



From the Office of the
Berkshire District Attorney Andrea Harrington

COVID-19

Community Resource Guide

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During public health emergencies, fear and anxiety lead to stigma toward groups of people, places, or things. Remember that everyone - regardless of race, color, religion, sex, sexual orientation, gender identity, national origin, veteran or disability status, is equally susceptible to contracting COVID-19. Do not discriminate against any population.

We are all in this together.

About This Guide

Social distancing is necessary to contain the spread of COVID-19 but can increase anxiety and stress for some. There is help available. Use this resource guide to connect with the organizations working hard to keep you and your family healthy and safe. The circumstances continue to evolve so information and services may change. **Contact these service providers ahead of time to ensure up-to-date information.**

About Covid-19

What is Coronavirus (AKA COVID-19)? According to the CDC, Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread person to person.

Symptoms

- Fever
- Cough
- Shortness of Breath

How do I protect myself?

- Stay home as much as possible;
- Maintain at least a 6 feet distance between you and non-household members;
- Wear a mask: cover your mouth & nose with a mask when around others;
- Wash your hands frequently for at least 20 seconds;
- Clean & disinfect frequently touched surfaces daily (countertops, doorknobs, light switches, keyboards, etc.);
- Cover your cough & sneezes with a tissue or your elbow. Immediately throw tissues away and wash your hands;
- Avoid touching your face.

COVID Updates

It's important that you are getting your information from reputable sources. The Center for Disease Control (CDC), World Health Organization (WHO) and the Massachusetts Department of Public Health (Mass DPH) release daily updates on their websites:



Center for Disease Control



Mass Department of Public Health



World Health Organization



For COVID-19 information in 57 different languages

MASS 211

For the most up to date information, MA residents can call **2-1-1** for COVID-19 updates and assistance navigating resources.

[Mass211.org](https://mass211.org)

COVID MA Text Alerts

To get up-to-date alerts, text COVIDMA to 888-777



Courts and the Justice System

Courts are closed to the public until at least June 1st but are still hearing emergency matters. For the most up-to-date information on courts: <https://www.mass.gov/info-details/daily-court-updates>

Court	Address	City	Phone
Berkshire Superior Court	76 East Street	Pittsfield	(413) 499-7487
Central Berkshire District Court	2 Wendell Avenue	Pittsfield	(413) 442-5468
Northern Berkshire District Court	111 Holden Street	North Adams	(413) 663-5339
Southern Berkshire District Court	9 Gilmore Avenue	Great Barrington	(413) 528-3520
Central Berkshire Juvenile Court	190 North Street	Pittsfield	(413) 443-8533
Northern Berkshire Juvenile Court	21 Holden Street	North Adams	(413) 664-8700
Southern Berkshire Juvenile Court	9 Gilmore Avenue	Great Barrington	(413) 528-3520
Berkshire Probate and Family Court	44 Bank Row	Pittsfield	(413) 442-6941

Berkshire District Attorney's Office

The office is closed to all non-BDAO staff members. Any necessary meetings or interviews are being held via teleconference or at outside locations. Assistant District Attorneys are available to handle arraignments, warrants, dangerousness hearings, and any other immediate needs in order to protect the public and ensure due process rights. Victims Witness Advocates (VWA) are available to assist with safety planning, connection, information on their cases, and referrals to services.

7 North Street

Pittsfield, MA 01201

Main: (413) 443-5951

VWA Hotline: 1-855-ASK-VWAS (275-8927)



Berkshire Law Enforcement

Emergency response services in Berkshire County are still available.

Call 911 in the event of an emergency.

Police Department	Address	City	Phone
MSP Berkshire Detective Unit	7 North Street	Pittsfield	(413) 499-1112
Mass State Police Cheshire Barracks	1141 North Street	Cheshire	(413) 743-4700
Mass State Police Lee Barracks	215 Lauren Street	Lee	(413) 243-0600
Berkshire County Sheriff's Dept.	467 Cheshire Road	Pittsfield	(413) 443-7220
Adams Police Department	4 School Street	Adams	(413) 743-1212
Alford Police Department	5 Alford Center Rd.	Alford	(413) 528-5300
Becket Police Department	557 Main Street	Becket	(413) 623-6010
Cheshire Police Department	80 Church Street	Cheshire	(413) 743-1501
Clarksburg Police Department	11 River Road	Clarksburg	(413) 663-7940
Dalton Police Department	462 Main Street #7	Dalton	(413) 684-0300
Egremont Police Department	171 Egremont Plain Rd.	Egremont	(413) 528-2160
Great Barrington Police Department	465 Main Street	Great Barrington	(413) 528-0306
Lanesborough Police Department	8 Prospect Street	Lanesborough	(413) 443-4107
Lee Police Department	32 Main Street	Lee	(413) 243-5530
Lenox Police Department	6 Walker Street	Lenox	(413) 637-2346
Monterey Police Department	435 Main Road	Monterey	(413) 528-3211
New Marlborough Police Dept.	807 Mill River Southfield Rd.	New Marlborough	(413) 229-8161
North Adams Police Department	11 Summer Street	North Adams	(413) 664-4944



Berkshire Law Enforcement

Emergency response services in Berkshire County are still available.

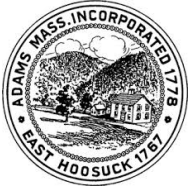
Call 911 in the event of an emergency.

Police Department	Address	City	Phone
Otis Police Department	1 North Main Street	Otis	(413) 269-0100
Peru Police Department	7 East Main Road	Peru	(413) 655-8377
Pittsfield Police Department	39 Allen Street	Pittsfield	(413) 448-9700
Richmond Police Department	1529 State Road	Richmond	(413) 499-7357
Sandisfield Police Department	66 Sandisfield Road	Sandisfield	(413) 258-4742
Savoy Police Department	720 Main Road	Savoy	(413) 743-0364
Sheffield Police Department	10 South Main Street	Sheffield	(413) 229-8522
Stockbridge Police Department	50 Main Street	Stockbridge	(413) 298-4179
Tyringham Police Department	116 Main Road	Tyringham	(413) 243-1749
Washington Police Department	8 Summit Hill Road	Washington	(413) 623-8345
West Stockbridge Police Department	21 State Line Road	West Stockbridge	(413) 232-8500
Williamstown Police Department	31 North Street	Williamstown	(413) 458-5733
Windsor Police Department	1890 MA-9	Windsor	(413) 684-0037



In the event of an emergency, call 9-1-1. Alert them if you are experiencing COVID-19 symptoms or are quarantined at home. First Responders are here to help in an emergency. Alerting them before they enter your home/work will allow them to take necessary precautions. This protects First Responders and our community.

Municipal Resources



Town of Adams

8 Park Street
Adams, MA 01220
PH: (413) 743-8300
[COVID-19 Updates](#)
[Facebook.com/townofadams](https://www.facebook.com/townofadams)
Sign up for alerts



Town of Alford

5 Alford Center Road
Alford, MA 01230-8999
PH: (413) 528-4536
[COVID-19 Updates](#)
[Facebook.com/TownofAlfordMA](https://www.facebook.com/TownofAlfordMA)



Town of Becket

557 Main Street
Becket, MA 01223
PH: (413) 623-8934
[COVID-19 Updates](#)

Town of Cheshire

80 Church Street PO Box 647
Cheshire, MA 01225
PH: (413) 743-1690
[COVID-19 Updates](#)
[Facebook.com/townofcheshireMA](https://www.facebook.com/townofcheshireMA)
Subscribe to email alerts!

Town of Clarksburg

111 River Road
Clarksburg, MA 01247
PH: (413) 663-7940
[Facebook.com/townofclarksburg](https://www.facebook.com/townofclarksburg)
Covid Community Outreach
Hotline: (413)-662-3614
Covid Outreach Email:
nbcovid@gmail.com

Town of Dalton

462 Main Street
Dalton, MA 01226
PH: (413) 684-6111
[COVID-19 Updates](#)
[Facebook.com/daltonemergencymanagement](https://www.facebook.com/daltonemergencymanagement)
Sign up for CodeRED Alerts



Town of Egremont

Physical Address: 171 Egremont Plain Road (Route 71)
Mailing Address: PO Box 368
South Egremont, MA 01258
PH: (413) 528-0182
Email: tegrement@egremont-ma.gov
[COVID-19 Updates](#)



Town of Florida

379 Mohawk Trail
Drury, MA 01343
PH: (413) 662-2448
townhall.floridamass@gmail.com



Town of Great Barrington

334 Main Street
Great Barrington, MA 01230
PH: (413) 528-1619
Non-emergency Covid Email:
covid-19@townofgb.org
[COVID-19 Updates](#)
[Facebook.com/townofgreatbarrington](https://www.facebook.com/townofgreatbarrington)
Sign up for CodeRED Alerts



Town of Hancock

3650 Hancock Road
PO Box 1084
Hancock, MA 01237
PH: (413) 738-5225
Email: bos@fairpoint.net



Town of Hinsdale

39 South Street
Hinsdale, MA 01235
PH: (413) 655-2300
[COVID-19 Updates](#)
[Facebook.com/hinsdalema](https://www.facebook.com/hinsdalema)
Sign up for CodeRED Alerts



Town of Lanesborough

83 North Main Street
PO Box 1492
Lanesborough, MA 01237
PH: (413) 442-1167
LCATV: Lanesborough Charter Cable subscriber can tune into channel 191
Subscribe to email newsletters!

Municipal Resources



Town of Lee

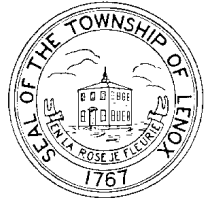
32 Main Street
Lee, MA 01238
Contact Us
[COVID-19 Updates](#)
[Facebook.com](#)
Sign up for E-Alerts



Town of Lenox

6 Walker Street
Lenox, MA 01240
PH: (413) 637-5500
[COVID-19 Updates](#)
[Facebook.com/lenoxchamber](#)
Subscribe to E-Alerts

Join #lenoxlove Google group by emailing your name, email address and lenox street address to eventslenoxchamber@lenox.org
[#LenoxLove Resource Guide](#)
[Lenox Library Resource Guide](#)



Town of Monterey

435 Main Road PO Box 308
Monterey, MA 01245
PH: (413) 528-1443
[COVID-19 Updates](#)
[Facebook.com/montereytownhall](#)
Subscribe to E-Alerts

Town of Mount Washington

2 Plantain Pond Road
Mount Washington, MA 01258
PH: (413) 528-2839



Town of New Ashford

188 Mallery Road
New Ashford, MA 01237



Town of New Marlborough

807 Mill River Southfield Road
Mill River, MA 01244
(413) 229-8116
[COVID-19 Updates](#)
Subscribe to E-Alerts



City of North Adams

10 Main Street
North Adams, MA 01247
PH: (413) 662-3000
[COVID-19 Updates](#)
[Facebook.com/northadamscityhall](#)
Sign up for CodeRED Alerts



Town of Otis

1 North Main Road
Otis, MA 01253
PH: (413) 269-0100
Sign up for E-Alerts



Town of Peru

3 East Main Road
Peru, MA 01235
PH: (413) 655-8312
Send Comments
[Facebook.com](#)
Subscribe to E-Alerts



City of Pittsfield

70 Allen Street
Pittsfield, MA 01201
PH: (413) 449-5600
[Facebook.com](#)
[COVID-19 Updates](#)
[Community Impact Dashboard](#)
Subscribe to E-Alerts
Sign up for CodeRED Alerts



Town of Richmond

1529 State Road
Richmond, MA 01254
PH: (413) 553-7793
[COVID-19 Updates](#)
[Facebook.com/townofrichmondma](#)
Sign up for CodeRED Alerts
Sign up for E-Newsletters



Town of Sandisfield

66 Sandisfield Road/PO Box 90
Sandisfield, MA 01255
PH: (413) 258-4711
[Directive on Town Operations/COVID](#)
Subscribe to E-Alerts

Municipal Resources



Town of Savoy

720 Main Street
Savoy, MA 01256
(413) 743-4290
[Facebook.com](#)



Town of Washington

8 Summit Hill Road
Washington, MA 01223
Board of Health COVID19



Town of Sheffield

21 Depot Square
Sheffield, MA 01257
PH: (413) 229-7000
COVID-19 Updates
[Facebook.com](#)
[EMS Response Protocol](#)



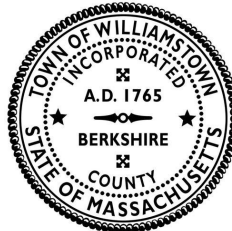
Town of West Stockbridge

21 State Line Road
West Stockbridge, MA 01266
PH: (413) 232-0300
[Facebook.com](#)
[Send Comment](#)
[Sign up for E-Alerts](#)



Town of Stockbridge

PO Box 417
50 Main Street
Stockbridge, MA 01262
PH: (413) 298-4170
[Facebook.com](#)
[Sign up for CodeRED Alerts](#)



Town of Williamstown

31 North Street
Williamstown, MA 01267
PH: (413) 458-3500
[WilliNet-TV](#)
[Facebook.com](#)
[Instagram](#)



Town of Tyringham

116 Main Road
Tyringham, MA 01264
(413) 243-1749
[Subscribe to E-News](#)
[Subscribe to E-Alerts](#)



Town of Windsor

1890 Route 9
Windsor, MA 01270
PH: (413) 684-3811
TTY: 1-800-439-2370
Espanol: (866) 930-9252
[Send Comment](#)

Please note that municipal offices are closed to the public during this time. Please call or email for additional information or assistance.

