

Emergency Services/Assistance/Municipal Offices

Emergency Mental Health Services? If the situation is potentially life-threatening, get immediate assistance, call 911, available 24 hours a day.

Emergency Shelter, Food Assistance and Other Services : Available to Rhode Islanders in need, call the **United Way Hotline at 2-1-1**. United Way 2-1-1 also has a list of agencies that provide detox services, inpatient and outpatient substance abuse services. They can also connect families to low cost high speed internet. If you have a child receiving free or reduced price lunch you may be able to get internet for \$10 per month with no activation fees.

Blackstone Valley Community Action Center (BVCAP) is now accepting applications for emergency heating assistance. **401-765-3258 to apply for heating assistance**. Contact Information for **other BVCAP services: 401-723-4520**. Address: 32 Goff Avenue, Pawtucket, RI 02860. Services offered: basic needs provided by their **food cupboard, food stamp application assistance (SNAP), project undercover (diapers and underclothing)** and holiday toys. They also offer GED services, help for first time home buyers and other services. BVCAP provides Low-Income Home Energy Assistance Program (LIHEAP) assistance from November 1st to March 31st to residents at or below 60 % of RI median income. You may also qualify for a home visit with a CAP auditor who will review your electric bills and energy use. The auditor helps you save energy and money as well as replace inefficient refrigerators and freezers, replace incandescent light bulbs with compact fluorescent light bulbs, and install devices to reduce hot water use.

Lighthouse Community Food Pantry. 30 Meeting Street, Cumberland. Phone: **401-729-1603** Dorothy Feragne. Mon. 5:00-7:00 pm (located in Cadillac Mills); if a holiday, open on Tues. instead. Handicapped Accessible.

Northern RI Food Pantry. 10 Nate Whipple Highway, Busch Annex, Cumberland. Phone: **401-943-5673**. Distributes food on the Third Saturday of each month from 10:00 am to 12:00 noon. They begin handing out numbers at 8 am. A family representative must be present to receive a number. They provide food in quantities determined by available supply. Families who have an emergency food need should contact a food pantry representative.

Children in Emotional Crisis? Kid link is a 24 hour hotline for children in emotional crisis. Call **1-855-543-5465**. The phone calls go to Bradley Hospital until 11 pm and then Gateway answers the phone.

National Suicide Prevention Lifeline –1-800-273- 8255. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

SAMHSA Treatment Referral Helpline – 1-877-726-4727. **Talk to you primary care doctor or another health professional about mental health problems**. Ask them to connect you with the right mental health services. If you do not have a health

professional who is able to assist you, you can call **SAMSHA. 1-877-726-4727**. Get general information on mental health and locate substance abuse or mental health treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.

Blackstone Valley Advocacy Center: 401-723-3057. The 24 hour helpline is provided for individuals in crisis. Offers shelter and other services for families impacted by violence. Speak with a domestic violence advocate.

Rhode Island Coalition Against Domestic Violence has a 24 hour helpline: 1-800-494-8100. Offering support, information and advocacy for those impacted by crimes of violence. They offer help to children who witness violence, parents and families impacted by domestic violence.

Municipal Offices

Town of Cumberland Town Hall: 401-728-2400.

Cumberland Housing Authority: 401-334-2678.

Cumberland RI Police Department: Non-Emergency Line: 401-333-2500

Cumberland School Department: 401-658-1600.

Health Source RI: 855-840-4774. February 15 is the deadline for open enrollment.

DCYF: For a List of Licensed Child Care Providers: 401-528-3502.

Office of Children, Youth and Learning: 401-475-0929. Educational programs for children. Inquire about financial aid options.

Town of Cumberland Parks and Recreation: 401-334-9996. They offer affordable summer camp and other recreational programs