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# **Adult Resource Guide**

**Community Resources for Adults in Rhode Island**



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**Ctrl + click blue link** to access webpage relevant to resource / hover mouse over blue hyperlink for full web address.

QR code can be scanned by a mobile device for direct access to webpage (this will be used for printed hard copy)

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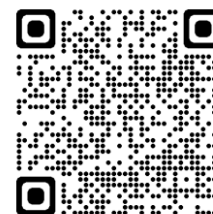
## Food Resources

<p><b>RI Community Food Bank:</b> This list is updated at least monthly to reflect changes in food assistance program operations by city, town, and village.</p> <p><a href="#">FAL-JULY-2023-QR-code.pdf (rifoodbank.org)</a></p>	
<p><b>The Rhode Island Center Assisting those in Need:</b> Non-profit organization dedicated to providing emergency food, clothing, and other vital support measures to neighbors in crisis throughout the state, primarily in Washington County and the surrounding areas.</p> <p><a href="#">Food Pantry   Rhode Island Center Assisting Those In Need   Charlestown (rhodeislandcan.org)</a></p>	
<p><b>Meals on Wheels of RI:</b> To enroll in the Home-Delivered Meal program, applicants must:</p> <ul style="list-style-type: none"> <li>• Be age 60 or older OR be under the age of sixty and have an approved: DHS, PACE, NHPRI</li> <li>• Be homebound/have difficulty leaving their home independently.</li> <li>• Not be a participant in an adult daycare or dining program on the day they are scheduled to receive meals.</li> </ul> <p><a href="#">Home   Meals on Wheels of RI (rimeals.org)</a></p>	
<p><b>SNAP:</b> The Supplemental Nutrition Assistance Program (SNAP) helps individuals and families buy food.</p> <p><a href="#">Supplemental Nutrition Assistance Program (SNAP)   RI Department of Human Services</a></p>	
<p><b>Project Hand Up:</b> Discount groceries curbside pickup with no contact. Shopping up to once a week and for a \$6 donation you will receive \$200 worth of groceries or more.</p> <p><a href="#">Project HAND UP - Educational Entertainment</a></p>	
<p><b>Hope Market:</b> Hope Market's \$5 fill-a-bag you can fill up to three \$5 bags per visit. Hope Market provides an array of hygiene, home, and personal care products. You may choose up to twenty personal care items per visit. Offering a wide selection of meats, dairy, cheese, and sometimes seafood, soups, and desserts.</p> <p><a href="#">Hope Market — We Share Hope</a></p>	

## Utility Assistance Resources

**National Grid:** This program is administered by the Rhode Island Department of Human Services, and applications are accepted through local Community Action Program (CAP) agencies from **September through May** each year.

[Grant Programs | Rhode Island Energy \(rienergy.com\)](#)



**LIHEAP (Low Income Home Energy Assistance Program):** CAP agencies, **October to April**. LIHEAP helps eligible low-income households pay their heating bills through federal grants to the household.

[LIHEAP Eligibility & How To Apply | RI Department of Human Services](#)



**Low Income Household Water Assistance Program (LIHWAP):** LIHWAP helps eligible low-income households afford and maintain access to drinking water and wastewater services through federal grants. low-income households can apply to receive a one-time payment of up to \$500 for past due water and wastewater bills. **LIHWAP is available through September 30, 2023, or until funds are exhausted.**

[Low Income Household Water Assistance Program \(LIHWAP\) | RI Department of Human Services](#)



**Keep the Heat On (Diocese of Providence):** Keep the Heat On was established to help those individuals and families living in Rhode Island who have exhausted all other public and private resources.

[Keep the Heat On - Providence, RI \(heatri.com\)](#)



## Dental Resources

**RI Mission of Mercy Free Dental Clinic:** The RI Mission of Mercy (RI MOM) is a two-day dental clinic where treatment is provided at no cost for individuals who are uninsured or underinsured, or anyone who cannot otherwise afford dental care.

**When is the RI MOM?** September 30 & October 1, 2023

[Mission of Mercy Dental RI, Mission of Mercy Dental Clinic RI \(rimom.org\)](https://rimom.org)







**The CareLink Mobile Dentistry Program:** Provides mobile dental services to residents of nursing homes who have Medicaid coverage. To qualify, a resident of a nursing home must have been in the nursing home for 45 days.