Massachusetts Emergency Management Agency (MEMA)

About: The Massachusetts Emergency Management Agency (MEMA) is a state agency responsible for preparing the state to withstand, respond to, and recover from all types of emergencies and disasters.



[Twitter.com/MassEMA](https://twitter.com/MassEMA)



Facebook.com/MassachusettsEMA



Youtube.com/user/MassachusettsEMA

Health & Medical Care

What do I do if I have COVID-19 symptoms?

- Call your doctor if you think you have been exposed to COVID-19 and/or you have developed COVID-19 symptoms: fever (100.4° or higher) with cough or difficulty breathing.
- Stay home unless you need to leave to get medical care.
- Call ahead before visiting your doctor so they can take safety precautions.
- Limit contact with others in your home if possible and disinfect all shared areas.
- If you need to call 911 for a medical emergency, alert dispatch that you are experiencing COVID-19 symptoms in order to protect the health and safety of first responders.



Hospitals



If you are having respiratory symptoms, please call ahead so health care providers can prepare for your arrival.

Berkshire Medical Center

725 North Street
Pittsfield, MA 01201
(413) 447-2000

Fairview Hospital

29 Lewis Avenue
Great Barrington, MA 01230
(413) 528-0790

Berkshire Health North

71 Hospital Avenue
North Adams, MA 01247
(413) 664-5000



Urgent Care Centers

If you are having respiratory symptoms, please call ahead so health care providers can prepare for your arrival.

Berkshire Health Urgent Care Center

505 East Street
Pittsfield, MA 01201
(413) 997-0930
Open 8AM-8PM Daily



MedEXPRESS Urgent Care

999 Dalton Ave
Pittsfield, MA 01201
(413) 448-6231
Open 8AM-8PM Daily



510 Medical Walk In

510 North Street Suite 7
Pittsfield, MA 01201
(413) 499-0237
Open 8AM-5PM Monday-Friday

Berkshire Health Systems:

- [COVID-19 Information Kiosk](#)
- Nurse Call Center (855) 262-5465, 7AM-7PM

Sexual & Reproductive Health Clinic

Tapestry Health

100 Wendell Ave, Suite 1
Pittsfield, MA 01201
(413) 443-2844
MWF 9-1; TuTh 9-5

Symptom Checker: www.BuoyHealth.com

Emergency Warning Signs - Seek Immediate Medical Care

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

COVID-19 Health Insurance Coverage

As of March 6, 2020, the Division of Insurance determined that Massachusetts health insurance plans are required to provide full coverage for COVID-19 testing and treatment without copay or deductible. Testing & treatment of COVID-19 must be provided by insurance at no additional cost. Learn more about insurance coverage:

<https://www.mass.gov/orgs/division-of-insurance>.

Massachusetts Health Connector

Mass Health Connector is able to assist with applying for and obtaining health insurance through MassHealth or private insurance. Open enrollment has been extended through May 25, 2020 for all qualified Mass residents who are uninsured. Visit: <https://www.mahealthconnector.org> or call 1-877-623-6765.



MassHealth Coverage Updates

- All MassHealth plans will cover COVID-19 treatment & testing;
- All MassHealth providers can deliver any MassHealth covered service via telehealth if determined medically necessary and clinically appropriate;
- Allowing early prescription refills and 90-day supplies;
- As of March 18, 2020 MassHealth will not end coverage for any member or person who is approved for coverage during the COVID-19 outbreak national emergency and for one month after the emergency period ends;
- Transportation through PT-1 remains available, but is limited to those with the highest need;
- **Any question about coverage call Customer Service: 1-800-841-2900 (TTY: 1-800-497-4648).**

Applying for MassHealth or Changes of Eligibility

- Report all changes of circumstances, including unemployment or lost wages, as soon as possible to ensure you have the appropriate plan and coverage;
- You can always apply for MassHealth following a qualifying change of circumstances that causes loss of insurance;
- MassHealth has extended the enrollment period through May 25, 2020;
- You can apply online, by mail, by fax, or by phone. In person appointments are not currently available due to COVID-19 emergency status;
- For assistance applying and eligibility information call MassHealth customer service: 1-800-841-2900 (TTY: 1-800-497-4648).

Private Insurance

- All private insurance plans are required to cover COVID-19 testing & treatment without co-pay or deductible;
- If you have any questions about your insurance, contact the customer service department for your specific insurance plan. This contact information can usually be found on your insurance card, online, or through your employer.

Parents/guardians of children with private insurance can apply for secondary MassHealth coverage for their child to assist with medical costs, co-pays, and additional service coverage and access.

For more information, visit: <https://www.mass.gov/masshealth-for-individuals-families-and-people-with-disabilities> or call MassHealth Customer Service: 1-800-841-2900 (TTY: 1-800-497-4648).

Advocacy for Access

Advocacy for Access helps uninsured and underinsured people access various programs that pay for healthcare services. This program is offered by Berkshire Medical Center in Pittsfield and Fairview Hospital in Great Barrington. Staff assists you in navigating the many available options for healthcare coverage. Assistance is available for individuals of all ages.

Appointments are available over the phone



Advocacy for Access of BMC

510 North Street Suite 7

Pittsfield, MA 01201

(413) 445-9480

Monday-Wednesday, Friday: 8AM-4PM,

Thursday: 9:30AM-4PM



Advocacy for Access of Fairview Hospital

29 Lewis Avenue

Great Barrington, MA 01230

(413) 445-9480

Monday-Friday: 8AM-4PM

Language interpretation services are available for all patients. This service is available free-of-charge.

Services Available

- Assistance applying for, renewing, or resolving eligibility issues pertaining to MassHealth, ConnectorCare, Qualified Health Plans, or Health Safety Net (formerly known as Free Care) benefits;
- MassHealth Disability Applications;
- Premium Assistance Applications;
- Medical Hardship: a program offered by Health Safety Net that allows patients to apply for relief from medical bills incurred from hospitals and community health centers within the past twelve months;
- Referrals to:
 1. Local pharmacies that offer discounted medications;
 2. Community Health Centers for both medical and dental services;
 3. Other local human service agencies including: WIC, SHINE, Community Legal Aid, Department of Transitional Assistance, Berkshire Community Action Council, et al.

Ecu-Health Care

Ecu-Health Care is the designated outreach & enrollment site in northern Berkshire County for all of the MassHealth programs. They help residents enroll in all supplemental programs associated with Medicare. Ecu-Health Care encourages Northern Berkshire residents who need assistance to call them. <http://ecuhealthcarena.com/>

Ecu-Health Care

North Adams Campus of BMC

99 Hospital Ave, Suite 208

North Adams, MA 01247

(413) 663-8711

SHINE Program

The [SHINE Program](#) provides free, unbiased and up-to-date health insurance information, counseling and assistance to Medicare beneficiaries of all ages and caregivers. SHINE counselors can help seniors (and younger disabled Medicare beneficiaries) understand their Medicare benefits and other health insurance options. SHINE counselors are available to meet with you by telephone. <https://www.mass.gov/health-insurance-counseling>

SHINE Program

Elder Services of Berkshire County

877 South Street, Suite 4E

Pittsfield, MA 01201

1-800-243-4636



Mental Health Services & Support

During these times of social isolation, you are not alone. Help is available.

Navigating a Mental Health Emergency

According to the National Alliance on Mental Illness (NAMI), mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, daily functioning and ability to relate to others. It does not develop because of a person's character or intelligence.

Warning Signs of a Mental Health Crisis: Warning signs are not always present, but there are common actions that may be a clue that a crisis is developing, such as:

- Inability to perform daily tasks (bathing, changing clothes);
- Rapid mood swings (increased energy level, pacing, suddenly depressed, withdrawn, etc.);
- Increased agitation (verbal threats, violent, destroys property);
- Abusive behaviors to self & others (including substance use, self-harm);
- Isolation from school, work, family, friends;
- Psychosis - loses touch with reality, unable to recognize family/friends, confused, strange ideas, etc.;
- Paranoia.

It's important to be aware of how long the changes in personality or daily functioning have been occurring and how much it is impacting the individual's daily life.

Risk of Suicide is a major concern for people with mental health conditions. Encouraging someone to get help is the 1st step towards safety. The social isolation so common in the lives of those with mental illness can reinforce the belief that no one cares if they live or die. This can be perpetuated during this time of social distancing. Common warning signs of suicide include:

- Giving away personal possessions;
- Talking as if they're saying goodbye or going away forever;
- Taking steps to tie up loose ends, like organizing personal papers or paying off debts;
- Making or changing a will;
- Stockpiling pills or obtaining a weapon;
- Preoccupation with death;
- Sudden cheerfulness or calm after a period of despondency;
- Dramatic changes in personality, mood and/or behavior;
- Increased drug or alcohol use;
- Comments such as, "Nothing matters anymore," "You'll be better off without me," or "Life isn't worth living;"
- Withdrawal from friends, family, normal activities;
- History of suicide attempts or self-harming behaviors.

What to do in a mental health crisis: If you're worried that you or your loved one is in crisis or nearing crisis, seek HELP. Ask:

- Is the person in danger of hurting themselves, others or property;
- Do you need emergency assistance;
- Do you have time to start with a phone call for guidance and support from a mental health professional?

Call 911 if there is immediate danger and leave the location immediately if you do not feel safe with the person.

Hotlines:

Brien Center: Call **1-800-252-0227** to talk to a trained, local crisis counselor 24/7.

Crisis Text Line: Text **NAMI to 741-741** to receive support from a trained crisis counselor 24/7.

Department of Mental Health (DMH): Local crisis line available 24/7. Call **(413) 499-0412**.

National Suicide Prevention Lifeline: Call **1-800-273-TALK (8255)** to speak with a trained crisis counselor 24/7.

The Trevor Project: Call **1-866-488-7386** or text **START** to 678678 to speak with a LGBTQ+ Youth specialized crisis counselor 24/7.

Trans Lifeline: Provides support specifically for transgender and questioning callers. Crisis support & guidance, **call 1-877-565-8860 between 10AM-4PM**.

Teen Line: Teens helping teens. Text **TEEN to 839-863** between 9PM-11PM daily. Download app: www.tinyurl.com/TeenTalkApp.

