

**Cambridge Women's Center
Alternative Hotlines**

Type of Support	Organization	Description	Languages	Hours	Number	Website
General Support	Mass 211	Mass 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Mass 211 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs.	Multilingual	24 hour	If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available 1-877-211-MASS (6277)	https://mass211.org/about/
Emotional Support	Samaritans Hope	Call or text anytime if you feel isolated, desperate, suicidal, or concerned about someone else in your life. Trained volunteers will provide compassionate, nonjudgmental support. You can also chat with a staff member by searching "Samaritans Hotline" on Google and clicking "Chat now", (linked to National Suicide Prevention Lifeline)	English, Spanish, 240+ languages	24 hour	1-877-870-4673	https://samaritanshope.org/our-services/247-crisis-services/
Emotional Support	Crisis Text Line	Available via text message to anyone experiencing mental health difficulties or an emotional crisis. Highly trained counselors offer support and guidance to calm you down and make sure you are safe. Trained in issues including politics, coronavirus, anxiety, emotional abuse, depression, suicide, and school.	English	24 hour	Text "home" to 741741 to reach a Crisis Counselor	https://www.crisistextline.org/
Domestic Violence	The National Domestic Violence Hotline	Serves survivors of DV. Staff have access to resources to service providers and shelters across the U.S. You can also chat to a member of the staff online at their website.	English and Spanish	24 hour	- Main Line: 1-800-787-3224 - For a video call for deaf / hard of hearing people: 1-855-812-1011 or email nationaldeafhotline@adwas.org - For Native American services, call 844.NATIVE (762.8483). - If concerned about internet usage being monitored, call (800) 799-SAFE (7233). You may also chat online to a staff member at their website.	https://www.thehotline.org/
DV Shelter	SafeLink: Casa Myrna	People who are suffering from domestic violence or partner abuse can call the above 24-hour phone hotline for help accessing emergency shelter or other assistance.		24 hour	877-785-2020	https://casamyrna.org/get-support/safelink/
Shelter	CASPAR First Step	CASPSAR First Step Outreach will have updated information about the availability of beds in Cambridge shelters, and can provide assistance to unsheltered individuals in accessing beds in Cambridge, or, if none are available, in Boston.		M-F: 8am - midnight Sat, Sun and holidays: 1pm-9pm	617-592-6895	https://www.baycovehumanservices.org/caspar-first-step-1
Food Resources	Project Bread	Project Bread's FoodSource Hotline is toll-free and confidential. Our counselors can assist callers with SNAP (information, eligibility screening, and over-the-phone application assistance), finding free meals for kids and school meal sites, summer meal sites, P-EBT, local food pantries and meal programs, and more. Our counselors can assist callers in 180 languages.	Multilingual	Monday-Friday: 8am - 7pm Saturday: 10am - 2pm	1-800-645-8333	https://www.projectbread.org/get-help/covid-19-hunger-food-resources-for-households