis Relief Fund** - <https://majorcrisisrelieffund.org/>
- **Falmouth Chamber of Commerce** – <https://www.falmouthchamber.com/covid---19-resources.html> resource list for self-employed; some service industries; and business owners

HOUSING:

- **HOUSING ASSISTANCE CORPORATION** – Cape-wide rent and mortgage assistance through one secure, 100% online application gives you access to several programs, including: RAFT (Residential Assistance for Families in Transition); ERMA (Emergency Rental and Mortgage Assistance); HAC’s private homeless prevention programs and funding; HAC’s new Workforce Housing Relief Fund. To apply, please visit www.haconcapecod.org/programs/homeless-prevention. For more information please call (508)-771-5400 or email hac@haconcapecod.org.
- Falmouth residents can call Falmouth Human Services at 508-548-0533 to request homeless prevention case management services through Housing Assistance Corporation
- **FALMOUTH HOUSING AUTHORITY** – <https://falmouthhousing.org> or call 508-548-1977 for more information on public and subsidized housing in Falmouth
- **Belonging To Each Other** – Winter shelter program for homeless Falmouth residents only – For eligibility call 774-392-6858
- **St. Joseph Shelter** – 774-470-5976 Homeless shelter for individuals on the Cape
- **Homeless not Hopeless** – Transitional temporary housing call 508-957-2334 for eligibility
- **Champ Homes** – Transitional temporary housing call 508-771-0885 for eligibility
- **DHCD Emergency Shelter Remote Access Line for Families** – 866-584-0653
- **Local Housing Lists:**
 - **WHOI Housing** - <https://www.whoiedu/housing/housingListing.do>
 - **Housing Assistance Corp** - <https://haconcapecod.org/programs/available-housing/> or <https://haconcapecod.org/programs/available-housing/real-estate/property-listings/>

LEGAL ASSISTANCE, MEDIATION PROGRAMS, AND ADDITIONAL INFORMATION:

- **South Coastal Counties Legal Services, Inc. Contact** - 800-244-9023; Website: www.sccls.org
- **Cape Cod Dispute Resolution Center, Inc. Contact** - 508-240-1717; Website: www.capemediation.org
- **Finding a Lawyer** - <https://www.mass.gov/info-details/finding-a-lawyer>
- **MassLandlords Helpline** - 774-314-1896; Website: <https://masslandl>
- **Report Identity Theft** - <https://www.mass.gov/service-details/report-identity-theft>

MASS HEALTH ENROLLMENT:

- Call (877) MA-ENROLL – <https://mahealthconnector.org/>
- Community Action of Cape Cod MA Health Navigator at 508-771-1727
- Falmouth Hospital Financial Services – <https://www.capecodhealth.org> or call 508-495-7156/508-495-7157

SENIOR SERVICES:

- **FALMOUTH SENIOR CENTER** - The Senior Center building is closed to the public. Staff are working and available to respond to phone calls and emails regarding seniors' needs or concerns, Monday – Friday, 8am-4pm at 508-540-0196 or <https://www.falmouthma.gov/444/Senior-Services-Senior-Center>. Please refer to their latest newsletter for services and offerings.
- **Alzheimer's Family Support Center** – Is providing telephonic and electronic support for families and individuals living with AD/dementia seven days per week. Services include emergency contingency planning, general support and information, and connection to available resources and services in the community. Contact 508-896-5170, email info@capecodalz.org or visit <http://www.alzheimerscapecod.org>
- **Nursing Home Family Resource Hotline** – Information and resources for residents and family members of nursing homes across Massachusetts call 7-days a week, 9am-5pm at 617-660-5399
- **Neighborhood Falmouth** - 508-564-7543 or email director@neighborhoodfalmouth.org
- **SHINE (Serving Health Insurance Needs of Everyone)** - 508-375-6762 main office or call Senior Center to make appointment 508-540-0196. (Medicare can be contacted at 800-633-4227).

CHILDREN AND FAMILIES:

- **FALMOUTH PUBLIC SCHOOLS** - <https://www.falmouth.k12.ma.us/COVID19>
- **HandHoldMA** - <https://www.HandholdMA.org>
- **Child Mind Institute** - <https://childmind.org/>
- **Cape Cod Family Resource Center** – 508-815-5100 or visit <https://www.frcma.org>
- **Cape Cod Neighborhood Support Coalition** 508-771-4336 or visit <https://capecoalition.com/>
- **YMCA Childcare** – North Falmouth Cong. Church 508-392-9587 / Falmouth Hospital Campus pzilewicz@ymcacapecod.org.

WAYS TO HELP IN FALMOUTH:

- Neighborhood Falmouth has volunteer opportunities. **CORI checks are required.** Contact Director Susan Loucks at director@neighborhoodfalmouth.org
- Falmouth Meals on Wheels delivery opportunities. **CORI checks are required.** Contact Karen at 508-548-4198, Monday-Friday, 8am-1pm.
- Reach out and check in on your neighbors who may be homebound or who may vulnerable to COVID-19
- Lasagna Love – Volunteer to cook or deliver a meal, visit <https://www.lasagnalove.org>

GENERAL INFORMATION/REFERRAL

- **Mass211** – <https://www.mass211.org> or call 877-211-6277
- **Barnstable County Human Services** – <https://www.bchumanservices.net> or call 508-375-6628
- **Falmouth Human Services** – <https://www.falmouthma.gov/human-services> or call 508-548-0533
- **Relief/referral for Undocumented Workers** - <https://www.massundocufund.org/resources>