

HELPLINE

“ACK-CESS NANTUCKET”

Edition 2009

SUPPORTIVE SERVICES
EMERGENCY SERVICES
HOUSING SERVICES
HEALTH & MEDICAL SERVICES
EDUCATIONAL SERVICES
RECREATIONAL SERVICES
ADVISORY/ ADVOCATE GROUPS
HOME CHILD CARE OPTIONS
HOTLINE NUMBERS
ISLAND SUPPORT GROUPS
PRIVATE PRACTITIONERS
RELIGIONS GROUPS/CHURCHES
TRANSLATORS

COUNCIL FOR HUMAN SERVICES

2 Fairgrounds Road

(508)325-7559

COUNCIL MEMBERS

Jacqueline McGrady	Eve Messing
Rachel Rosen	M. Gregory Mehringer
Linda Williams	Susan Marques



This Symbol, where it appears on the following pages, denotes **full or partial handicapped access** at the locations listed.

24-HOUR EMERGENCY

911

POLICE -FIRE-AMBULANCE

**211 for the states most comprehensive
database of human service resources**

Nantucket Cottage Hospital.....	508-825-8100
Fire Non-Emergency.....	508-228-2323
M.S.P.C.A.....	508-228-1491
Poison Control.....	1-800-682-9211
Environmental Police.....	508-257-6932
Police Non-Emergency.....	508-228-1212
Emergency Psychiatric Assistance.....	508-228-2689
<i>To access "on call" personnel after hours, Call the Hospital (508-825-8100) or Police (508-228-1212)</i>	
A Safe Place.....	508-228-2111
Sheriff.....	508-228-7263
State Police.....	508-228-0706
Nantucket Harbor Master.....	508-228-7261
U. S. Coast Guard.....	508-228-0388

HOTLINES

AARP Medical Insurance Information	(800) 523-5800
Adolescent Suicide/Runaway Hotline, National	(800) 621-4000
Adoption Center, National	(800) 862-3678
Aerobics & Fitness Foundation of America	(800) 233-4886
AIDS Action Committee Hotline (Statewide)	(800) 235-2331
AIDS Hotline, National (English)	(800) 232-4636
AIDS Hotline, (Spanish)	(800) 232-4636
AIDS Hotline, (Deaf)	(888) 232-6348
AIDS Testing	(800) 232-4636
Air Life Line Angel Flight Northeast	(800) 446-1231
Alcohol Hotline (At Care Hospital-Referrals)	(800) 252-6465
Alcohol/Drug Treatment-NORCAP Center <i>Psych only</i>	(800) 331-2900
Alcoholics Anonymous Cape Cod AA	(800) 637-6237
ALS Association – MA/Vermont Chapter (Amyotrophic Lateral Sclerosis)	(800) 782-4747
Alzheimer's Association, Cape Cod & Islands	(508) 775-5656
Amtrak	(800) 872-7245
Arson Hotline	(800) 682-9229
Arthritis Foundation	(800) 283-7800
Ask-a-Nurse	(800) 675-6368
Asthma/Respiratory Disorders	(800) 222-5864
AVIS Rental Cars with Hand Controls (Advance Notice Required)	(800) 331-1212
B-Bus (Cape Area Transportation System) (Regional Transit Authority, Cape Cod)	(800) 352-7155
Betty Ford Center for Substance Abuse	(800) 854-9211
Blind, American Council of the	(800) 424-8666
Blind, Massachusetts Commission for the (Regional Office—for Cape/Islands)	(800) 392-6450
Blind, Recorded Books Inc.	(800) 638-1304
Blind, Recordings for the	(800) 221-4792
Boy's/Girl's Town Hotline	(800) 448-3000
Brain Injury Foundation, National	(800) 444-6443
Bridge over Troubled Waters—Runaways	(617) 423-9575
BUDGET – Rental Cars with Hand Controls (Advance Notice Required)	(800) 527-0700
Cancer Information & Counseling Line	(800) 525-3777
Cancer Society, American –So. Eastern Reg. Ctr.	(800) 227-2345
Cape Cod Human Services	(800) 894-2247
Cape & Islands United Way	(800) 462-8002
Child Development, Cape Cod	(800) 974-8860
Child and Family Service	(800) 576-9444
Child Care Works	(800) 338-1717