Veterans Crisis Line: Available to anyone, even if you are not registered with VA or enrolled in VA health care. Call **1-800-273-8255 (then press 1)**, or text **838-255**. For Deaf or Hard of Hearing, call: **1-800-799-4889**. Available 24/7.

Helplines:

NAMI (National Alliance on Mental Illness): 1-800-950-NAMI (6264) M-F 10AM-6PM. Text NAMI to 741-741.

NAMI Berkshire County
"Warm Line" Call or text (413) 445-1136

SAMHSA (Substance Abuse & Mental Health Services Administration): 1-800-662-HELP (4357); TTY 1-800-487-4889. Available 24/7 - referrals to local treatment facilities, support groups, and community-based organizations.

Mental Health Services & Support

Providers may have limited services, remote or telehealth services, and specific protocols for emergency status operations. Call ahead to ensure the most up-to-date information.



Department of Mental Health (DMH)

DMH continues to provide services and is still accepting applications for services. You can apply for services online at <https://www.mass.gov/lists/applications-for-dmh-services> or call the DMH Information and Resource Line: 1-800-22-10053.

Berkshires Site Office

333 East Street
Pittsfield, MA 01201
(413) 395-2000
TTY: (413) 443-8294

Emergency/Crisis 24/7

66 West Street
Pittsfield, MA 01201
(413) 499-0412

It's common to feel stressed or anxious during this time. It may be especially hard for people who already manage feelings of anxiety or emotional distress. There are several ways you can help support your mental health and manage your stress. From Brien Center CEO, Christine Macbeth:

- **Stay connected with others & maintain your social networks.** Ask for help when you need it. Stay connected via phone, email, social media and video calls. Regularly check in with your family and friends. Do virtual activities together, like coffee breaks, online exercise classes, virtual dinners, etc.
- **Maintain your own wellbeing.** Follow healthy daily routines as much as possible. Take care of yourself through exercise & movement. Practice relaxing in the moment through meditation, mindfulness, prayer, etc.
- **Manage how you consume information.** Equip yourself with information from credible, reputable sources, such as the CDC & WHO. Set limits on when and for how long you consume news & information, including through social media.
- **Find a mental health community.** There are a number of online support groups, such as AA, NA, peer recovery groups, etc.
- **Be kind.** When we take the focus away from our fears and do something nice for someone else, it reminds us of the power we have to make life a little better for others.

Finding the right mental health provider can be difficult.

Tips on finding a mental health provider:
www.mayoclinic.org

Searchable database of Massachusetts therapists: www.psychologytoday.com



Outpatient Mental Health Service Providers

Brien Center:

(413) 499-0412
24-Hour Crisis Hotline: 1-800-252-0227
www.briencenter.org

Clinical & Support Options

877 South Street, Suite 200
Pittsfield, MA 01201
(413) 236-5656
www.CSOINC.org

The Counseling Center of the Berkshires

Main Office: 34 Depot Street, Suite 201
Pittsfield, MA 01201
(413) 499-4090
www.CCBerkshires.com

ServiceNet

139 North Street
Pittsfield, MA 01201
(413) 442-4003
www.ServiceNet.org

Resources for Coping with Stress during COVID-19

[CDC Stress & Coping](#)

[Mass.gov Maintaining Emotional Health & Well-Being During the COVID-19 Outbreak](#)

[NAMI COVID-19 Resource & Information Guide \(PDF Download\)](#)

[National Association of School Psychologists \(NASP\) Helping Children Cope with Changes Resulting from COVID-19](#)

[SAMHSA Taking Care of Your Behavioral Health](#)



Children & Mental Health Services

Children's Behavioral Health Initiative (CBHI)

- CBHI services are an option for eligible youth and their families who meet clinical criteria and have qualifying MassHealth insurance coverage.
- CBHI services include a continuum of home and community-based behavioral health treatment, support, and case management services in a wrap-around model that intends to support the youth with mental health conditions as well as their family recognizing how a child's mental health can affect the entire family unit.
- To learn more: <https://www.mass.gov/masshealth/cbhi>
- To find a CBHI provider: <https://www.mabhaccess.com>

Massachusetts Child Psychiatry Access Program (MCPAP)

The goal of MCPAP is to improve access to treatment for children with behavioral health needs and their families by making child psychiatry services accessible to primary care providers across Massachusetts.

You can talk to your child's pediatrician about contacting MCPAP for assistance.

Learn more: <https://www.mcpap.com>
<https://www.mcpap.com/Families/YourChildMentalHealthNWellness.aspx>



What is TeleHealth?

Telehealth is healthcare provided through telecommunication technology such as video chatting and phone calls instead of in-person. Many medical and mental health providers are choosing to use methods of telehealth services in order to continue to provide services during the COVID-19 emergency. Telehealth is covered under MassHealth and many other insurance plans under provisions regarding expectations of coverage during the COVID-19 health emergency. Talk to your healthcare provider or insurance customer service department for more information.

Substance Use Disorder Services & Support

COVID-19 & Substance Use Disorders

From Yale Program in Addiction Medicine in collaboration with Yale Division on Addictions
(<https://drive.google.com/file/d/1W9mcVKIzaVOelZfVLxGAsrf02utaBVNj/view>)

The increased stress and instability resulting from COVID-19 may put people in recovery at higher risk for substance use. Additionally, the National Institute of Health (NIH) warns that some individuals with a history of substance use disorder may be at a higher risk of complications due to COVID-19 infections due to progressive lung damage.

Medication & Other Treatment Considerations: Ongoing access to medications used to treat addiction and naloxone is essential:

- Talk to your clinician and your pharmacy about having enough medication and accessing refills. Only reduce your dose of medication if you cannot access your regular dose;
- If you have Coronavirus or respiratory symptoms - fever, cough, difficulty breathing - tell your clinician and/or pharmacy before going to pick up medications so they can prepare to receive you;
- Work with your clinician to adjust the type of monitoring (self-report, urine toxicology, breath testing) and frequency that is best for your clinical situation.

Substance Use Disorder Services & Support

Special Considerations for Access to Methadone

- Methadone treatment programs can use telehealth, including the telephone, to reach you in a way that protects your privacy;
- Methadone treatment programs can work with state agencies to increase the amount of take-home bottles of methadone (up to 28 days' supply) for some patients and/or those with serious medical problems;
- Patients who are quarantined with coronavirus infection can designate an uninfected person to pick up and deliver their methadone or, if necessary, the program may be able to provide for "doorstep" delivery using an approved lock box.

Online Support Groups & Meeting Resources

From Commonwealth of Mass Trial Court



- [Alcoholics Anonymous Online Intergroup](#) Directory of online audio/video meetings 7 days per week.
- [SMART Recovery Online](#) Community where participants help one another recover from addictive behaviors.
- [WEconnect and Unity Recovery](#) Free online daily recovery meetings.
- [Narcotics Anonymous](#) Online meetings in various time zones using multiple platforms.
- [Herren Project Live](#) Online support groups and recovery meetings, moderated by trained clinicians.
- [In The Rooms](#) Free weekly online meetings for those recovering from addiction and related issues.
- [Learn to Cope](#) Online support forum open to families, friends and loved ones who have someone in their lives who is struggling with addiction.
- [Al-Anon Family Groups](#) Electronic meetings for anyone affected by alcoholism in a family member or friend.
- [Allies in Recovery](#) Online support for families dealing with a loved one's addiction, using the evidence-based CRAFT method (Community Reinforcement and Family Training); free for Massachusetts residents.

Harm Reduction Tips

Provided by [HarmReduction.org](https://harmreduction.org)

Some of these are easier to do than others, and some may seem impossible depending on your current situation. Do the best you can. Reach out to friends, harm reduction agencies, syringe service providers (SSP) and other health or social service providers to plan for what to do so you can stay safe and take care of one another.

Practice Safer Drug Use:

- **Minimize the need to share your supplies.** Don't share e-cigs/cigarettes, pipes, bongs, joints, or nasal tubes such as straws. If you have to share, practice harm reduction with your supplies (wipe down the mouthpieces with an alcohol swab before sharing or use a separate mouthpiece). Put used smoking, snorting, and injecting equipment in a bio-bucket so people know they are used;
- **Minimize Contact.** If you are having sex or doing sex work, COVID-19 can be transmitted by close contact like coughing, kissing, or direct contact with bodily fluids. Try to minimize close contact and ensure condom use;
- **Prepare your drugs yourself.** Wash your hands thoroughly for 20 seconds with soap and water and prepare your own drugs. Keep your surfaces clean and wipe them down before and after use with microbial wipes, alcohol (at least 70%), or bleach. If you can't prepare your own drugs, stay with the person who is and make sure they wash their hands and disinfect surfaces;
- **Plan & prepare for overdose.** Load up on naloxone & fentanyl testing strips. If you are alone, call [Never Use Alone](#) at 1-800-484-3731. They will stay on the phone with you and call 911 on your behalf if you overdose. If you are using with others, make an OD plan with them and stagger use if possible. Store a breathing mask for use in case rescue breathing is needed.



Hotlines & Helplines

☐ **MASS 2-1-1:** 24/7 Massachusetts hotline with real-time COVID-19 information, resources, and referrals in multiple languages. Dial 2-1-1 from any landline or cellphone.

☐ **Massachusetts Behavioral Health Access (MABHA):** Locate openings in mental health and substance use disorder services.

☐ **Network of Care Massachusetts:** New statewide comprehensive and searchable directory with information about more than 5,000 mental health, substance use and social service resources including program description, contact information, populations served, eligibility and fee information.

☐ **Massachusetts Substance Use Helpline:** Statewide public resource for finding licensed and approved substance use treatment and recovery services. Call 800.327.5050 to get help, 8am-10pm Mon-Fri and 8am-6pm weekends.

☐ **Never Use Alone:** Call **1-800-484-3731**. You will be asked for your location, about any allergies, or medical conditions. Operators will stay on the line with you while you use. If you do not respond after a set amount of time after use, the operator will notify 911 of your location, allergies/conditions and possible overdose. Alternate phone: **(931) 304-9462**. No judgement, no shaming, no preaching. Just Love.

☐ **Veterans Crisis Line Free:** Confidential resource for Veterans in crisis and their families and friends, including Veterans not registered with the VA. Dial 800.273.8255 and Press 1 to talk to someone, or text 838255 to connect with a qualified VA responder.

Syringe Exchange Programs (SEP)

Provides free sterile syringes and collects used syringes from injection-drug users to reduce transmission of bloodborne pathogens, including human immunodeficiency (HIV), hepatitis B virus, and hepatitis C virus (HCV). Services during this time include:

- **Sharps disposal program:** individuals can bring in their used syringes in a sharps container to the program to have these items safely disposed of properly at no cost to the individual.
- **Syringe service program**
 1. Provides harm reduction, infection prevention, and safe injection education to individuals with substance use disorder.
 2. Provides clean equipment and syringes to individuals with substance use disorder to minimize the spread of infection within our community.
 3. By collecting used syringes, the programs want to prevent the inappropriate disposal of used syringes in our community to prevent unnecessary needlesticks from occurring to our first responders and all members of our community.
- **Overdose education and naloxone distribution.** Provide individuals with education on the signs of overdose, the steps that should be taken if an overdose is suspected, and how to correctly use naloxone (Narcan) to reverse an overdose.

Safeguarding Your Addiction Recovery

Self-Care During COVID-19

□ **Hazelden Betty Ford:** Tips for staying Connected

□ **Shatterproof:** "How I'm Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery"



Healthy Steps Pittsfield

510 North Street, Suite 6-B2
Pittsfield, MA 01201
(413) 447-2654
COVID Hours
M-F 8:00AM-4:20PM



Tapestry Health

6 Main Street
North Adams, MA 01247
(413) 398-5603
COVID Hours
M-F 10:00AM-2:00PM



Tapestry Health

100 Wendell Avenue, Suite 1
Pittsfield, MA 01201
(413) 443-2844

COVID Hours:

MWF 9-1; TuTh 9-5

***Narcan access & training ONLY
at this site***

Detox Programs

Berkshire County - Berkshire Health Systems (berkshirehealthsystems.org)

*Only utilize ER if absolutely necessary and in cases of acute need. Berkshire County residents prioritized.

