



# TYNGSBOROUGH RESOURCES



## Hotlines

- **National Hotline-**
  - The national hotline aims to simplify the process of accessing social services. 2-1-1 can connect you with food resources, housing resources, childcare and more in your area.
  - Call 2-1-1
- **Behavioral Health Helpline (BHHL)**
  - The (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.
  - Call or text 833-773-2445
- **Substance Use Helpline**
  - The Helpline is a resource for finding substance use harm reduction, treatment, recovery, and problem gambling services.
  - Call 800-327-5050
  - Text HOPE to 800327
- **SafeLink (Domestic/Dating Violence)**
  - SafeLink is a Massachusetts domestic violence hotline and a resource for anyone affected by domestic or dating violence.
  - Call 877-785-2020
  - Text BEGIN to 88788

## Food

- Project Bread- <https://projectbread.org/foodsource-hotline>
  - You can find information about food programs in your community or chat with Project Bread's counselors.
  - Call 1-800-645-8333
- Chelmsford Food Pantry- <https://chelmsfordfoodpantry.org/>
  - Call 978-746-6914
  - 50 Rear Billerica Road, Chelmsford, MA- In Beige Trailer
- Merrimack Valley Food Pantry-<https://mvfb.org/>
  - Call 978-454-7272
  - 1703 Middlesex St, Lowell, MA 01851
- Open Pantry of Greater Lowell-<https://theopenpantry.org/>
  - Call 978-453-6693
  - [13 Hurd Street, Lowell, MA 01852](#)
- Grace Lutheran Food Pantry-  
<https://www.gracelutherannashua.org/FoodPantry>
  - Call 603-888-7579
  - 130 Spit Brook Road Nashua, NH 03062
- St. Vincent de Paul
  - Call 978-844-2365
  - 93 Lakeview Ave, Tyngsborough, MA 01879
- St. John
  - Call 978-256-2374
  - 115 Middlesex St., North Chelmsford, MA 01863

## Shelter

- **Emmaus Family Shelter**-<https://emmausinc.org/emergency-shelter/>
  - The Emmaus Family Shelter program provides emergency shelter for up to 54 homeless families at one time in congregate shelter and apartments.
- **Lowell Transitional Living Center**- <https://smoc.org/service/lowell-transitional-living-center/>
  - The Lowell Transitional Living Center is an emergency shelter for unaccompanied individuals over 18 years of age experiencing homelessness. In addition to emergency shelter, LTLC provides case management and referrals to community-based resources.
  - Call 978-459-9888
  - Email [info@ltlc.org](mailto:info@ltlc.org)
- **Community Teamwork Emergency Housing Assistance**-  
<https://www.commteam.org/program/emergency-shelter/>
  - Provides emergency shelter and supportive services to families who are experiencing housing instability due to loss of housing or fleeing domestic violence. This program assists with finding permanent housing options.
  - Call 866-584-0653
- **Harbor Care NH**- <https://www.harborcarenh.org/get-help-index>
  - Harbor Care operates the most supportive housing in New Hampshire. Permanent Supportive Housing - Long-term, subsidized housing with support services provided on-site and in the community for individuals and families experiencing severe and persistent mental illness or substance use disorder. Transitional Housing for Veterans - Time-limited housing for veterans and their families experiencing homelessness with intensive support to quickly gain independence. Licensed Community Residences - 24/7 staffed, long-term communal housing for individuals living with severe and persistent mental illness.
  - Call 603-882-3616
  - 77 Northeastern Blvd. Nashua, NH 03062
- **Massachusetts housing assistance: Emergency and long-term help**-  
<https://www.mass.gov/info-details/massachusetts-housing-assistance-emergency-and-long-term-help>
  - This guide is for people who need help with housing. This includes emergency shelter for people facing homelessness, assistance and guidance for people facing eviction, short- and long-term support paying for rent and utilities, and resources for finding affordable housing (Public Housing, rental vouchers, and finding affordable rents or mortgages).
  - Call 617-573-1100
  - Email [Housing.Help@mass.gov](mailto:Housing.Help@mass.gov)

## Resources

- Community Teamwork Youth Services- <https://www.commteam.org/program/youth-services/>
  - Youth Services is geared to support youth and young adults between 16 and 24 who struggle with housing instability and emotional barriers.
  - Call 978-905-7385
- Youthquake- <https://www.facebook.com/YouthQuakeAccessCenter/>
  - Youthquake Access Center serves young adults 16-25 who need mental health support, connections to community resources, and peer support. It also offers shower and laundry facilities as well as a food pantry. All services are free, just drop-in.
  - Call 617-404-5505
  - 167 Dutton St, Lowell, MA 01852-1803, United States, Lowell, MA
- Department of Transitional Services- <https://www.mass.gov/locations/dta-lowell-transitional-assistance-office>
  - DTA's local office lobby is open for services, including new self-service options. You can use our phones, copiers, or kiosks to apply for benefits or manage your case. DTA staff and interpreters are available to assist you. You can apply for EBT card, SNAP, TAFDC, and EAEDC online at DTACONNECT.com or over the phone on the DTA Assistance Line at 877-382-2363 (press 7) (help in over 100 languages).
  - Call 978-446-2400 for Lowell Office
  - DTA Assistance Line at 877-382-2363 (press 7)
  - Apply for services over the phone)
  - Help in over 100 languages
  - Lowell Office: 131 Davidson St, Lowell, MA 01852

## Transportation

- Lowell Regional Transit Authority- <https://lrta.com/>
  - Call 978-452-6161
- Road Runner ADA Paratransit- <https://lrta.com/fares/dial-a-ride/>
  - Road Runner ADA paratransit service is available to people with disabilities who are unable to ride Lowell Regional Transit Authority (LRTA) Fixed Route Bus Services. For people with disabilities who are unable to get to their transit stop or station, Road Runner operates a parallel service to LRTA Fixed Route. Road Runner is operated by Lowell Transit Management Corporation.
  - Call 978-459-0152
- Tyngsboro Senior Center Bus-
  - Rides for those over the age of 65. Bus Hours of Operation Monday through Friday 8:30 am to 3pm.
  - Call 978-649-9211
- RideMatch- <https://massridematch.org/>
  - An online, searchable database of transportation options in Massachusetts
- Health Care Transportation- <https://www.mass.gov/info-details/health-care-transportation>
  - Transportation services may be available to help you get to local or long-distance medical appointments in Massachusetts.
  - Call 617-847-3427
  - Email [HSTinfo@state.ma.us](mailto:HSTinfo@state.ma.us)