



PUBLIC HEALTH AND HUMAN SERVICES RESOURCES

Behavioral Health Services

Take the stress out of finding mental health and wellness services. Wakefield residents of all ages can use the free, confidential INTERFACE referral service to get matched with licensed mental health and wellness providers. Each referral best meets the location, insurance, and specialty needs of the caller. Call 1-888-244-6843 Monday through Friday, 9 a.m. to 5 p.m. or visit <https://interface.williamjames.edu>.

If you are in a crisis, call or text the 24-hour Massachusetts Behavioral Health Help Line at 833-773-2445, visit www.masshelpline.com, or call the National Suicide and Crisis Lifeline at 988.



Wakefield Services

Town Hall

1 Lafayette Street, 781-246-6375

Wakefield Emergency Fund

Town Administrator, 781-246-6390
wakefield.ma.us/emergency-fund

Health and Human Services Department

5 Common Street, 781-246-6375

Social Services Manager

Jason Stone, 781-670-4935
jstone@wakefield.ma.us

Police Department

1 Union Street, 781-245-1212

Family Services and Domestic Violence Officer

Officer Amy Rando, 339-219-4519
arando@wakefieldpd.org

Outreach Recovery Coordinator

Tracy Ascolillo Rizzo, 781-879-2117
tascollilo@eliotchs.org

Co-Response Clinician

Jennifer Waczkowski, LMHC
339-219-4546 (office)
339-223-1736 (cell)
jwaczkowski@wakefieldpd.org

Domestic Violence Advocate

RESPOND Inc.
Mollie Bracken, 339-219-4524

Council on Aging

30 Converse Street, 781-245-3312

Veteran Service Officer (VSO)

David Mangan, 781-246-6377
30 Converse Street

Beebe Library

345 Main Street, 781-246-6334

Housing Authority

26 Crescent Street, 781-245-7328

Local and National Support Services

Department of Transitional Assistance

SNAP and other benefits
781-388-7300 / 877-382-2363

MASSHIRE Metro North Career Center Woburn

Employment and career services
781-932-5500

Mystic Valley Elder Services

781-324-7705

Lifetime Program

Free / reduced-cost cell phones
800-234-9473

988 Suicide and Crisis Lifeline

988 or visit <https://988lifeline.org>

Veteran Crisis Line

800-273-8255 #1 or 988 #1

Respond Inc.

Domestic violence resources
617-440-7267

Massachusetts Substance Abuse Helpline

800-327-5050

Boston Area Rape Crisis Center

800-841-8371

Food

Wakefield Food Pantry

467 Main St., 781-245-2510
Tuesday 9 a.m. to 1 p.m.
Thursday 9 a.m. to 1 p.m. and 6:30 to 7:30 p.m.



Free Meals

MBS Community Dinner

Most Blessed Sacrament Church, 1155 Main St., 781-486-4632
Sit-down or grab-and-go dinner: second Wednesday of each month, 5 to 6 p.m.

St. Joseph's Table

St. Joseph's Church, 173 Albion St., 781-245-5770
Grab-and-go or sit-down dinner; first Thursday of each month, 5 to 5:30 p.m. Hall closes at 6 p.m.

Community Breakfast

First Parish Congregational Church, 1 Church St., 781-245-1539
Community breakfast and clothing closet: third Saturday of each month, 9 to 10:30 a.m.

Shepherd's Table Ministry Dinner

First Parish Congregational Church, 1 Church St., 781-245-1784
Grab-and-go or sit-down dinner and clothing closet: fourth Monday of each month, 5 to 6 p.m.

Emmanuel Episcopal Church Dinner at Horizon House

Horizon House, 78 Water St., 781-245-4272
Sit-down dinner; third Tuesday of each month; 5 p.m.



Housing/Shelter

Malden Warming Center

529 Eastern Ave. Malden, 781-324-4230
sharing@maldenwarmingcenter.org
December 1 through March 31, 7 p.m. to 8 a.m.

Lynn Shelter Association

100 Willow St. Lynn, 781-581-0739

Seeds of Hope

56 Margin St. Salem, 978-744-0500

River House

56 River St. Beverly, 978-921-1304

SafeLink (shelters for victims of domestic violence)

877-785-2020

St. Patrick's Shelter (women only)

270 Washington St. Somerville, 617-628-3015