

Resource Guide for Young Adults (age 18-26)

Overview

The goal of this resource guide is to bridge the gaps that young adults experience in addressing social determinant of health needs. Unique barriers that young adults face in socializing limits their potential for achieving their highest level of emotional, social, and physical health. Limited access and engagement with community resources increases the risks of adverse mental health and loneliness which are already more prevalent in those aged 18-26. These resources were gathered by attending community events in the Greater Boston area and then researched to identify barriers in place that would limit engagement with young adults by someone who is a young adult themselves. By sharing this resource guide there is potential to increase the overall health and well-being of all members of our community.

Hotlines

<u>988 Suicide and Crisis Hotline</u>	Call or text 988 any time of day to speak with a counselor. The webpage offers a variety of specialized services that cater to vulnerable populations (veterans, maternal health, Black mental health, young adults).
<u>Massachusetts Substance Use Helpline</u>	Call 800-327-5050 or text "HOPE" to 800327 to connect with licensed and approved substance use treatment and recovery services.
<u>Massachusetts Behavioral Health Helpline</u>	Call or text 833-733-2445 at any time to get a real time clinical assessment. Trained staff members assist in accessing treatment and support to meet individual needs.
<u>Safelink</u>	Statewide 24/7 hotline for domestic violence. Call 877-785-2020 to speak with an advocate to connect with local resources or just talk about the situation.

Resources

Transportation	<p><u>Blue Bikes</u> - In an effort to expand access to bikeshare and create safer and healthier communities Blue Bikes offers income eligible pricing for those with Masshealth, EBT, or other social benefits.</p> <p><u>MBTA Free Rides</u> - People age 18-25 with low income may qualify for a Youth Pass to receive reduced fair rides. Yearly application is required.</p>
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<p>Food Access</p>	<p><u>East Boston Soup Kitchen</u> - Food distribution offered every Monday and hot meals on Tuesdays. Partnering with Gaining Grounds Farm to provide local produce in meals served.</p> <p><u>EBT (SNAP)</u> - The Supplemental Nutrition Assistance Program provides monthly food allowance based on income and other qualifying criteria. Other SNAP benefits include free nutrition classes and money back when buying local produce as part of the Healthy Initiatives Program.</p> <p><u>Greater Boston Food Bank</u> - Operating from the Yawkey Center in South Boston this food bank offers food distribution and mobile food markets catering to low income populations, including students.</p> <p><u>The Food Project</u> - Through farmers markets and build a garden initiatives The Food Project aims to create a productive community of youth and adults from diverse backgrounds to build a sustainable food system.</p>
<p>Health and Lifestyle</p>	<p><u>Asian Women for Health</u> - Through community engagement, education, and representation this nonprofit organization is dedicated to advancing health for Asian women and people of underrepresented backgrounds. They have built an online community to share information and support and offers a free training program to be a community health worker.</p> <p><u>Hood Fit</u> - To address stigma in Black/Latino communities HoodFit embraces the relationship between the body, mind, and spirit to amplify resilience. They host a yearly Road to Wellness 5k.</p> <p><u>Mattapan Food and Fitness Coalition</u> - A grassroots organization that provides solutions for the community by the community with focus on addressing environmental inequities, lack of healthy food access, lack of youth engagement opportunities, feeling unheard, and limited physical activity opportunities.</p> <p><u>Neighborhood Health</u> - Health clinic in East Boston that offers community based primary healthcare services and behavioral health urgent care services. The Community Resource and Wellness Center aims to address non medical, social needs with walk in availability or calling the helpline at 617-568-4845.</p> <p><u>YMCA of Greater Boston</u> - Discounted gym membership rate for ages 18-29. The YMCA also offers a variety of programs that focus on community and food access, job training, and healthy living.</p>
<p>Education</p>	<p><u>SNAP Path to Work</u> - Another benefit to SNAP is skills and training programs offered with supports to find and keep good paying jobs. Vocational and training programs have hybrid and remote options with the opportunity for additional resources including child care and transportation.</p> <p><u>Youth Build Boston</u> - People between the ages of 17-25 can have the opportunity to receive support and work towards the credentials needed to enter the construction and design industry. Some courses do not require a high school diploma and others work towards college credits.</p>

