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## Mental and Physical Health

**Center for Human Development** | (413) 781-6556 | 332 Birnie Avenue, Springfield, MA

Monday-Thursday: 8:45am-7pm. Friday: 8:45pm-5pm. Saturday-Sunday: Closed.

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

The Center for Human Development can help to support your mental health needs. They may be able to help find you a temporary place to both live and receive mental health support. They have a program called “Safety Zone” that can provide housing for youth between ages 14 and 17 for up to 21 days.

**Behavioral Health Network** | (413) 301-9355 | 417 Liberty Street, Springfield, MA

Monday-Friday: 8am-8pm. Saturday-Sunday: 9am-5pm.

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

The Behavioral Health Network provides many different programs to support mental health. They are an inclusive organization that can support youth who are struggling with the stress of going to court. They can also help to handle mental health crises.

## Food and Housing

**Open Pantry Community Services** | (413) 737-7062 | 2460 Main St, Springfield, MA

Monday-Friday: 9am-3pm. Saturday-Sunday: Closed.

Website: <https://smoc.org/service/open-pantry-community-services/>

Open Pantry Community Services can help to supply you and your family with food. They also provide aid to overcome substance addiction and to help you find housing. For some of their programs, they do not need documentation before they can help you. Call the number above during hours to learn more.

**YWCA** | (413) 732-3121 | 1 Clough Street, Springfield, MA

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

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

The YWCA provides confidential support to people who have experienced or been around violence at home. If you or your loved ones are hit, it may help to reach out to the YWCA. They have a 24-hour crisis phone line, and can provide safe housing to people looking to get away from violence.

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## Community

**New North Citizens' Council** | (413) 746-4885 | 2455 Main Street, Springfield, MA

Monday-Friday: 8:30am-5pm. Saturday-Sunday: Closed.

Website: <http://newnorthcc.org/youth-services/?lang=es>

The New North Citizens' Council can support children, teenagers, and families with school, skill building, mental health, and finding a job. They are a good place to call if you are looking for a supportive way to get involved in your community.

**West Springfield Public Library** | (413) 736-4561 | 200 Park Street, West Springfield, MA

Monday-Wednesday: 9am-8pm. Thursday-Friday: 9am-5pm. Saturday-Sunday: Closed.

Website: <https://www.wspl.org/Kids-Teens/Youth>

The library is a great place to go outside of home or school without having to pay any money. Additionally, they have frequent programs for young people ages 0 to 12.

## Education and Jobs

**MassHire YouthWorks** | (413) 858-2818 | 95 Liberty St, Springfield, MA

Monday-Wednesday and Friday: 8:30am-4:30pm. Thursday: 8:30am-3pm. Saturday-Sunday: closed.

Website: <https://masshirespringfield.org/youthworks/>

MassHire YouthWorks can help you to find a job if you call them and schedule an appointment. They also have a lot of virtual and in-person events that can help to solve common questions that come up when looking for a job.

**Hope for Youth & Families** | (413) 285-8886 | 264 Cottage Street, Springfield, MA

*Hours not listed.*

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

Hope for Youth & Families provides opportunities and assistance for education. They have programs for learning to read, art, and getting into college.

**ROCA** | (413) 846-4301 | 29 School Street, Springfield, MA

Monday-Friday: 8am-5pm. Saturday-Sunday: Closed.

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

# Springfield Resource List



**YOUTH  
ADVOCACY  
FOUNDATION**

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ROCA works with youth from ages 16-24 who have experienced violence, or who have been violent to others. They can help youth who have been involved in the juvenile justice system.