- **McGee Unit**
(413) 442-1400 or (413) 445-9228
- **Clinical Stabilization Services (CSS) Unit**
(413) 445- 445-9228, option 1

Other Counties

- **Adcare Hospital:** 107 Lincoln St., Worcester, MA 01605
(800) 345-3552 or (508) 799-9000
- **Swift River Treatment Campus:** 151 South St., Cummington, MA 01026
(518) 269-8306
- **Carlson Recovery Center:** 471 Chestnut St., Spfld., MA 01107
(413) 733-1431
- **Providence Hospital Detox:** 1233 Main St., Holyoke, MA 01040
(413) 539-2981
- **Behavioral Health Network (BHN) - Franklin Recovery Center First Step Program:** For actively using people in need of medically supervised treatment.
289 Federal Street (Route 5), Greenfield, MA 01301
(413) 733-1423 or (413) 737-2439
- **Behavioral Health Network (BHN) - The Northern Hope Center Intensive:** Clinical stabilization & treatment program.
289 Federal Street (Route 5), Greenfield, MA 01301
(413) 733-1423 or (413) 737-2439
- **Brattleboro Retreat:** 1 Anna Marsh Lane, Brattleboro, VT 05302
(802) 258-3700
- **Community Healthlink Recovery Services:** Worcester, MA
(508) 860-1000
- **Spectrum Detox:** 154 Oak Street, Westborough, MA 01581
(800) 366-7732

Medication-Assisted Treatment

□ **Spectrum Health Systems:** 390 Merrill Rd., Pittsfield, MA
(413) 442-0402

Dosing Hours: 6:00AM-11:30AM Daily

□ **Spectrum Health Systems:** 1274 Curran Highway
North Adams, MA

(413) 664-9024

Dosing Hours: 6:00AM-10:30AM Daily

□ **Clean Slate:** 53 Eagle Street, 4th Floor, Pittsfield, MA
(413) 347-4088

Mon & Wed 9:00AM-5:00PM; Tu & Th 9:00AM-8:00PM;
Fri 8:00AM-1:00PM

□ **Savida Health:** 42 Summer St., 2nd Floor, Pittsfield, MA
(413) 236-9100; Mon-Thurs 8:00AM-6:00PM

<https://savidahealth.com/online-medical-intake-packet/>

□ **Savida Health:** 77 Hospital Ave., Suite 104, North Adams
(413) 398-5180; Tues & Thurs 8:30AM-5PM; Wed & Fri
8:00AM-5:00PM; Every other Sat 8:00AM-12:00PM

<https://savidahealth.com/online-medical-intake-packet/>

□ **Right Choice Health Group:** 152 North St., Suite #250
Pittsfield, MA

(413) 344-0170

Mon, Tues, Thurs, Fri 8:30AM-5:00PM; Wed 8:30-7:00PM

□ **Brien Center:** 333 East St., #277, Pittsfield, MA
(413) 499-0412

Mon-Fri 8:00AM-5:00PM

Overdose Prevention, Narcan Training & Distribution Sites



BHS Pharmacy

725 North Street
Pittsfield, MA 01201
(413) 395-7610



MCLA Wellness Center

289 Church Street
North Adams, MA 01247
(413) 387-8676



CVS Pharmacy

cvs.com/store-locator/landing



Tapestry Health

By Appointment Only
6 Main Street
North Adams, MA 01247
(413) 398-5603
COVID Hours: M-F 10:00AM-2:00PM



Healthy Steps

Berkshire Health Systems
510 North Street
Pittsfield, MA 01201
(413) 447-2654
M-F 8:00AM-4:20PM



Tapestry Health

By Appointment Only
100 Wendell Ave #1
Pittsfield, MA 01201
(413) 443-2844
COVID Hours: M-F 10:00AM-2:00PM



Learn to Cope

Heal Community Room
BMC Cancer Center
165 Tor Court
Pittsfield, MA 01201
Learn2cope.org



Walgreens

walgreens.com/storelocator/find

Local Peer Recovery & Support Services

Hours and scheduling may vary due to Coronavirus. Call to get the most up-to-date information.



O.P.E

(Discussing Our Personal Experiences)

Berkshire South Regional Community Center
15 Crissey Road
Great Barrington, MA 01230
(413) 528-2810 x14



Josh Bressette Commit to Save a Life

commit2savealife.org



Learn to Cope

**Berkshire Medical Center
Cancer HEAL Comm Room**
165 Tor Ct.
Pittsfield, MA 01201
Email: lrc@learn2cope.org
(508) 738-5148



First Steps Together

Families in Recovery Support
141 North Street, Suite 307
Pittsfield, MA 01201
(413) 372-9830
Email: jbarnaby@chd.org
Peer coaching & parenting support program for
moms recovering from opioid dependence.

Residential Recovery Programs

[Kennan House - Brien Center for Mental Health & Substance Abuse Services](#)

- For Men: 202 Bradford St., Pittsfield, MA 01302
(413) 499-2756
- For Women: 121 & 123 Seymour St., Pittsfield, MA 01201
(413) 997-0067

[Alternative Living Centers \(ALC\) for men](#)

- Short Term & Long Term Residential Housing - MASH Certified

For More Information:

Berkshire Opioid Addiction Prevention Collaborative

boapc.org

<https://www.facebook.com/BerkshireBOAPC/>

Domestic Violence & Sexual Assault Support

Elizabeth Freeman Center

Offices are open and available for assistance

For non-urgent matters: info@elizabethfreemancenter.org

<https://www.elizabethfreemancenter.org/>

24 HOUR TOLL-FREE HOTLINE (866) 401-2425

You are not alone. Call us. No están solos. Llámenos.



Pittsfield

43 Francis Avenue
Pittsfield, MA 01201
(413) 499-2425

North County

61 Main Street, Suite 202
North Adams, MA 01247
(413) 663-7459

South County

168 Main Street, Suite 4*
Great Barrington, MA 01230
(413) 429-8190

*Suite 4 is in the back of the H&R Block building



Asian Task Force Against Domestic Violence



Linguistically & culturally responsive assistance for Asian survivors & communities

24-hour Multilingual Hotline: (617) 338-2355

atask.org



Berkshire District Attorney's Office

Victim Witness Advocates Hotline: 1-855-275-8927

National Domestic Violence Hotline

1-800-799-7233



TTY: 1-800-787-3224

Text: LOVEIS to 22522

thehotline.org

Help available in over 140 languages



National Human Trafficking Hotline

1-888-373-7888



Safelink Helpline (MA Statewide)

1-877-785-2020



In case of an emergency, call 9-1-1



Use Emergency SOS on your iPhone: <https://support.apple.com/en-us/HT208076>



How to set up emergency location sharing on Android & iOS:

<https://www.theverge.com/2019/3/18/18267500/how-to-set-up-emergency-location-sharing-android-ios>



INCREASED RISK OF HARM DUE TO COVID-19



As many of us are practicing social distancing and quarantine, there are many additional risks for survivors and their safety, such as:

- **Isolation:** Abusers can use this time to further isolate survivors from their loved ones. They may also use this as a time to further restrict a survivor's movement in person, controlling where they go and when. They might also control a survivor's interactions online, limiting their access to the outside world;
- **Restricting Access to Information:** Abusers may also restrict access to the news and other outlets making themselves the source of all information;
- **Increased Abuse:** The abuse may worsen during this time as survivors may be spending more time in contact with their abusers. Survivors may also experience new or different types of abuse during this time;
- **In-Person and Digital Stalking:** Abusers might try to exert their power by trying to monitor, control and stalk survivors in person and digitally;
- **Financial Abuse:** Many individuals are experiencing financial burdens due to being unable to work, and abusers may further financially exploit survivors during this time;
- **Parenting:** Survivors who co-parent their children with their abusers may be facing unique challenges during these times, such as barriers to visitation and/or increased exposure to the abuser due to lack of accessible childcare. For example, in order for a survivor to work, he/she/they may need to utilize their abuser for childcare.

Safety Plans During COVID-19, Tips from Survivors (<https://sanctuaryforfamilies.org/safety-planning-covid19/>)



What is a SAFETY PLAN? A safety plan is a set of steps you can take to reduce the risk of harm in unsafe situations with an abuser or family member. With the changes in our environments due to coronavirus, we advise survivors of gender-based violence to consider the following safety tips created by survivors. Sanctuary for Families' team of Survivor Leaders put this list together in hopes of providing digital tools for safety during this time.

Why should I create a SAFETY PLAN? It can be hard to think and react in a time of emergency or high stress, especially with the added stress and uncertainty of coronavirus, so it is helpful to create a plan in advance. It is also important to update your safety plan often, as circumstances can change. Abusers often try to have power and control over a survivor's life, and a safety plan is one way a survivor can have power and control over their own situation, as much as they can. Having a plan can empower you to make the safest decisions you can for your situation.

Digital Safety. Please try to use a safer computer or phone that someone abusive does not have direct or remote (hacking) access to. Digital stalking is one way for abusers to try to exert power & control. Email and Instant/Text Messaging (IM) are not safe or confidential ways to talk to someone about the danger or abuse in your life. If possible, please call instead. If you use email or texting, please use a safer computer or phone and an account your abuser does not know about.

1. **Buddy System Code Word (or Sign):** Identify at least 2 people that you can contact with a "code word" to let them know if you are in trouble. Plan in advance what they should do if you send them the code word or sign.
2. **"Safest Room:"** If there is an argument, identify an area of the home you can move to where there are no weapons and there are ways for you to leave the house, apartment, or building, such as a door or window to exit the house/apartment. For some survivors, especially those quarantined at home with an abuser during coronavirus, no room may feel safe, so we call it the "safest room." If you can at least identify the lowest risk areas, you may be able to reduce harm.
3. **Planning with Children:**
 - **Code Words:** If you have children, decide how to communicate urgency. For example, when one survivor's daughter was little, the survivor would open her arms and the daughter knew that meant to come running to her for safety. Some survivors also create a "code word" with their children that means they should go to the "safest room" in the home that you have already decided upon.
 - **Emergency Numbers:** If for some reason you are not able to make emergency calls and you have children, give them the safety number/s, if they are old enough.
4. **Notifying the Police Before an Emergency:** Ahead of time, you can notify your local police station of your concerns. Let them know the history and your concern of being in isolation due to coronavirus. It may be useful to speak with the domestic violence officer.
5. **Exit Plan:** In case you have to flee, create an exit plan ahead of time with someone who could support this need. Is there a trusted friend/relative who you can stay with, if needed?
6. **Supplies, Food & Medication:** Check your supplies and food. If you need food and do not have the money, check your local pantry, temple/church/mosque/etc., or other community organizations. Remember to keep your medication in the safest, easily accessible location in case of emergency.
7. **Emergency Bag:** Pack an emergency bag with an extra set of keys, clothes for you and your children, a pay as you go cell phone, medications, copies of important documents, etc.
8. **Important Documents:** Make copies or take pictures of your important documents for yourself and send them to a trusted friend or relative. Important documents may include IDs, social security cards, immigration documents, birth certificates, health insurance information, and Orders of Protection. As mentioned earlier, be mindful of sending anything via phone or computer. Please use whatever method is safest for you.
9. **Seeking Social Support:** With social distancing and quarantining, survivors can feel even more isolated, and abusers may use further isolation as a power and control tactic. Identify trusted friends, relatives or even online support groups where you can still connect virtually. If you have a friend who may be experiencing abuse, be sure to reach out to them even more during this time.
10. **Creating a "Peaceful Space:"** Many survivors are feeling forced to spend more time with an abuser during the coronavirus outbreak because they may feel unsafe leaving the home, as well as unsafe staying in the home. If you cannot leave your home, try to create a "peaceful space" for yourself in your home (if that is safe for you). You can draw pictures of a more peaceful place and put them on a wall to help you take an emotional break to visualize a more peaceful place. This is also an activity you can do with your children. You can also write positive affirmations and put them on the wall to remind yourself of your worth.
11. **Holding onto Your Plan:** Consider keeping a list of your safety plan in your phone or wherever might be safer for you. Please consider what is safest for you. If you choose to write your plan somewhere, consider listing only keywords that help you remember the plan, but that would not be clear to your abuser. If this is not safe, try to memorize your plan, focusing on memorizing at least one key emergency number on your list of resources.