Child Support Enforcement Unit-MA DOR-Hyannis	(800) 332-2733
Children's Craniofacial Association	(800) 535-3643
Children's Cove (Child Abuse)	(888) 863-1900
Children's Medical Security Plan	(800) 909-2677
Children's Place	(800) 871-9535
Citizens Information Services (Taxes/Financing/Labor Statistics/Licensing)	(800) 392-6090
Cleft Palate Foundation	(800) 242-5338
Childcare Network HOPE	(800) 845-1999
Consumer Complaints, Public Utilities	(800) 392-6066
Consumer Product Safety Commission Hotline	(800) 638-2772
CORD (Cape Organization for the Rights of the Disabled)	(800) 541-0282
Cape Psych Center	(800) 545-5014
DARE, Inc. (Family Service)	(800) 640-3273
Deaf and Hard of Hearing, MA Commission for	(800) 882-1155
Deaf National Hearing Aid Helpline	(800) 521-5247
Deaf, Captioned Videos for the (V/TDD)	(800) 237-6213
Dental Society, MA (Reduced Fees)	(800) 342-8747
Depression Awareness, Recognition & Treatment Program	(800) 421-4211
Detox Star Ambulatory Service	(508) 679-5222
Diabetes Association, American	(800) 232-3472
Disabilities, Information Center for the Individual with	(800) 642-0249
Disability, Massachusetts Office on	(800) 322-2020
DMH (Department of Mental Health)	(800) 352-7742
Down Syndrome Congress, National	(800) 232-6372
Down Syndrome Society, National	(800) 221-4602
Drug/Substance Abuse Hotline	(800) 662-4357
Drug Information, National Clearinghouse for	(800) 729-6686
Drug Smuggling Hotline (Border Protection)	(800) 232-5378
DSS (Department of Social Services)	(800) 352-0711
Easter Seal Society, Massachusetts	(800) 922-8290
Easter Seal Society, National	(800) 221-6827
Elder Abuse Hotline	(800) 922-2275
Elder Services of Cape Cod & the Islands	(800) 244-4630
Epilepsy Foundation of America	(800) 332-1000
Equal Employment Opportunity Commission Publication Ctr.	(800) 669-3362
Eye Care Project, National	(800) 222-3937
Federal Employee Education & Assistance Fund	(800) 323-4140
Food Stamps Hotline	(866) 950-3663

Gambling, MA Council on Compulsive	(800) 426-1234
Gosnold Treatment Center	(800) 444-1554
Handicapped Hotline, Library of Congress	(800) 424-8567
Headache Foundation, National	(800) 843-2256
Health for Disabled Children, Common	(617) 534-9200
Health Information Center, National	(800) 648-8898
Healthy Start (Dept. of Public Health)	(888) 488-9161
Hear Now (Hearing Aid Recycling)	(800) 648-4327
Hearing Aid Helpline, National	(800) 521-5247
Hearing and Speech Helpline, National	(800) 638-8255
Hearing International Institute, Better	(800) 327-9355
Heart/Stroke Connection, American	(800) 553-6321
Highway Traffic Safety Helpline	(800) 424-9393
Hospice International, Children's	(800) 242-4453
Hospice of Cape Cod	(800) 642-2423
Huntington's Disease Society of America	(800) 345-4372
Crohns and Colitis, National Foundation	(800) 932-2423
Independence House	(800) 439-6507
Infant Nutrition Hotline (Beechnut consumer hotline)	(800) 523-6633
Info-line, Cape & Islands United Way	(800) 462-8002
Internal Revenue Service, Tax Help	(800) 829-1040
Job Accommodation Network	(800) 526-7234
Job Corps, National	(800) 733-5627
Kidney Fund Foundation, American	(800) 638-8299
Lawyer Referral Service (Massachusetts)	(866) 627-7577
Legal Resource Hotline	(800) 342-5297
Legal Service for Cape & the Islands	(800) 742-4107
Living Bank (Organ Donor Registry)	(800) 528-2971
Lou Gehrig's disease (ALS)	(800) 782-4747
Lupus Foundation Info-Line	(800) 558-0121
MADD (Mothers Against Drunk Driving)	(800) 438-6233
Manic Depressive Association	(800) 826-3632
Mass Save (Energy Save)	(800) 632-8300
Massachusetts Health Client Services	(800) 841-2900
Massachusetts Behavioral Health Partnership	(800) 495-0086
Media Resource Services, Inc. (Health)	(800) 223-1730
Medical Society, Massachusetts	(800) 322-2303
Mental Health Center – Pocasset	(800) 352-7742
Mental Health, Department of, Commonwealth MA	(800) 387-0222
Mentally Ill Helpline, National Alliance for	(800) 950-6264
MSPCC (MA Society for Prevention of Cruelty of Children)	(800) 272-9722
National Eye Care Project (for Indigents)	(800) 222-3937
Neurofibromatosis Foundation, National	(800) 323-7938

