Falmouth Human Services continues to be available to the residents of Falmouth during the COVID-19 crisis. To protect our community and staff we have suspended in-person appointments with residents. Staff social workers are available by phone and email to assist with any human service needs that arise during this 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.

**MENTAL HEALTH RESOURCES:**

- Shine, Inc. – Free meditations and other resources [https://www.virusanxiety.com/](https://www.virusanxiety.com/)
- Mental Health America - [https://mhanational.org/covid19](https://mhanational.org/covid19)

We are in this together and help is always available. If you are feeling alone and struggling, the following crisis and support 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.

- **NATIONAL SUICIDE PREVENTION LIFELINE** - 800-273-TALK. 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.
- **SAMHSA The Disaster Distress Helpline** – A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
- **BAYCOVE EMERGENCY SERVICES** – If you are in crisis please call Bay Cove for mental health crisis intervention services at 800-229-2683 or dial 911
- **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](http://www.independencehouse.org).
- **FALMOUTH HUMAN SERVICES** – Town Social Workers are available at **508-548-0533**, Monday – Friday, 8:00 am – 4:30 pm to answer any human service-related questions and to provide support to Falmouth residents who are struggling with their emotional health during this challenging time.
- **“COMFORT CONVERSATION”** – Center for Family Therapy in Mashpee 508-539-0221 ext. O
SUBSTANCE USE RESOURCES:

- Cannot attend an AA meeting? Pause A While is hosting free conference calls for AA meetings every day at 2 pm at (425)436-6360 access code 422932#
- Wellstrong Zoom Schedule – Visit website www.wellstrong.org for details: Zoom Meeting ID: 307 972 4073
- PIER Recovery Center – Monday-Friday Zoom meetings at 10am: Zoom Meeting ID 517 349 883
- https://www.recoveryanswers.org/media/digital-recovery-support-online-and-mobile-resources/
- Herren Project On-line Recovery Support Groups - https://herrenproject.org/online-support-groups/
- The Massachusetts Substance Use Helpline - 800-327-5050 or visit www.helplinema.org
- Gosnold Family Education and Support Meeting – Peer-led support group facilitated by a Gosnold clinician, Sundays from 11am-12:30pm. Zoom meeting ID: 499635631, Dial in: 929-205-6099.
- Learn to Cope – Online support forum open to families, friends and loved ones who have someone in their lives who is struggling with substance use disorder www.learn2cope.org
- South Shore Peer Recovery – 1:1 telephone recovery support https://tinyurl.com/ssprrts

FOOD RESOURCES:

- FALMOUTH SERVICE CENTER – Open for food distribution Tuesday, Thursday and Friday 10am – noon and Wednesday 4-6pm. Further information and updates can be found on their website http://www.falmouthservicecenter.org/ and Facebook page or by calling 508-548-2794.
- Harbor Health in Hyannis – SNAP benefits. Contact Camila Barbosa at 508-778-5413 for help in signing up.
- 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/
- Elder Services of Cape Cod Meals on Wheels sign-up – 800-244-4630 / 508-394-4630

FINANCIAL RESOURCES:

- 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. Spanish language application now available on Mass.gov website.
- SELF-EMPLOYED BENEFITS - https://www.mass.gov/how-to/apply-for-pandemic-unemployment-assistance
- FALMOUTH SERVICE CENTER – Please call 508-548-2794 for a financial assistance phone appointment.
- 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
- Relief for Undocumented Workers – Information and resources www.massundocufung.org

HOUSING:

- HOUSING ASSISTANCE CORPORATION - If you or someone you know is facing a housing crisis, please call (508)-771-5400 or email hac@haconcapecod.org. Falmouth residents can call the Homeless Prevention Case Manager, Zelda Bergstrom, on Tuesdays and Thursdays at 508-367-7210 for case management services. Workforce Housing Relief Fund and RAFT (Residential Assistance for Families in Transition application available on their website or email prevention@haconcapecod.org or call to have one mailed to you.
- **FALMOUTH HOUSING AUTHORITY** – Various applications available for new housing developments and voucher programs on their website at [www.falmouthhousing.org](http://www.falmouthhousing.org) or call 508-548-1977 or email at info@falmouthhousing.org

**MASS HEALTH ENROLLMENT:**

For qualified Massachusetts residents who are uninsured. Call (877) MA-ENROLL or go to [https://www.mahealthconnector.org/](https://www.mahealthconnector.org/) or for assistance from a MA Health Navigator Call Community Action of Cape Cod at 508-771-1727.