Child Welfare

What to do if you suspect a child is being abused or neglected:

Report if you **SUSPECT** a child is experiencing abuse, neglect, or exploitation.

Call the Department of Children & Families (DCF)

- Berkshire Area Office, M-F 8:45AM-5:00PM (413) 236-1800
- Nights, weekends and holidays call Child-at-Risk hotline (800) 792-5200
- Other locations for local DCF offices: [Mass.gov/dcf](https://www.mass.gov/dcf)

What happens after you report:

DCF, with the support of a multi-disciplinary team, will review the report to evaluate the circumstances to determine the child's safety and needs, and whether DCF involvement is warranted.



DCF is continuing to provide services to youth & families during the COVID-19 emergency as well as responding to cases of abuse and neglect.

Families with children and youth in DCF custody who have questions regarding the response to COVID-19 should contact their ongoing DCF case worker for more information. You can find a family guide to protective services for children at [mass.gov/doc/a-familys-guide-to-protective-services-for-children-english-1/download](https://www.mass.gov/doc/a-familys-guide-to-protective-services-for-children-english-1/download)

Other Resources

Berkshire County Kids' Place

- (413) 499-2800
- info@kidsplaceonline.org
- www.Kidsplaceonline.org

18 Degrees Family Resource Center

- (413) 448-8281
- info@18degreesma.org
- www.18degreesma.org

Northern Berkshire Community Coalition - The Family Place

- (413) 663-7588
- www.nbccoalition.org/the-family-place.html

Warning Signs of Abuse & Neglect

For more information: [mass.gov/info-details/warning-signs](https://www.mass.gov/info-details/warning-signs)

Physical Abuse

- Bruising, welts, burns that cannot be sufficiently explained, particularly bruises on the face, lips and mouth of infants or on several surface planes at the same time
- Unusual bruising patterns that reflect the shape of the instrument used to cause injury
- Clusters of bruises, welts or burns, indicating repeated contact with a hand or instrument
- Injuries on body where children usually do not get hurt (e.g., torso, back, buttocks, thighs, neck)
- Withdrawn, fearful or extreme behavior

Neglect - Child or Youth

- Sudden changes in behavior or school performance
- Frequently absent from school or child care
- Has not received help for physical/medical problems brought to parent or caregiver's attention
- Learning problems (or difficulty concentrating) that cannot be attributed to specific physical or psychological causes
- Always watchful, as though preparing for something bad to happen
- Begs or steals food or money
- Lacks adult supervision
- Consistently dirty and has severe body odor
- Lacks sufficient clothing for weather

Sexual Abuse

- Difficulty walking or sitting
- Pain or itching in the genital area
- Torn, stained or bloody underclothing
- Bruises or bleeding in external genitalia
- Frequent complaints of stomach aches or headaches
- Frequent urinary or yeast infections
- Withdrawal or chronic depression
- Inappropriate sex play or premature understanding of sex
- Feeling threatened by physical contact, closeness
- Peer problems, lack of involvement with friends
- Suicide attempts or threats; especially with adolescents
- Unprovoked cruelty to animals

Sexual Exploitation or Human Trafficking

- **Instability in life functioning:** Lacks access to basic needs, including stable shelter, and is unable to engage in activities expected of her/his/their age
- **Relationships:** Youth's relationships are concerning, placing him/her/them at risk or in danger
- **Finances and belongings:** Has money or material goods that are incongruent with his/her/their life circumstances
- **Use of technology:** Use of internet, cell phone or social media involves social or sexual behavior atypical for his/her/their age
- **Physical health:** Significant health problems related to sexual activity and lack of access to basic needs
- **Risky behaviors:** Engages in dangerous or risky behaviors, e.g., spending time with abusive partners or in locations where exploitation is known to occur, running away or staying away overnight, using substances
- **Trauma exposure/signs:** Exhibits signs and emotional symptoms of trauma exposure
- **Coercion and grooming:** Exhibits behaviors or otherwise indicates he/she/they are being controlled or coerced by another person
- **Exploitation:** Youth has been exposed to sexual exploitation or victimization



Child Care



Berkshire YMCA

For more info: www.bfymca.org
Monday-Friday 6:30AM-6:00PM
Capacity 40 (First come/First serve)



Pittsfield Branch

292 North Street
Pittsfield, MA 01201
(413) 499-7650 x110



Northern Berkshire Branch

22 Brickyard Ct.
North Adams, MA 01247
(413) 347-6534 x210

Food Options:

- Pittsfield location - Breakfast & lunch provided by PPS
- North Adams location - provide your own meals

Transportation: Not provided to EECCPs

Forms: [EEC Emergency Child Care - Parent Packet](#)



18 Degrees

For more info: 18degreesma.org
Monday-Friday 7:30AM-5:30PM
Ages of Children: 2years 9mo - 12years



Pittsfield Branch

480 West Street
Pittsfield, MA 01201
(413) 448-8281 x211



Fill out forms and email to:

eweller@18degreesma.org

- [Waiver Form](#)
- [Registration Form](#)

Food Options: Includes free breakfast, lunch, & snacks

Transportation: Not provided to EECCPs



Gladys Allen Brigham Community Center

For more info: brighamcenter.org
Monday-Friday 7:00AM-5:00PM
Capacity 40 (First come/First Serve)



165 East Street

Pittsfield, MA 01201
(413) 442-5174 x18



Forms:

[EEC Emergency Child Care - Parent Packet](#)

Food Options: Provide own meals

Transportation: Not provided to EECCPs



Youth Center Inc.

For more info:
www.youthcenterinc.org/
Monday-Friday 6:30AM-6:00PM
Forms: [Child Enrollment Form](#)
mcarpenter@youthcenterinc.org
Sonia@youthcenterinc.org



191 Church Street
Cheshire, MA 01225
(413) 743-3550



Per Governor Baker's emergency order, priority access to emergency childcare will be given to vulnerable children and the children of families designated as COVID-19 [Essential Workforces](#) with emphasis on those in health care, public health, human services, law enforcement, public safety and 1st responder fields. Emergency Child Care Programs are for when all other non-group-care settings have been exhausted and families have no other options. More info: www.eeclead.force.com

Approved list:

https://eeclead.force.com/resource/1584913293000/EEC_EmergencyProviderList

Parents must contact emergency child care programs directly to arrange emergency care.

Exempt Emergency Child Care Program Info

- EECCPs will be funded by the Commonwealth; families will not pay enrollment fees;
- Services will be on a drop-in basis only;
- Children who are sick should NOT be allowed to utilize these services. Providers should ensure that parents have abided by all the health & safety protocols set forth in the guidance provided by DPH and EEC;
- Services will be on a temporary basis only to accommodate emergency back-up child care needs and will not be operating under current child care enrollment processes;
- Providers may or may not be able to accommodate children with special needs. Please contact the EECCP provider directly to ensure the specific needs of your children can be addressed by the provider;
- Families MUST pick up their children at the agreed upon time each day.



Transportation

Berkshire Regional Transit Authority (BRTA)

Reduced BRTA Bus Service

The following routes will have 120-minute headways instead of the usual weekday 60-minute service headways:

Route 1 Pittsfield to North Adams

Route 1 bus will leave the ITC at 5:30, 7:30, 9:30, 11:30, 1:30, 3:30, 5:30
Route 1 bus will leave Walmart at 6:30, 8:30, 10:30, 12:30, 2:30, 4:30, 6:30

Route 2 Pittsfield to Lee

Route 2 bus will leave the ITC at 6:30, 8:30, 10:30, 12:30, 2:30, 4:30
Route 2 bus will leave Lee Big Y at 7:33, 9:33, 11:33, 1:33, 3:33, 5:33

Route 4 Pittsfield to Dalton/Hinsdale

Route 4 bus will leave the ITC at 8:00, 10:00, 12:00, 2:00, 4:00, 6:00
Route 4 bus will leave Hinsdale at 8:38, 10:38, 12:38, 2:38, 4:38, 6:38

Route 11 Pittsfield to BCC

Route 11 bus will leave the ITC at 9:30, 11:30, 1:30, 3:30, 5:30
Route 11 bus will leave BCC at 9:45, 11:45, 1:45, 3:45, 5:45

Route 21 Lee to Great Barrington

Route 21 bus will leave the Lee Big Y at 7:33, 9:33, 11:33, 1:33, 3:33
Route 21 bus will leave Gt. Barrington at 8:33, 10:33, 12:33, 2:33, 4:33

The remaining routes will operate on a regular weekday schedule:

Route 1 Evening Pilot Pittsfield to North Adams
Route 3 Williamstown to North Adams
Route 5 Pittsfield to Lanesborough
Route 11N Evening Pilot to Walmart
Route 12 Pittsfield Shopping Loop
Route 15 West Pittsfield
Route 16 Crane Avenue
Route 34 North Adams Loop

The following routes will not run:

Route 3S Pittsfield to Williamstown
Route 14 Pittsfield Shopping Loop
Route 21X Pittsfield express service to Great Barrington
Route 22 Great Barrington Circulator Loop

- More info: Berkshireta.com
- [Where's my B-Bus?](#)
- BRTA smartphone APP
RouteShout 2.0
- [BRTA Quick Facts](#)
- (800) 292-BRTA
- (413) 499-2782



BRTA is committed to the health and safety of our customers utilizing BRTA during this uncertain time of the Covid-19 pandemic. To ensure the health and safety of our vehicle operators, BRTA has instituted social distancing while riding. Signs will be posted in all vehicles prohibiting seating directly behind the vehicle operator, unless a mobility device prevents sitting elsewhere.

All BRTA vehicles and both facilities receive daily cleaning using products that are effective against the spread of the Coronavirus. Following Covid-19 protocols, the BRTA has also limited public use of the Intermodal Transportation Center (ITC) to those utilizing BRTA's bus service, intercity bus, or Amtrak. BRTA removed tables and increased spacing between seating to promote social distancing while inside the ITC.

The BRTA highly recommends all customers wear a medical or cloth mask to cover their mouth and nose, as recommended by the CDC, while onboard any BRTA vehicle. Also, practice social distancing while riding on the bus; maintain space when seating.

All riders must be traveling to a critical, essential destination. Critical trips are defined as work related, vital appointments, or necessary shopping trips. All riders are required to exit the bus at the end of the route, or your stated destination, and may not re-board the same vehicle for a return trip. Multiple or consecutive round trips are not permitted and riders who appear to be loitering will be asked to disembark.

For your health and the health of others, if you are sick, have a cough, fever, or other COVID-19 symptoms, do not ride the BRTA bus.

Rainbow Taxi
Available 24/7
(413) 499-4300

Housing & Homelessness

People who are unhoused are at higher risk of health complications and trauma during public health or natural disaster emergencies. The spread of communicable disease is more difficult to manage without reliable access to hygiene facilities or a safe home, and living in crowded shelters can put people at an even higher risk.

CALL 2-1-1 or visit mass211.org for 24/7 assistance & referrals to emergency shelters and services for individuals, youth & families

Emergency Assistance Shelters for Families & Children

COVID-19 Guide for Emergency Assistance Shelters (<https://www.mass.gov/doc/dhs-guidance-for-family-shelters/download>)

Emergency Assistance (EA) is a Mass program providing emergency shelter and re-housing services for homeless families with children, administered by the Department of Housing and Community Development (DHCD).