Parental Stress Line	(800) 632-8188
Parents Anonymous	(800) 882-1250
Parkinson's Disease Association, American	(800) 223-2732
Peace Corps	(800) 424-8580
Poison Control Center	(800) 682-9211
Pregnancy Environmental Hotline	(800) 322-5014
Regional Transit Authority, Cape Cod	(800) 352-7155
Rehabilitation Information Center, National	(800) 346-2742
Retired Senior Volunteer Program (RSVP)	(800) 244-4630
Reyes Syndrome Foundation, National	(800) 233-7393
Runaway Hotline	(800) 786-2929
Samaritans suicide	(800) 893-9900
Sexually Transmitted Hotline, Center for Disease Control	(800) 227-8922
Sickle Cell Disease	(800) 421-8453
Sight Loss Services, Inc. Cape Cod & Islands	(800) 427-6842
Social Security Administration	(800) 772-1213
Social Services, Department of	(800) 792-5200
Special Needs Center (AT&T Accessible Product Center)	(800) 233-1222
Spina Bifida Association	(800) 621-3141
Spinal Cord Injury Association, National	(800) 962-9629
Stroke Network (American Heart Association)	(800) 553-6321
Stuttering, National Center for	(800) 221-2483
Substance Abuse Treatment Center	(800) 662-4357
Telecommunications and Energy, (MA Department of Public Utilities)	(800) 392-6066
Tuberous Sclerosis Association, National	(800) 225-6872
United Way of Cape Cod, Inc.	(800) 462-8002
Veterans' Benefits Information	(800) 827-1000
Vineyard Nursing Association, Inc.	(800) 244-6184
Visiting Nurse Assoc. of Cape Cod	(800) 631-3900
Wheelchair Getaways (Accessible Van Rentals)	(800) 642-2042
Women, Cape Cod Center for	(800) 745-0003
Youth Services (Barnstable County Sheriff's Office)	(508)-375-6128

HELPLINE's "WHITE PAGES"

-a cross referencing of service/programs, categorized by subjects of services offered-

This page is a category index

A

adolescent / youth /children
abuse / violence
adoption
advocacy
AIDS
alcohol
animals
arts

B

bereavement / grief
birth control
blood pressure

C

camp / summer activities
children
classes
churches / faith
consumer
counseling
crisis / crime

D

day care
deaf / hearing impaired
death
dialysis
dietary
disabled
domestic violence
drugs
dogcatcher

E

education programs
elderly / senior citizen
emergency assistance:
(financial, food, housing)
employment services
exercise

F

family services
financial planning assistance
foster care
fuel assistance

G

grief

H

health education information
hearing
Hospice
hospitals
home health care services
hotlines
housing / shelter
human services

I

incest
information and referral

L

legal assistance
libraries
lifeline program
language

M

mammography
medical services
mental health

N

neglect
nursing care
nursing home
nutrition

P

parents, services for
pregnancy
pound, animal
physical therapy

R

recreation / socialization
activities
rehabilitation
religion
respite

S

schools
self-help support groups
senior citizens
shelter
social security
social services
speech therapies
stress
substance abuse