**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.seniorcenter@falmouthma.gov](https://www.seniorcenter@falmouthma.gov). Senior Center is providing mini-bus transportation to essential medical appointments, grocery stores and pharmacies for seniors. Delivering To Go Bags of groceries from the Falmouth Service Center Food Pantry and can also help connect seniors to Elder Services’ Programs including Meals on Wheels.
- **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. Support Groups on Zoom: Caregiver Group: Falmouth, 1st and 3rd Mondays of the month, 11am-12pm; Caregiver Group: Mashpee, 2nd and 4th Thursdays of the month, 1-2pm; Caregiver Group: Sandwich, 2nd and 4th Mondays of the month, 11am-12pm; Men’s Caregiver Group: Capewide, 2nd and 4th Wednesdays of the month, 11am-12pm; Groups for People with Cognitive Loss Women’s Early Stage Group, 2nd and 4th Tuesdays of the month, 11am-12pm; General Group for People with Cognitive Loss, 1st and 3rd Tuesdays of the month, 12-1pm; Bereavement Group I, 1st and 3rd Monday of the month, 11am-12pm; Bereavement Group II, 2nd and 4th Monday of the month, 11am-12pm. Contact 508-896-5170, email info@capecodalz.org or visit [http://www.alzheimerscapecod.org](http://www.alzheimerscapecod.org) for more information or signup for a group.
- **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** – Volunteers will do grocery store shopping and pharmacy pick-ups for seniors. Call 508-564-7543 or email director@neighborhoodfalmouth.org to request.
- **SHINE [Serving Heath Insurance Needs of Everyone]** - Calls for Cape Cod and the Islands should be directed to the regional SHINE office at 508-375-6762. Tracey Benson, SHINE Program Manager, will be managing the calls Monday-Friday 8:00-3:30. Any Medicare related inquires can be directed to this office or Medicare (800-633-4227) until further notice.
- **SHINE Volunteer at AFSC** – Insurance support over the phone or via teleconferencing. Contact Alzheimer’s Family Support Center to make an appointment with Bob Mauterstock. Email: info@capecodalz.org or call 508-896-5170.
- **Social Distancing: Apps for Seniors** (Tech-savvy or not) – A guide to home care, communication, food delivery and health monitoring tools [https://www.seniorliving.org/research/apps-for-seniors/](https://www.seniorliving.org/research/apps-for-seniors/)
CHILDREN AND FAMILIES:

- **FALMOUTH PUBLIC SCHOOLS** - [https://www.falmouth.k12.ma.us/COVID19](https://www.falmouth.k12.ma.us/COVID19)
- **EMERGENCY CHILD CARE PROGRAMS** - YMCA Cape Cod has EXPANDED Exempt Emergency Child Care Programs for ALL essential workers. Available ONLY for parents/guardians who are essential workers as defined by Governor Baker: [https://www.mass.gov/info-details/covid-19-essential-services](https://www.mass.gov/info-details/covid-19-essential-services). There is no cost to families for this service. Programs will operate 7 days a week, until further notice. Childcare hours are DROP IN from 6 am to 11 pm at the following YMCA Cape Cod childcare locations: Falmouth Hospital Campus, 67B Ter Heun Drive, Falmouth. North Falmouth Congregational Church, 155 Old Main Road, North Falmouth. Each location will accept a maximum of 40 children at any given point in time. If capacity is reached and a child is picked up, they will take the next child in line. Siblings will remain together as much as possible. Children can be as young as 13 weeks and as old as 12 years. FREE breakfast, lunch, dinner and 3 snacks per day will be served.
  - There is no need to pre-register; however all parents must complete information forms available on the YMCA Cape Cod website: [https://ymcacapecod.org/wp-content/uploads/YMCA-Cape-Cod-EEC-Emergency-Child-Care-Child-Info-Forms-.pdf](https://ymcacapecod.org/wp-content/uploads/YMCA-Cape-Cod-EEC-Emergency-Child-Care-Child-Info-Forms-.pdf). To reduce wait time at drop-off, parents are asked to fill out the forms in advance of dropping off their children. See website for full details.

- **Navigating ADHD, Inc.** – Free online Parent Support Group every Thursday see website for details or contact them at 508-566-0093, info@navigatingadhd.com, [https://www.navigatingadhd.com](https://www.navigatingadhd.com)

- **Cape Cod Family Resource Center** – [www.capecodfamilyresourcecenter.org](http://www.capecodfamilyresourcecenter.org) or call 508-815-5100 for information or to register for online classes/events.

- **Child Mind Institute** - [https://childmind.org](https://childmind.org)

WAYS TO HELP IN FALMOUTH:

- Neighborhood Falmouth has volunteer opportunities. **CORI checks are required.** Contact Director Susan Loucks at [director@neighborhoodfalmouth.org](mailto: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

COVID-19 INFORMATION

- **Cape Cod HEALTH CARE COVID-19 INFORMATION**

- **CENTERS FOR DISEASE CONTROL**

- **MASSACHUSETTS DEPARTMENT OF HEALTH COVID-19 INFORMATION**

- **Town of Falmouth Health Department**
  [http://www.falmouthmass.us/1059/Coronavirus](http://www.falmouthmass.us/1059/Coronavirus)