EA Eligibility: EA is available for families with children under the age of 21 and/or pregnant people at any stage of pregnancy who meet financial eligibility (2020 income guidelines: mahomeless.org) and eligible reasons for homelessness.

How to Apply: Families and children can apply for Emergency Assistance (EA) Shelter by calling the Department of Housing and Community Development 1-866-584-0653.

For more information: mass.gov/how-to/find-emergency-family-shelter

Shelter Supports

Barton's Crossing
1307 North Street
Pittsfield, MA 01201
(413) 442-1445
Shelter Hotline:
(413) 587-7555
[www.Servicenet.org](https://www.servicenet.org)

Elizabeth Freeman Center
43 Francis Ave
Pittsfield, MA 01201
(413) 499-2425
EFC Hotline: (866) 401-2425
www.elizabethfreemancenter.org
*Domestic violence shelter

Soldier On
Pittsfield Transitional Housing
360 W. Housatonic St
Pittsfield, MA 01201
(413) 236-5644
www.wesoldieron.org

St. Joseph's High School
72 Maplewood Ave.
Pittsfield, MA 01201
(413) 320-6550
Shelter Hotline:
(413) 587-7555
[www.Servicenet.org](https://www.servicenet.org)

Berkshire Regional Housing Authority

Physical office is closed to public. Service provided through telephone & video conferences

Services

- Housing & Consumer Education Programming
- Dispute Resolution Services
- Comprehensive Legal & Educational Counseling Services
- Pre & Post Foreclosure Counseling

www.bcrha.com

Call (413) 443-7138

- Homelessness Prevention/Tenancy Preservation Services
- Homelessness Resolution
- Housing Search Assistance
- Anti-Poverty Resources

RAFT - Residential Assistance for Families in Transition

- A new \$5 million special fund under the RAFT (Residential Assistance for Families in Transition) program for eligible households (families and individuals) who may face eviction, foreclosures, loss of utilities, and other housing emergencies for COVID-19 emergencies.
- RAFT programs help keep residents in stable housing when facing eviction, foreclosures, loss of utilities, and other housing emergencies caused by loss of income, increase in expenses, or both. RAFT can provide up to \$4,000 a year.
- For more info about COVID-19 RAFT Program, visit: www.mass.gov/info-details/covid-19-dhcd-website



Who is Eligible for RAFT?

- Homeless or at-risk of homelessness
- Household income below 30-50% Area Media Income
- Meet criteria of the RAFT screening assessment regarding triggering event for housing crisis, income, and risk level
- Loss of income or increase of expenses
- Demonstrate that RAFT assistance will stabilize the current housing situation



How do I Apply for RAFT?

Raft funding is distributed by partnered Regional Administering Agencies. For Berkshire County, you can contact Berkshire Housing Development Corporation & Housing Services Inc. Physical offices are closed to public, but staff will continue to provide assistance through telephone, email & fax. Additional resources available on www.masshousinginfo.org or by calling 1-800-224-5124.

Berkshire Housing Development Corporation & Housing Services Inc.

Hours: 8:00AM-4:30PM

Telephone: (413) 499-1630 x100

Fax: (413) 496-9831

www.berkshirehousing.com

Evictions during Coronavirus

Governor Baker has passed a temporary moratorium on evictions designed to protect renters and homeowners during the COVID-19 crisis. Per the new law, landlords cannot charge late fees or send late payment reports to credit agencies if tenants notify and provide the landlord with documentation that the non-payment of rent was due to a financial impact from COVID-19. There is an exemption allowing emergency evictions if the tenant is involved in illegal activity or behaviors that impact public health or safety.

Similar rules in regard to non-payment notification apply to agreements between mortgage lenders and homeowners. The law does not excuse tenants and homeowners from paying rent or mortgages. Payments will have to be made up after the state of emergency is lifted. [Read the law here.](#)

Utilities

The Department of Public Utilities has ordered that during the COVID-19 State of Emergency, utility companies will not shut off gas, electric or water service to residents for failure to pay. They also will not send any communications regarding threats to shut off utilities. [Read DPU order here.](#)

Fuel Assistance

Berkshire Community Action Council (BCAC) can assist with home heating bills. Income eligibility is determined by the last 30 days of income. If you were recently laid off, or experience a business slow down - Apply now! Staff are taking applications now and will ask for proof of income for 30 days. The intake process has been extended to May 29th. [Learn more about how BCAC can help you during this time.](#) Call (413) 445-4503 for Pittsfield/South County or (413) 663-3014 for North County.

Broadband Access

The Massachusetts Broadband Institute (MBI) are actively working with local internet service providers (ISPs) to offer new Wifi hotspots to unserved municipalities that lack broadband access. [The set of active hotspots are listed here.](#) Please maintain social distancing while accessing Wifi hotspots.



Managing Your Finances During the COVID-19 Emergency

- **If you cannot pay your bills:** Contact your lenders and loan servicers and inquire about ways to manage your financial hardship without negatively impacting your credit. You can also work with a credit counselor to learn more about your options. [More info here.](#)
- **Relief offers from banks, lenders, and credit card companies:** Many of these services are offering flexible payment during this time. [For an up-to-date list of banks and lenders offering relief.](#) For more information about local banks and lenders:
 1. **Adams Community Bank:** (413) 743-0001
 2. **Berkshire Bank:** (800) 773-5601
 3. **Citizens Bank:** (800) 922-9999
 4. **Credit Union of the Berkshires:** (413) 443-1313; (800) 443-1314
 5. **Greylock Federal Credit Union:** (413) 236-4000
 6. **Lee Bank:** (413) 243-0117
 7. **MountainOne Bank:** (855) 444-6861
 8. **MyCom Federal Credit Union:** (413) 442-6501; (866) 297-9778
 9. **NBT Bank - COVID Customer Relief Line:** (888) 235-2881
 10. **Pittsfield Cooperative Bank:** (413) 447-7304
 11. **TD Bank:** (413) 499-7687
 12. **Trustco Bank:** (800) 670-3110
- **If you cannot pay your mortgage:** Work with a housing counselor to discuss your options, many offer services at little to no cost to you. Find a HUD-approved counselor. [More info here.](#)
- **Credit Card Decisions:** It is important to make smart and educated decisions regarding credit card use. [More info here.](#)
- **New Low Interest Rates:** [For more information about how the Federal Reserve cutting interest rates may impact your loans, credit card debt, and more.](#)
- **IRS Economic Impact Payment:** [Click here for more information.](#) [Click here to check the status of your Economic Impact Payment.](#)



Federal & State Taxes

- **Federal Tax Deadline:** The Treasury Department and the Internal Revenue Service are providing special tax filing and payment relief to individuals and businesses in response to the COVID-19 Outbreak. The filing deadline for tax returns has been extended from April 15 to July 15, 2020. For those who can't file by the July 15th, 2020 deadline, the IRS reminds individual taxpayers that everyone is eligible to request an extension. [More information here.](#)
- **State Tax Deadline:** The Massachusetts Department of Revenue (DOR) has extended the state tax deadline to July 15, 2020. [More information here.](#)
- **Free Tax Assistance:** The Volunteer Income Tax Assistance (VITA) program offers free tax prep for community members with household income of \$55,000 or less. [For more information:](#)
 - **Berkshire United Way – for South County locations - 413-442-6948**
 - **Central Berkshire Habitat for Humanity – Central and North County locations - 413-442-0002**
 - **Hilltown CDC – Chester, Chesterfield, and Williamsburg locations - 413-296-4536 x100**
- **Free Tax Assistance Continued:** Residents with a household income in excess of \$55,000, but less than \$66,000, may complete their taxes for free online at [MyFreeTaxes.com](#).



CARES Act Funding

[Loans Available for Nonprofits](#)
[Apply for Paycheck Protection Program](#)

- [Certified Banks](#)
- [SBA Paycheck Protection Program FAQs](#)

For more information on how to protect yourself financially during the COVID-19 emergency:

- www.consumerfinance.gov
- www.mass.gov/orgs/office-of-attorney-general-maura-healey

Employment



For more information regarding employee rights and employer obligations during the COVID-19 Emergency:

- [Mass.gov](#)
- [MiraCoalition.org](#)

Call the Fair Labor Hotline

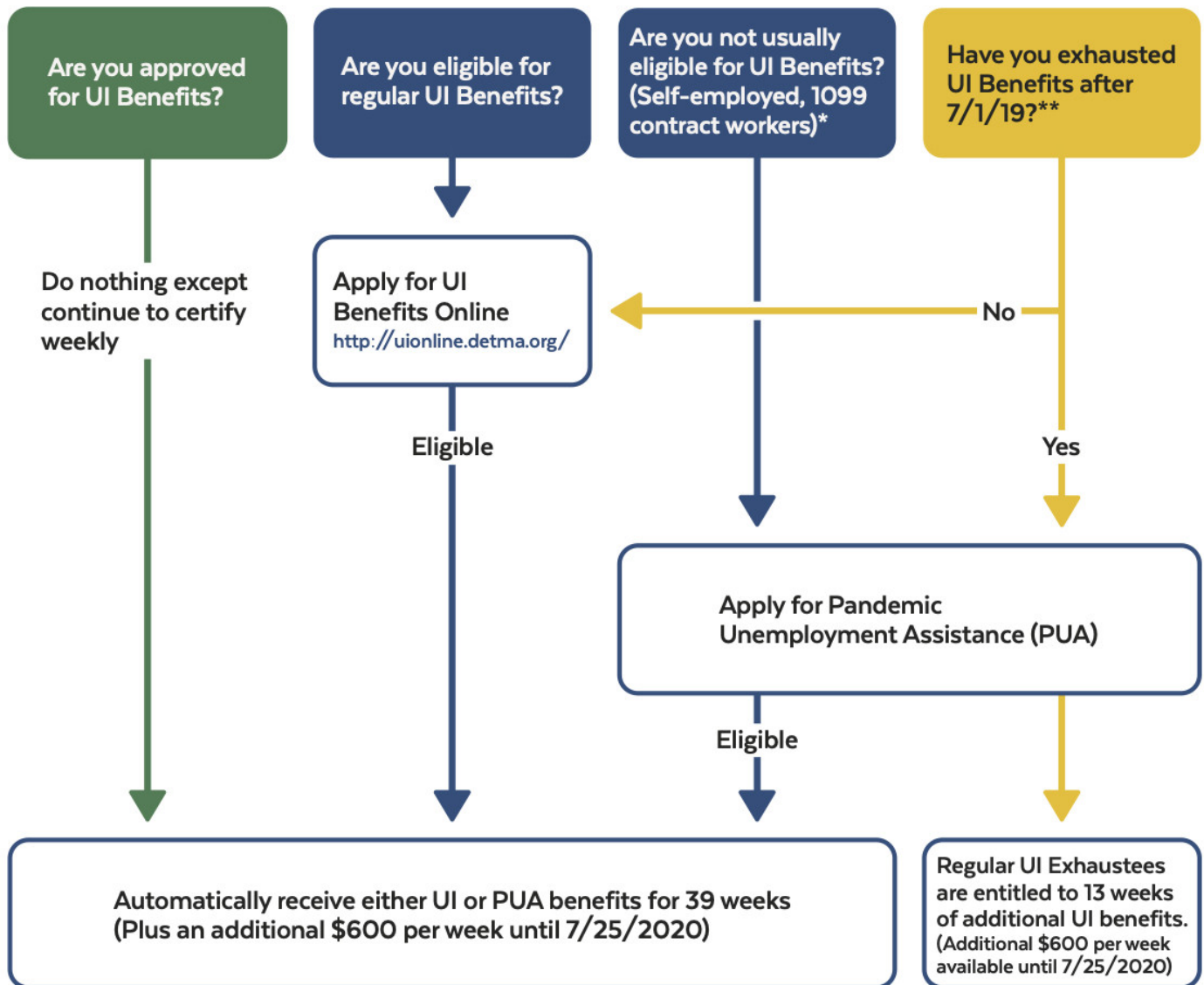
- (617) 727-3465



What you need to know and do about the CARES Act

The federal CARES Act was signed into law March 27, 2020. The Act provides enhanced Unemployment Insurance (UI) benefits and Pandemic Unemployment Assistance (PUA) for Massachusetts workers.