T

ticks
tourism
transportation

V

violence
visitors / tourism
volunteer opportunities

A

Adolescent / Youth / Children

A Safe Place
Bayview Associates
Big Brothers/Big Sisters
Boys & Girls Club
Children's House
Dept of Transitional Assistance (Welfare)
Dept of Social Services
Family Planning
Hospice
Maria Mitchell Assoc.
Nantucket Atheneum
Nantucket Community Sailing
Nantucket Cottage Hospital
Family & Children's Services/NBHS
NISDA
Nantucket New School
Nantucket Public Schools
Office for Child Care Services
St. Paul's Nursery School
Small Friends
Strong Wings
Wee Whalers
Wic Program
*** see also ***
Childcare providers
Advisory / Advocate Orgs.
Private Practitioners

Abuse / Domestic Violence

A Safe Place
Bayview Associates
Dept of Social Services
Elder Services
Nantucket Behavioral Health Services/Family & Children's
Legal Services of CC&I
MSPCA
Nantucket Cottage Hospital
Nantucket Counselors
Office for Children
Support Groups
also see
Advisory / Advocate Orgs.
Private Practitioners

Adoption

NCH-Social Services
Family Planning
MSPCA

Advocacy

A Safe Place
Dept. of Social Services
Elder Services
Housing Advocate/IFC
Human Services
Legal Services of CC&I
Office for Children
IFC/ Housing Advocate
Commission on Disability
NCH- Social Services
Division of Employment & Training

AIDS

Family Planning
Hospice
N. AIDS Network
N. Cottage Hospital

Alcohol

Family & Children's Services/NBHS
Social Services/NCH
also see
Private Practitioners
Support Groups
Anonymous Twelve Step Groups

Animals

MSPCA

Arts

Chamber of Commerce
N. Historical Association
Nantucket Information Bureau
NISDA
Nantucket Public Schools
Saltmarsh

B

Bereavement / Grief

Elder Services
Hospice
N. AIDS Network
Nantucket Behavioral Health Services/F&CS
Saltmarsh
also see
Support Groups
Religions / Churches

Birth Control

Family Planning
MSPCA
also see
Private Practitioners-physicians

Blood Pressure

Saltmarsh Senior Center

C

Camps / Summer Activities

Chamber of Commerce
Maria Mitchell Assoc.
Nantucket Community Sailing
NISDA
N. Public Schools
Strong Wings
Wee Whalers

Children-see

Adolescent/Youth/Children

Churches

IFC/Interfaith Council
see HELPLINES
Religions / Churches

Consumer

Chamber of Commerce
N. Info Bureau

Counseling

A Safe Place
Bayview Associates
Dept of Employment. Sec.
Dept of Social Services
Elder Services
Family & Children's Services
Family Planning
Fuel Assistance
Hospice
Housing Advocate/IFC
Housing Assist. Corp
Legal Services CC&I
N. AIDS Network
N. Cottage Hospital
WIC Program
also see
Private Practitioners
Religions / Faiths

Crisis / Crime

A Safe Place
Dept. of Social Services
Elder Services
Hospice
N. Cottage Hospital
Family and Children's Services/NBHS
Office for Child Services
also see
Private Practitioners
Religions / Faiths
Emergency numbers

D

Day Care

Dept of Social Services
Small Friends
Wee Whalers
also see

Childcare providers

Deaf / Hearing Impaired

Saltmarsh
Speech Practitioners

Death-see bereavement

Dialysis

N. Cottage Hospital

Dietary

Nantucket Cottage Hospital

Disabled

Dept of Employment Sec
Dept of Transitional
Assistance (DTA)
Elder Services
Homestead
Hospice
Landmark House/NCS
N. Cottage Hospital
N. Housing Authority
Our Island Home
*** also see ***

*Private Practitioners
Advisory / Advocate Orgs.*

Domestic Violence

A Safe Place
Dept of Social Services
Family & Children's
Services/ NBHS
Office for Children
also see
Emergency number section