<p>Housing</p>	<p><u>Bridge</u> - Bridge Over Troubled Water offers effective and innovative services to high risk, runaway, and homeless youth ages 14-24. Programs include mobile medical vans, street outreach, counseling, and a variety of housing assistance options. If you are in need call 617-423-9575 at any time.</p> <p><u>City Life Boston</u> - A grassroots community organization committed to fighting for racial, economic and social justice and gender equality through building working class power. They offer twice weekly meeting to allow community members speak with a lawyer and have a housing hotline in English and Spanish.</p> <p><u>Homestart</u> - Assists individuals in obtaining housing and settling into the community to prevent homeless before it starts. Call the eviction prevention hotline at 857-415-2900.</p> <p><u>Neighborhood of Affordable Housing (NOAH)</u> - NOAH works to increase access to affordable housing, create social and economic opportunities, and empower residents to be leaders of change. They offer rental housing case management, free financial capability courses, and a first time homeowner course along with providing other housing resources.</p> <p><u>Rosie's Place</u> - Provides overnight shelter and other services for those in need who self-identify as female. They provide emergency support, ongoing support, and community support.</p>
<p>Immigration</p>	<p><u>City of Boston Immigration Advancement</u> - Free immigration consultations are offered twice a week at the Mayor's Office of Immigrant Advancement. They also offer frequent drop-in office hours to discuss other supports and resources.</p> <p><u>La Collaborativa</u> - This Latina-led organization aims to empower the community through a variety of programs and services that provide linguistically and culturally appropriate information to the Latinx immigrants. Youth resources include job training for ages 14-24 and mental health services.</p>
<p>Civic Engagement</p>	<p><u>Genunity</u> - Genunity offers programs about housing justice and health equity for adults to work together to build better communities by addressing inequities. These programs offer scholarships and stipends.</p> <p><u>NUBE East Boston</u> - This multi-ethnic, member led organization has a strong belief in the power of organizing and shifting political power through civic engagement. They offer programs in leadership, civic engagement and innovation along with hosting community events with other social movement organizations.</p> <p><u>Spark Boston</u> - Opportunity for people age 20-35 to engage in politics and civic engagement through setting priorities to address City issues and Boston's future. Application is required to be on the Spark Council.</p> <p><u>Teen Empowerment</u> - Young people age 14-19 are trained and employed to plan and carry out neighborhood organizing initiatives that promote peace, equity, and justice.</p>

Mental Health/ Substance Use

[Advanced Therapy Center](#) - Provides comprehensive mental health treatment through a variety of therapy modalities with the goal of offering personalized care tailored to the unique needs of the individual.

[BEST Program at Boston Medical Center](#) - Community based health center comprised of the clinic and community crisis stabilization units for youth and adults. Mental health walk in services available weekdays 8am-8pm and weekends 9am-5pm.

[Can We Talk](#) - As part of the Social Impact Center of the Roxbury Presbyterian Church, Can We Talk offers an anonymous drop in program to share stories of trauma. It provides a safe space with a community of peer support.

[Hey Sam](#) - Peer to peer texting service for people up to 24 years old. Text 439-726 any day from 9am- midnight to talk with a trained volunteer who will listen to what you are comfortable sharing with them.

[Home for Little Wanderers](#) - Ensure social, emotional, educational and physical wellbeing for children up to 26 years of age. Offers a wide range of critical services along with variety of young adult programs.

[Mental Health Declassified](#) - MHD creates safe spaces to break the stigma around mental health through community events and storytelling. Mental health advocates help bridge the gap in the accessibility of resources.

[PPAL](#) - Parent/professional advocacy league (PPAL) is an organization that advocate for improved access of mental health resources for children, youth and their families. The Transition Age Youth Program focuses on the needs of young people age 16-26.

[STEPRox Recovery Support Center](#) - STEPRox is a community/ peer led substance use recovery organization based on a participatory model that empowers peers in decisions affecting them.

[The Trevor Project](#) - The leading suicide prevention and crisis intervention nonprofit for LGBTQ+ young people. Text "START" to 678-678 or call 866-488-7386 to speak with a trained counselor.