Start here



Don't know where to start? Apply for UI Benefits first. If you don't qualify, try applying for PUA.

* People traditionally ineligible for unemployment benefits may be self-employed, gig workers, or independent contractors. Other examples include earning less than \$5100 in the last year, or having no right to regular unemployment, either because you were denied, or you worked for a religious organization.

** This group may qualify for PEUC at a later date. PEUC is Pandemic Emergency Unemployment Compensation. That's the 13 week extension for people who were previously collecting unemployment but have used up all of their benefits, or whose benefit year ended after July 1, 2019.


For more information visit mass.gov/dua

Filing for UI benefits by phone is based on the last digit of your Social Security Number.

0,1 file on Monday | 2,3 file on Tuesday | 4,5,6 file on Wednesday | 7,8,9 file on Thursday | Any digit file on Friday

Unemployment Assistance

The Mass Dept of Unemployment Assistance details information about implementation of unemployment programs in the CARES ACT:

- [Federal Pandemic Unemployment Compensation \(FPUC\)](#): Additional \$600/week to individuals who are collecting regular Unemployment Compensation (UC), Pandemic Emergency Unemployment Compensation (PEUC), Pandemic Unemployment Assistance (PUA), Extended Benefits (EB), Trade Readjustment Act (TRA), and Disaster Unemployment Assistance (DA).
 - [Pandemic Unemployment Assistance \(PUA\)](#): 39 Weeks of unemployment benefits to individuals who are unable to work because of a COVID-19-related reason but are not eligible for regular or extended unemployment benefits, i.e., self-employed, independent, and gig economy workers.
-  You should apply for PUA retroactive to your first week of total or partial unemployment. Most regular UI claims are processed within 21-28 days after filing, and many are processed within the first week of filing.
- [Pandemic Emergency Unemployment Compensation Program \(PEUC\)](#): 13 Weeks of unemployment insurance benefits to individuals who have exhausted their previous unemployment benefits.
 - [Unemployment Insurance \(UI\)/Solicitud de Beneficios de Desempleo](#): Virtual Town Halls (constantly updating - check in frequently). [Sign up here](#).

Mass Dept of Unemployment Assistance - Multilingual Services

- [Berkshire United Way - Individuals in Need Grant](#): Grants up to \$1000 for emergency one-time assistance to individuals thanks to the support of the Neighbor-to-Neighbor Fund through Berkshire Taconic Community Foundation
- [Step-by-Step Resource for Filing a New Unemployment Claim](#)

[FrontlineMA.org](#): An initiative from the Office of the Attorney General of MA, aggregates helpful info & links for frontline workers, including free or discounted meals, PPE access and guidance, self-care resources, and more.

Businesses

- [Small Business Owner's Guide to the CARES Act](#)
- [U.S. Dept of Labor - Families First Coronavirus Response Act: Employer Paid Leave Requirements](#)
- [COVID-19 Resources and Guidance for Businesses from Executive Office of Housing and Economic Development](#)
- [CDC Interim Guidance for Businesses and Employers](#)
- [Mass Workshare Program for Employers](#)
- [U.S. Chamber of Commerce - Emergency Loans, Small Business Guide and Checklist](#)

Other Helpful Links

[Alice - COVID-19 Business Resource Center](#)

[Downtown Pittsfield Inc. - Gift card shop](#): Purchase gift cards to help sustain Pittsfield businesses

[Entrepreneur - How to Manage Your Mental Stress](#)

[High Speed Internet Access During Covid](#)

[Mass Cultural Council](#)

[Mass Cultural Council - COVID-19 Relief Effort for Organizations](#)

[Massachusetts Health Connector](#)

[Massachusetts Disaster Volunteers](#) - Connects volunteers with agencies

[Nonprofit Center of the Berkshires - COVID-19 Resources for Berkshire Nonprofits](#)

[SEATED - Restaurant Support Hotline](#): Connects restaurants to legal experts to help get your questions answered for free

[Virtual Berkshires](#)

[1Berkshire - Homebound Fun & Cabin Fever Survival](#)

For more information on businesses and employment in Berkshire County:
[1berkshire.com](#)

Dept. of Transitional Assistance

Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency.

- [SNAP \(Supplemental Nutrition Assistance Program\)](#): Provides monthly benefit to buy nutritious foods
- [EAEDC \(Emergency Aid to the Elderly, Disabled and Children\)](#): Cash benefit for disabled adults, caretakers, and some children who are not able to get TAFDC (welfare)

- [TAFDC \(Transitional Aid to Families with Dependent Children\)](#): State and federally funded program which provides cash assistance to families with children and pregnant women in the last 120 days of pregnancy, with little or no assets or income

DTA Pittsfield (full service office): (413) 236-2000

Immigration



[MIRA: COVID-19 Resources - Protecting our families and communities](#)

[MIRA: Multilingual Resources](#)

[Berkshire Immigrant Center](#)
(413) 445-4881
info@berkshireic.com



IMPORTANT



The Massachusetts Immigrant & Refugee Advocacy Coalition advises: "If you or a loved one are sick or know you've been exposed to the coronavirus, don't hesitate to get tested and treated, regardless of your immigration status or insurance coverage. COVID-19 testing and treatment for uninsured individuals is covered by Medicaid at no cost to you. Getting tested or treated for COVID-19 will NOT count as public charge for immigrants, and it will not have any negative affect on your ability to obtain a green card or change of immigration status under the public charge rule."
<https://www.uscis.gov/greencard/public-charge>

Massachusetts Undocumented Fund: Relief & assistance fund for undocumented individuals impacted by COVID-19.
[More information here.](#)

[Mass 2-1-1](#) services are equipped to assist in multiple languages

Senior Supports

Elder Services -
Meals on Wheels
(413) 499-0524

Elder Protective Services
24/7 Hotline: (800) 922-2275
[File report online](#)

[CDC - Guidance for Older Adults](#)

Disabled Persons Supports

[Disability Rights Fund](#) - Disability-inclusive responses to COVID-19
[COVID-19 Information BY and FOR People with Disabilities](#)
[CDC - Guidance for People with Disabilities](#)

Americans with Disabilities Hotline: (800) 949-4232

Disabled Persons Protection Commission (DPPC) Hotline:
(800) 426-9009; TTY (888) 822-0350

Nutrition Supports - North County

North County

- **Northern Berkshire Community Coalition:** Delivery. Office is open to take calls M-F from 9:00AM-3:00PM. Meals for Saturdays & Sundays, limited to individuals quarantined and without access to transportation
Saturdays, TBD
North County
(413) 663-7588
- **Mount Greylock Regional School District:** Grab & Go. See Lanesborough Elementary & Williamstown Elementary Schools for more details.
(413) 458-9582 or lunches@mgrhs.org

Adams

- **Adams Council on Aging:** Grab & Go. Must call ahead.
M-F 8:30AM-4:00PM
3 Hoosac St., Adams
(413) 743-8334
- **Food Bank of Western MA:** Mobile Food Bank. Bring your own bag.
2nd & 4th Tuesdays, 10:00AM-11:00AM
3 Hoosac Street, Adams
(413) 247-9738
- **Hoosac Valley Elementary School:** Grab & Go. School aged children up to 18. Packaged food will include 2 days worth of meals.
MWF, 9:00AM-11:00AM
14 Commercial Street, Adams
(413) 743-0876
- **Hoosac Valley Elementary School:** Grab & Go. Meals purchased from restaurants free to families of the school district.
Saturdays, 10:30AM-11:30AM
14 Commercial Street, Adams
(413) 743-0876

Cheshire

- **Cheshire Council on Aging:** Grab & Go. Must call in advance.
MonTueWed, 8:30AM-4:00PM
80 Church Street, Cheshire
(413) 663-0250
- **Cheshire Food Pantry.** Food Pantry. Located at the Senior Center. Emergency food always available.
1st Saturday of the Month, 11:00AM-12:00PM
80 Church Street, Cheshire
(413) 743-5028 or (413) 329-2212

Lanesborough

- **American Legion/VFW.** Food Pantry.
Friday, 9:30AM-11:00AM
44 Old State Rd., Lanesborough
(413) 442-1025
- **Lanesborough Elementary School.** Grab & Go. Call or email with number of lunches needed.
M-F, 9:30AM-10:30AM
188 Summer Street, Lanesborough
(413) 458-9582 or lunches@mgrhs.org

North Adams

- **The Al Nelson Friendship Center:** Grab & Go.
Wednesdays, 10:00AM-2:00PM & 3:30PM-5:30PM
*Currently operating at St. Elizabeth Parish Center (Holden Street side) 70 Marshall St., North Adams
(413) 664-0123; Updates: www.friendshipfoodpantry.org
- **Berkshire Food Project:** Take out only. Pickup outside kitchen entrance under tent. 2 meals to go provided each day.
MWF, 11:30AM-1:00PM
134 Main Street, North Adams
(413) 637-5535
- **Brayton Elementary School:** Grab & Go. School aged children. On Friday, grab breakfast & lunch for weekend.
M-F, 11:00AM-12:00PM
20 Barbour Street, North Adams
- **Colegrove Park Elementary School:** Grab & Go. School aged children. On Friday, grab breakfast & lunch for weekend.
M-F, 11:00AM-12:00PM
25 Church Street, North Adams
- **First Baptist Church:** Take-out only.
Saturdays, 11:00AM-12:30PM
131 Main Street, North Adams
- **Food Bank of Western MA:** Mobile Food Bank. Bring your own bag.
1st and 3rd Fridays, 10:00AM-11:00AM
91 American Legion Drive, North Adams
(413) 247-9738
- **Greylock Valley Apartments:** Grab & Go. School aged children. On Friday, grab breakfast & lunch for weekend.
M-F, 11:00AM-12:00PM
48 Angeli Street, North Adams
- **McCann Technical School:** Grab & Go. Available for residents 18 years and under. 1st come, 1st serve.
M-F, 4:00PM-5:00PM
70 Hodges Cross Road, North Adams
jkratzen@mccanntech.org
- **Mohawk Forest Apartments:** Grab & Go. School aged children. On Friday, grab breakfast & lunch for weekend.
M-F, 11:00AM-12:00PM
201 Mohawk Forest Blvd., North Adams
- **North Adams Council on Aging:** Grab & Go. Must call one day in advance to reserve. Available for 65+.
M-F, 11:00AM-11:30AM
116 Ashland Street, North Adams
(413) 664-9826
- **Roots Teen Center:** Pick up. Meals by appointment. Contact Paula Buxbaum
Tuesday, 4:30PM-8:00PM; WedThFri, 2:30PM-8:00PM
48 Eagle Street, North Adams
(413) 663-0250
- **The Salvation Army:** Take out only. Meet at front door to receive food.
Tuesdays, 12:00PM-3:00PM & Emergency basis
393 River St., North Adams
(413) 663-7987

North County Cont.