Drugs-see substance abuse

Dog Catcher

MSPCA
Police (see emergency #s
Section)

E

Education Programs

Chamber of Commerce
Children's House
Maria Mitchell Assoc.
MSPCA
N. Atheneum
N. Cottage Hospital
N. Counseling Serv/F&CS
N. Historical Association
NISDA
N. New School
N. Public Schools
N. Community School
St. Paul's Nursery School
Saltmarsh
Small Friends
Strong Wings

Elderly / Senior Citizen

Academy Hill
Adult Community Day Care
Dept of Transitional
Assistance (DTA)
Elder Services
Fuel Assistance/CHS
Homestead
Hospice
Housing Advocate/IFC
Landmark House/NCS
MSPCA
N. Atheneum
N. Community Services
N. Cottage Hospital
Family & Children's
Services/NBHS
N. Emergency Food
Pantry/IFC
N. Housing Authority
Our Island Home
Saltmarsh
Sherburne Commons
also see

*Support Groups
Advisory / Advocate Orgs.
Private Practitioners*

Emergency Assistance

Nantucket Cottage Hospital
***also see** Emergency
numbers section*

Emergency Financial

Assistance
Dept of Transitional
Assistance (DTA)
Human Services Director
N. Cottage Hospital Social
Services
N. Community Services
see also
Religions / Faiths

Emergency Food Assistance

Dept of Transitional
Assistance (DTA)
Human Services Director
Elder Services
N. Emergency Food Pantry

Emergency Housing

A Safe Place
Dept of Transitional
Assistance (DTA)
Housing Advocate/IFC
Housing Assist. Corp.
N. Housing Authority
N. Housing Office

Emergency Employment Services

Dept of Employment Security
Dept of Transitional
Assistance

Exercise

Boy's & Girl's Club
N. Public Schools
N. Community School
Park & Rec
Saltmarsh

F

Family Services

Dept of Transitional Assistance
Dept of Social Services
Family Planning
Hospice
Family & Children's
Services/NBHS
N. Housing Authority
N Public Schools
WIC Program

Financial Planning

Assistance
Department of Transitional
Assistance (DTA)
Human Services Director
Nantucket Cottage Hospital/
Social Services

Foster Care

Dept of Social Services

Fuel Assistance

Fuel Assistance Program
/Human Services

Fund Raising

Nantucket Community
Foundation

G

Grief - see Bereavement

H

Health Education Information

Adult Community Day Center

Dept of Transitional

Assistance

Family Planning

Hospice

MSPCA

N. AIDS Network

N. Cottage Hospital

Family&Children's

Services/NBHS

N. Public Schools

Saltmarsh

see also

Support Groups

Twelve Step Anonymous

Groups

Private Practitioners

Hearing see deaf / hearing
impaired

Hospice

Hospice Care of Nantucket

Hospitals

MSPCA

Nantucket Cottage Hospital

Home Health Care Services

Elder Services

Hospice

Nantucket Cottage Hospital-

Home Health

see also

Support Groups

Private Practitioners

Hotlines

A Safe Place

Dept of Social Services

Elder Services

see also

Hotline section

Housing / Shelter

Academy Hill

Housing Assist. Corp.

