



## Resource Guide Released for Southern Berkshire County

### Providing Resources for Food Assistance, Housing Support, Mental Health, Special Needs Services and Transportation

**Southern Berkshire County, MA, March 11, 2025-** Through a collaboration with the Southern Berkshire Public Health Collaborative, Families Like Ours Inc., and the Tri-Town Health Department, we are excited to announce the release of the *Southern Berkshire County Resource Guide*, a comprehensive and vital tool designed to connect individuals and families with essential services across Southern Berkshire County. We would like to extend our sincere gratitude to all participating organizations for their support and partnership in making this resource possible.

The *Southern Berkshire County Resource Guide* is an invaluable reference for everyone — from emergency personnel to community members — helping to navigate essential services such as food access, housing support, mental health support, special needs services, and transportation options. Additional sections are being developed for future printings of the guide and the Resource Guide will be regularly updated online throughout the year.

The Southern Berkshire County Resource Guide is available both in print and digital formats. The printed version will be distributed in March 2025 to first responders, town clerks, libraries, boards of health and council on aging offices. Online versions are available at <https://southernberkshirehealth.com/southern-berkshire-county-resource-guide/> or [familieslikeoursinc.com](https://familieslikeoursinc.com). To make suggested changes or additions or to request a printed copy, please contact Rania Markham at [Rania@familieslikeoursinc.com](mailto:Rania@familieslikeoursinc.com). This resource is free of charge, and we encourage you to share it with others who might benefit from it.

*“This guide was initially developed to ensure that first responders, public health officials and other service providers had a printed tool to help their citizens and clients navigate vital services, but what we found is that it is a valuable tool for everyone. The guide not only lists actual resources, but also links to other existing online resource guides to ensure that people can get the help they need as quickly as possible.”*

- Jayne Smith, SBPHC

**Southern Berkshire Public Health Collaborative** is a shared services arrangement providing support to the local boards of health in their 12 member towns, including Alford, Great Barrington, Lee, Lenox, Monterey, Mount Washington, New Marlborough, Otis, Sandisfield, Sheffield, Stockbridge and Tyringham. Services provided by SBPHC to member towns include comprehensive public health nursing, inspectional and health agent services, car seat fittings, sharps disposal and community collaboration to help ensure the health of people living, working and visiting Southern Berkshire County.

**Families Like Ours** is a non-profit that exists to support families of individuals with special needs in Berkshire County by addressing the daily challenges they face. We help connect families with community resources through our dedicated staff. Our goal is to reduce feelings of isolation and create a sense of unity among families. By doing so, we aim to make a positive difference and empower families like ours.

**Tri-Town Health Department** is a regional health department, created in 1929, that provides comprehensive public health services to Lee, Lenox, and Stockbridge. Tri-Town, through the Town of Lee, is the fiscal host for the Southern Berkshire Public Health Collaborative.

If you would like more information on the Southern Berkshire Resource Guide, please contact the following:

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