Williamstown

- **Community Bible Church:** Food Pantry. Can call for appts. as well.
MTWTH 10:00AM-3:00PM for shelf stable goods; 3rd Wednesday 12:00PM-3:00PM for fresh fruit, veggies, & dairy
160 Bridges Road, Williamstown; (413) 458-5556 or (413) 663-6094
- **Williamstown Food Pantry:** Grab & Go. Will pre-bag items and leave them on a table outside pantry's door for people to drive by and grab. Please use the rear entrance (behind St. Patrick Parrish) off Mission Park Dr. Please line up in your cars.
Wednesdays, 9:30AM-12:00PM
53 Southworth St., Williamstown
- **Williamstown Elementary Schools:** Grab & Go. Call or email with number of lunches needed.
M-F 9:30AM-10:30AM
115 Church Street, Williamstown; (413) 458-9582 or lunches@mgrhs.org

Central County

Becket

- **Becket Federated Church:** Food Pantry.
1st & 3rd Saturday, 9:00AM-11:00AM
3381 Main Street, Becket
(413) 841-1701 or (413) 623-5217
- **Becket Washington Elementary School:** Grab & Go. Please stay in your car.
Mondays, 8:00AM-9:00AM
12 Maple Street, Becket

Dalton

- **Dalton United Methodist Church:** Food Pantry. Open for bag distributions. Only 1 person allowed in at a time.
Every other Tuesday, 12:00PM-1:30PM & 4:00PM-6:30PM (and by appointment)
755 Main Street, Dalton
(413) 684-0521
- **Food Bank of Western MA:** Mobile Food Bank.
4th Wednesdays of month, 11:00AM-12:00PM
400 Main Street, Dalton
(413) 247-9738

Hinsdale

- **First Congregational Church:** Food Pantry.
Delivery only, call to arrange.
129 Maple Street, Hinsdale
(413) 655-2670

Lenox

- **Food Bank of Western MA:** Elders Brown Bag.
2nd Wednesdays 11:30AM-12:30PM
65 Walker Street, Lenox
(413) 637-5535
- **Lenox Ecumenical Food Pantry in United Methodist Church:** Food Pantry.
Saturdays 10:00AM-11:00AM
6 Holmes Road, Lenox
- **Lenox Community Center:** Meal Delivery. Call Lenox Community Center. Provide your name, street address, telephone number and number of meals. Limit one per person/day. Can leave voicemail.
Meal delivery will begin at 11:30AM each day
(413) 637-5530

Pittsfield

- **Berkshire Dream Center:** Food Pantry.
Tuesdays 4:00PM-5:00PM
475 Tyler Street, Pittsfield
(413) 522-3495
- **Christian Assembly:** Food Pantry.
Fridays 10:00AM-12:00PM
850 Williams Street, Pittsfield
(413) 442-1495
- **Christian Center:** Food Pantry.
MonTueFri 12:00PM-1:00PM
193 Robbins Avenue, Pittsfield
(413) 443-2828
- **Council on Aging:** Grab & Go. Packaged lunch for those registered with Elder Services and Meals on Wheels. Make reservation by calling.
Daily 10:30AM-12:30PM
330 North Street, Pittsfield
(413) 499-0524
- **First Baptist Church:** Food Pantry & Meal Site
Food Pantry - Tuesdays 10:30AM-12:30PM
Meal Site - Mondays 5:30PM-6:30PM
88 South Street, Pittsfield
(413) 445-4539
- **First United Methodist Church:** Meal Site.
MonTueFri 8:00AM-9:00AM; Tuesday 4:00PM-6:00PM
2nd, 3rd & 5th Saturday 11:30AM-12:30PM
55 Fenn Street, Pittsfield
(413) 499-0866
- **Food Bank of Western MA:** Elder Brown Bag. Groceries via curbside pickup at Ralph Froio Senior Center or van delivery service. Call Senior Center for registration guidelines & additional information.
M-F, 8:30AM-12:30PM
330 North Street, Pittsfield
(413) 499-9346 or Elder Services (413) 499-0524
- **New Generation Global Ministry:** Meal Delivery. Pre-order by calling or emailing with name, address, telephone number and number of meals needed.
Saturdays 4:00PM-6:00PM
(413) 841-1519 or newgeneration178@gmail.com

Central County Continued

Pittsfield

- **The Salvation Army:** Food Pantry. Access once per week.
WedThursFri 10:00AM-2:00PM
298 West Street, Pittsfield
(413) 442-0624
- **The Salvation Army:** Grab & Go.
M-F 10:30AM-11:30AM; Sundays 4:30PM-5:30PM
298 West Street, Pittsfield
(413) 442-0624
- **Soldier On:** Food Pantry. To go boxes distributed at the door.
Saturdays 8:00AM-11:00AM (and by appointment)
360 West Housatonic Street, Pittsfield
(413) 236-5644
- **South Congregational Church:** Food Pantry. Open for bag distribution outside. Limit one visit/week.
Wednesdays & Thursdays 8:00AM-11:00AM
110 South Street, Pittsfield
(413) 442-7357
- **South Congregational Church:** Grab & Go. Deliveries as needed.
Wed & Thurs 8:00AM-9:00AM; Wednesday 3:30PM-6:00PM
110 South Street, Pittsfield
(413) 442-7357
- **St. Joseph's Church:** Food Pantry. Pre-packaged bag distribution.
Wednesdays 9:00AM-10:00AM
414 North Street, Pittsfield
(413) 445-5789
- **St. Mark's Church:** Food Pantry.
Last 2 Fridays each month 9:00AM-11:00AM
400 West Street, Pittsfield
(413) 447-7510

Pittsfield Cont.

- **St. Stephen's Parish:** Meal Site.
Call to confirm most up-to-date hours
67 East Street, Pittsfield
(413) 448-8276

Pittsfield Public Schools

Grab & Go. Breakfast & lunch meals for students in the Pittsfield Public School system.

MWF 12:00PM-1:00PM; Meals provided for 2 days
Locations:

- **Berkshire Family YMCA:** 292 North Street
- **Berkshire Peak Apartments:** 341 West Street
- **Boys & Girls Club of the Berkshires:** 16 Melville Street
- **Brattlebrook Apartments:** April Lane
- **Conte Community School:** 200 West Union Street
- **Dower Square Housing Village:** 253 Wahconah Street
- **Morningside Community School:** 100 Burbank Street
- **Wilson Park Housing:** Memorial Drive

Saturday and Sunday 11:30AM-12:30PM

Locations:

- **Boys & Girls Club:** 16 Melville Street
- **Conte Community School:** 200 West Union Street
- **Morningside Community School:** 100 Burbank Street

South County

Lee

- **Food Bank of Western MA:** Elder Brown Bag. For seniors.
Pre-registration required.
2nd Wednesdays 12:00PM
21 Crossway Street, Lee
(413) 247-9738
- **Lee Elementary School:** Delivery. Weekly packages of 5 days worth of meals for Lee residents and LPS students in Tyringham. Call or email and provide name, address, phone number, # of meals needed and ages of children. Call or email by noon on Friday to receive box for the following week.
Tuesdays after 11:30AM
310 Greylock Street, Lee
(413) 243-0336 or lunches@leepublicschools.net
- **Lee Food Pantry:** Food Pantry.
Saturdays 10:00AM-12:00PM
45 Railroad Street, Lee
(413) 266-1141

Great Barrington

- **Bizen:** Pick-up. Free veggie sushi rolls for all kids through HS.
Monday-Sunday 12:00PM-2:00PM & 5:00PM-8:30PM
17 Railroad Street, Great Barrington
(413) 528-4343
- **CHP Food Pantry:** Food Pantry. Open some Sundays. Call on arrival and ask for food pantry
M-F 9:00AM-5:00PM
442 Stockbridge Road, Great Barrington
(413) 528-0457
- **Food Bank of Western MA:** Mobile Food Bank. Please bring empty shopping bag.
1st Tuesdays 11:00AM-12:00PM
444 Stockbridge Road, Great Barrington
(413) 247-9738
- **Monument Valley Middle School:** Grab & Go. Available for any family who lives in the Berkshire Hills District. Families must pre-register by calling or emailing.
Fridays 11:00AM-2:00PM
313 Monument Valley Road, Great Barrington
Kathy Sullivan (413) 644-2325 or meals@bhrs.org

South County Continued

Great Barrington

- **People's Pantry:** Food Pantry. Bag distribution outside. Also distributing bags to local schools for students. Monday 5:00-6:30PM; Thursday 9:30-1:00PM
325 Main Street, Great Barrington
(413) 528-1881
- **South County WIC Program:** Food Pantry. Call and staff will come out to you. Diapers are available and WIC services by phone. M-F 9:00AM-4:00PM;
442 Stockbridge Road, Great Barrington
(413) 528-0457

Otis

- **Farmington Elementary School:** Grab & Go. Brown bag meals & food for the week. Email for more info. Delivery also available. Mondays 9:00AM-10:00AM
555 Main Street, Otis
tdellagiustina@frrsd.org
- **Food Bank of Western MA:** Elder Brown Bag. Pre-registration required. For seniors. 3rd Fridays 11:00AM-12:00PM
1 North Main Road, Otis
(413) 269-4811

Richmond

- **Richmond Consolidated School:** Grab & Go. Call or email Tammy the night before with the number of lunches needed. Monday-Friday 9:00AM-10:00AM
1831 State Road, Richmond
(413) 698-2207 or tjervas@richmondconsolidated.org
For more info: www.richmondconsolidated.org
- **Bartlett's Orchard:** Food Pantry. Non-perishables. Daily 8:00AM-4:00PM
575 Swamp Road, Richmond
(413) 698-2559

Sheffield

- **Sheffield Food Assistance:** Must be a resident of Southern Berkshire Regional School District. Mondays 9:30AM-10:00AM
125 Main Street, Sheffield (Old Parish Church)
(413) 229-2624
- **Undermountain Elementary School:** Grab & Go. For Southern Berkshire families only. Contact Jeremy Wells for more info. Need to register to receive, delivery also available. Fridays - weekend box of food is sent home. Monday-Friday 11:00AM-1:00PM
491 Berkshire School Road, Sheffield
(413) 248-0727 or meals@bhrsd.org

Stockbridge

- **Stockbridge Town Hall:** Pick-up/drive through. Organized by Berkshire Hills Regional School District. Open to the community. Monday-Friday 11:30AM-12:30PM
50 Main Street, Stockbridge
meals@bhrsd.org
- **Food Bank of Western MA:** Elder Brown Bag. Pre-registration required. For Seniors. 2nd Wednesdays 11:00AM-12:00PM
5 Pine Street, Stockbridge
(413) 298-4170

West Stockbridge

- **Shaker Mill Tap House:** Grab & Go. Free lunch for any adult or child, menu will change weekly. Monday-Friday 11:00AM-1:00PM
5 Albany Road, West Stockbridge
- **West Stockbridge Town Hall:** Grab & Go. Email and notify how many you want. Pick up/drive through only. Organized by Berkshire Hills Regional School District. Open to community. Monday-Friday 11:30-12:30
21 State Line Road, West Stockbridge
meals@bhrsd.org

Other Food Supports

Food Bank of Western MA: For a complete list of food banks in Western MA. foodbankwma.org

FoodSource Hotline: Hotline connects people struggling with food insecurity with food resources in the community and SNAP benefits. Monday-Friday 8:00AM-7:00PM; Saturday 10:00AM-2:00PM. (800) 645-8333

Meals on Wheels: Through Elder Services. Call to learn more. Monday-Friday during lunch. (413) 499-0524

MA Food Delivery: Farm fresh food delivered to your door. www.massfooddelivery.com

Mountain Girl Farm: Offering home delivery service. SNAP & HIP. Call to order. (413) 663-9761 or mountaingirlfarm@yahoo.com

North Adams Farmers Market: Accepting EBT payments & doubling up to \$30 in benefits. Delivering in North County. (413) 664-6180

Roots Rising Virtual Farmers Market: Free delivery. Order online at www.rootsrising.org/virtualfarmersmarket

Square Roots Farm: Offering home delivery. Place orders through website. Accepts SNAP. www.squarerootsfarm.org, (413) 446-1446 or farmers@squarerootsfarm.org

Whitney's Farm & Market: Curbside pick-up. www.whitneysfarm.com

Senior Grocery Hours

- **Big Y** - Daily 7:00AM-8:00AM. Regular hours: Daily 7:30AM-8:00PM
- **Guidos** - Daily 9:00AM-10:00AM. Regular hours: Daily Monday-Saturday 9:00AM-6:00PM
- **Price Chopper/Market 32** - Daily 6:00AM-7:00AM. Regular hours: 7:00AM-10:00PM
- **Stop and Stop** - Daily 6:00AM-7:30AM. Regular hours: Daily 7:30AM-8:00PM