

Northampton Resource List



Mental and Physical Health

Cutchins Programs | (413) 584-1310 | 78 Pomeroy Terrace, Northampton, MA

Hours not listed.

Website: <https://cutchins.org/programs/three-rivers>

The Cutchins Programs provide children and teenagers with temporary housing, therapy, and education. The programs require family participation. Call them to learn more about the specific treatments they can provide.

Tapestry Health | (413) 586-2016 | 16 Center Street, Suite 415, Northampton, MA

Monday-Friday: 8am-4pm.

Website: <https://www.tapestryhealth.org/>

Tapestry Health provides safe drug disposal options, safe drug syringes, disease testing, abortion assistance, condoms, narcan, drug referrals, and more.

Safe Passage | (413) 586-1125 | 76 Carlon Drive, Northampton, MA

Monday-Saturday: 9am-5pm. Sunday: Closed

Website: <https://safepass.org/>

Safe Passage helps people who are affected by abuse. They can help with immigration, finding a place to live, mental health counseling, and legal problems. To learn more, you can call their helpline at (413) 586-5066 between 9am and 5pm from Monday to Saturday. You can also get immediate help by texting "START" to 88788.

Division of Community Care | (877) 322-0413 | 1 Roundhouse Plaza, Northampton, MA

Hours: Monday-Friday: 8:30am-4:00pm. Saturday-Sunday: Closed.

Website: <https://www.northamptondcc.org/>

This is a great resource for getting fast help during a mental health crisis. They are not the police, and actively work against racism.

Community

Forbes Library | (413) 587-1011 | 20 West St., Northampton, MA

Monday-Thursday: 10am-8pm. Friday-Saturday: 10am-6pm. Sunday: Closed.

Website: <https://forbeslibrary.org/>

Northampton Resource List



Forbes Library has free Wi-Fi access. It also has fun and free events most days. It is a good place to go and spend time for a while without having to spend money.

Community Action Pioneer Valley | (413) 774-2318 | 155 Pleasant Street, Northampton, MA
Monday-Tuesday and Friday: 9am-3pm. Wednesday-Thursday: 10am-4pm. Saturday-Sunday: Closed.

Website: <https://www.communityaction.us/>

Community Action Pioneer Valley can help you with finding food, paying taxes, affording home energy, and learning outside of school.

Food and Housing

Dial/Self | (413) 774-7054 | 11B Hatfield Street, Northampton, MA

Hours not listed.

Website: <https://dialself.org/>

Dial/Self helps people ages 24 or under find housing, a job, and food. To set up long-term plans or to learn more, dial the phone number, and then press “4” when you hear a response. For emergency housing the same night that you call, dial the number, and then press “8”.

Manna Soup Kitchen | (413) 887-0500 | 48 Elm St or 297 Main St, Northampton, MA

Monday-Saturday: 11:30-12:30. Sunday: Closed.

Website: <https://mannanorthampton.org/>

At Manna Soup Kitchen, you can get lunch most days of the week. From Monday to Thursday, they are at 48 Elm Street. On Friday and Saturday, they are at 297 Main Street.

Northampton Survival Center | (413) 586-6564 | 265 Prospect Street, Northampton, MA

Monday-Friday: 9am-4pm. Saturday-Sunday: Closed.

Website: <https://www.northampton-survival.org/>

The Northampton Survival Center could help you and your family find free food. Before the Northampton Survival Center can give you and your family food, your family must report where they live and how much money they make. If you cannot receive help from a family, you may be able to work at the Center to get food.

Center for New Americans | (413) 587-0084 | 42 Gothic Street, Northampton, MA

Hours not listed.

Northampton Resource List



Website: <https://cnam.org/>

The Center for New Americans can help families become United States citizens. They also provide educational assistance by offering English classes to young and adult learners.