Homestead

Housing Nantucket

Landmark House/NCS

N. Housing Authority

N. Information Bureau

Sherburne Commons

Human Services

Human Services Director

I

Incest

A Safe Place

Dept of Social Services

Office of Children

see also

Private Practitioners

Information & Referral

A Safe Place

Chamber of Commerce

Dept of Social Services

HELPLINE

Human Services Director

Nantucket Cottage Hospital

N. Visitor Services

L

Legal Assistance

S.C.C. Legal Services

Libraries

Family & Children's

Services/NBHS

Family Planning

Hospice

Maria Mitchell

Nantucket Atheneum

Nantucket Public Schools

Lifeline Program

Nantucket Cottage Hospital-

Social Services

Language

Nantucket Community School

Speech Therapy- N. Cottage

Hospital/Rehab./Outpatient

M

Mammography

Nantucket Cottage Hospital

Medical Services

Family Planning

Hospice

MSPCA

Nantucket AIDS Network

Nantucket Cottage Hospital

Our Island Home

see also

Private Practitioners

Mental Health

Bayview Associates

Family & Children's Services

see also

Private Practitioners

N

Neglect-see abuse

Nursing Care

Hospice

Nantucket Cottage Hospital

Our Island Home

see also

Private Practitioners

Nursing Home

Our Island Home

Nutrition

Elder Services

Nantucket Cottage Hospital

Dietitian

Saltmarsh

WIC program

P

Parents, Services for

Children's House

Dept of Social Services

Family Planning

Nantucket Cottage Hospital

Nantucket Counseling

Service / F&CS

Nantucket New School

Nantucket Public Schools

Office for Children

St. Paul's Nursery School

Small Friends

Strong Wings

Wee Whalers

WIC Program

see also

Private Practitioners

Advisory / Advocate Orgs.

Childcare Providers

Support Groups

Pregnancy

Dept of Social Services

Family Planning

Nantucket Cottage Hospital

see also

Private Practitioners

Pound - animal

MSPCA

Physical Therapy

Nantucket Cottage Hospital

Physical Therapy Dept.

R

Recreation / Socialization

Activities

Adult Community Day Care
Big Brothers/Big Sisters
Boys' & Girls' Club
Chamber of Commerce
Homestead
Maria Mitchell Association
Nantucket Atheneum
Family and Children's
Services/ NBHS
Nantucket Info Bureau
Nantucket Public Schools
Nantucket Community
Sailing
Nantucket Community School
Our Island Home
Park & Rec
Saltmarsh
Strong Wings

Rehabilitation

Dept of Social Services
Nantucket Cottage Hospital
Family and Childrens
Services/ NBHS
Our Island Home
see also
Private Practitioners
Support Groups Twelve Step
Anonymous Groups

Respite

Adult Community Day Center
Elder Services
Homestead
Hospice
N. Cottage Hospital Respite
see also
Advisory / Advocate Groups

S

Schools

Children's House
Nantucket New School
Nantucket Public Schools
N. Community School
Wee Whalers
see also
Advisory / Advocate Groups

Self-Help Support Groups

A Safe Place
N. Behavioral Health /F&CS
Saltmarsh
see also
Advisory / Advocate Groups
Support Groups
Twelve Step Anonymous Groups
Private Practitioners

Senior Citizen –see elderly

Shelter –see housing/shelter

Social Security

Saltmarsh

Social Services

A Safe Place
Dept of Transitional Assist.
Dept of Social Services
Elder Services
Family & Children's Services
Hospice
Housing Assistance Corp.
Human Services Director
S.C.C. Legal Services
N.C. Hospital Social Services
Nantucket Housing Authority
Our Island Home
Saltmarsh

Stress

see
Private Practitioners
Family and Children's
Services/NBHS

Substance Abuse

N.Hospital/ Social Services
Family and Children's
Services NBHS
see also
Advisory / Advocate Groups
Support Groups
Twelve Step Anonymous Groups
Private Practitioners

T

Ticks

MSPCA
Nantucket Cottage Hospital

Tourism - see visitors

Transportation

Chamber of Commerce
Elder Services
Nantucket Visitor Service
N.R.T.A.

V

Violence - see abuse

Visitors / Tourism

Chamber of Commerce
Nantucket Visitor Services

Volunteer Opportunities

*(organizations listed here use
volunteers, and may offer
training programs)*

A Safe Place

Adult Community Day Care
Big Brothers/Big Sisters
Boys' & Girls' Club
Elder Services
Family & Children's
Services/ NBHS
Hospice
Maria Mitchell Association
MSPCA
Nantucket Aids Network
Nantucket Atheneum
Nantucket Cottage Hospital
N. Emergency Food Pantry
Nantucket Historical Assoc.
NISDA
Nantucket Public Schools
N. Community School
Our Island Home
Saltmarsh
Small Friends