[Time of Butterflies](#) - Creates a supportive community that provides a healing space for women of color. Offers community events, workshops, and resources to help the quality of life of women affected by trauma.

[Wayside Youth and Family Support Network](#) - Provides a variety of mental health counseling and family support services to children, young adults, and families. Young adult services include community resource centers, supportive living programs, and free support group events.

Community Support

[2nd Act](#) - A collective of artists that are in recovery using film, drama therapy, and theater to address the impact of substance use and promote understanding in the face of stigma. Offers community shows, workshops, and naloxone training.

[ABCD](#) - Offers variety of programs that provide tools and resources needed to transition from poverty to stability.

[Boston Public Library](#) - With 25 branches across the city of Boston these libraries offer a variety of resources online and in person. There is a young adult event calendar for people age 20-34.

[Boston While Black](#) - A membership network for Black professionals, entrepreneurs, and students in the Boston area. They host programs, events, and an online community that connects members active in their communities.

[Fenway Community Center](#) - The FCC provides programming for the community in the arts, wellness, enrichment and civic engagement. With a free membership members have access to community events, resources, and biweekly food distributions.

[Green Roots](#) - To achieve environmental justice and greater quality of life this organization implements collective unity, education, unity, and youth leadership. They offer community events and programming including weekly free cooking and nutrition classes.

[Higher Ground Boston](#) - Bringing schools and communities together to create solutions in education, housing, community capacity, and health. They support parents and residents navigate services and fill gaps when needed.

[Jewish Family and Children's Services](#) - JF&CS helps families and individuals build a strong foundation for resilience across the lifespan. They offer a multitude of services and programs including a center of basic needs assistance, healthy parenting initiative for parents under age 23, and mental health connect referral service. Call 781-693-5562 to speak with a JF&CS mental health professional.

[Justice Resource Institute](#) - JRI has over 100 programs meeting the needs of underserved individuals, families, and communities. The Yunity Access Center provides community services and support groups for people age 16-25. They also offer educational services for those up to age 22 with academic struggles.

[Madison Park Development Corp](#) - Located in Roxbury, MPDC fosters a vibrant, healthy neighborhood that supports wellbeing and advancement of the community. They offer a variety of programs and advocacy efforts around real estate development, arts and culture, and community building/ engagement.

[Mutual Aid Eastie](#) - This organization provides essential support by creating safe and inclusive spaces that foster unity. They offer a free little pantry and library that is stocked by the community along with hosting community events and office hours to allow individuals to connect and obtain resources.

[NAGLY](#) - With the mission to respect, educate, and empower LGBTQIA+ youth NAGLY provides free counseling services along with support groups, programs, and case management. Their services are for individuals up to age 23.

[OUT Metrowest](#) - Offers free programs for LGBTQ+ and allied youth up to age 29. NOVA is the young adult program that hosts monthly hangout groups for youth age 19-29.

[SIDE Presents](#) - A creative production agency that aims to bring people together through a safe haven of creativity. They organize events that provide support to

individuals and organizations that are passionate about creativity and community.

[SMOC](#) - South Middlesex Opportunity Council organizes resources for social change and economic independence. They offer a wide range of services regarding housing and community resources, behavioral health partnerships, and financial assistance programs.

[The Dewitt Center](#) - Fostering a multidimensional approach to community development the Dewitt Center offers daily classes and programs in workforce development, financial literacy, college preparation and more. They also have initiatives focusing on health equity and community wellness, public safety and violence prevention, and civic engagement.

[Union Capital](#) - Union Capital transforms social capital by rewarding community engagement. Members receive points by attending and participating in community events, such as UCB Network Nights, which accumulate into visa gift card rewards.

Expanding Your Social Network

Even if you may not be in need of resources right now, many, if not all, of these organizations offer a variety of volunteer and career opportunities. Familiarizing yourself with the community in which you live can be beneficial to yourself and those around you as you leverage assets to increase social connection. Expanding social networks is a tool to combat loneliness. As you make connections and build community you may find that you feel lonely, but you are not alone.