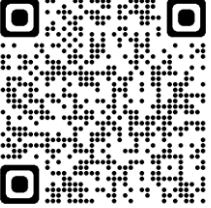


[Senior Dental Care - Mobile Dentistry | CareLink \(carelinkri.org\)](https://carelinkri.org)



## Domestic Violence Resources

<p><b>Rhode Island Coalition Against Domestic Violence:</b> The purpose of the Rhode Island Coalition Against Domestic Violence is to eliminate domestic violence in Rhode Island. Our mission is to support and enhance the work of our member agencies and to provide leadership on the issue of domestic violence.</p> <p><b>Phone:</b> Helpline 1-800-949-8100</p>	
<p><b>RI Coalition Against Domestic Violence</b> <b>Member Agencies:</b> The RICADV's network of member agencies provides comprehensive emergency and support services to victims of domestic violence, dating violence, sexual violence, and stalking.</p>	
<p><b>National Domestic Violence Hotline:</b> 24/7. Languages: English, Spanish and 200+ through interpretation service</p> <p><b>Phone:</b> 1-800-799-7233</p>	
<p><b>Domestic Violence Program at Crossroads RI:</b> Specialized, trauma-informed services to address the unique needs of domestic violence survivors. Assistance in finding safe, secure, and stable housing.</p> <p><b>Phone:</b> 24-hour helpline 401-861-2760</p>	
<p><b>RI Domestic Violence Shelters:</b> Listing of Domestic Violence shelters in Rhode Island.</p>	

## Health Insurance Resources

<p><b>HealthSource RI:</b> HealthSource RI connects you with affordable health and dental insurance from Blue Cross Blue Shield of Rhode Island, Neighborhood Health Plan of Rhode Island, Delta Dental and more.</p> <p><a href="#">Home - HealthSource RI</a></p> <p><b>Phone:</b> 1-855-840-4774</p>	
<p><b>Senior Health Insurance Assistance Program &amp; Medicare Counseling:</b> SHIP provides local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers. Helps people find the right Medicare coverage at the right cost also assists beneficiaries with limited income to apply for programs, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.</p> <p><a href="#">Medicare Counseling   Office of Healthy Aging (ri.gov)</a></p> <p><b>Phone:</b> 1-888-884-8721</p>	
<p><b>Medicaid/Medicare Programs:</b> Department of Human Services</p>	
<p><b>The Point:</b> Operated by United Way of Rhode Island and linked through 2-1-1, The POINT helps aging seniors enroll in Medicare, Medicaid, and other programs that will ensure a better quality of life.</p> <p><a href="#">Point   Office of Healthy Aging (ri.gov)</a></p> <p><b>Phone:</b> 401-462-4444</p>	
<p><b>Rlte Care:</b> Rlte Care is Rhode Island's Medicaid/CHIP managed care program for families with children, pregnant women, and children under age 19.</p> <p><a href="#">Rlte Care   Executive Office of Health and Human Services</a></p> <p>For assistance from HealthSource RI, call (855) 840-4774 For assistance from DHS, call (401) 462-5300</p>	
<p><b>The RIPIN Call Center:</b> Offers free support to any Rhode Islander who needs help with healthcare or health insurance.</p> <p><b>Phone:</b> 401-270-0101</p>	

## Home Modifications Resources

**Ocean State Center for Independent Living:** The Ocean State Center for Independent Living works to improve the life experience for people with disability by promoting self-direction and integration into the community and provides a wide range of independent living services to help individuals meet these goals.

[Ocean State Center for Independent Living | oscil | 1944 Warwick Avenue, Warwick, RI, USA](#)

**Phone:** 401-738-1013



**Comfort Keepers Home Care:** Serves Lincoln, Providence, and the Surrounding Areas of Rhode Island

In-Home Care, Senior Care, Alzheimer's Care, Dementia Care, and more. Caregivers assist with personalized in-home care, Alzheimer's care, and more services to meet the needs of every individual.

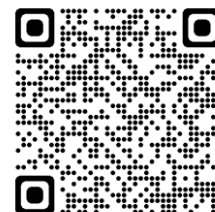
[Home Care in Lincoln, RI | Comfort Keepers Home Care](#)

**Phone:** 401-924-7362



**Insight (vision loss):** Services for patients living with vision loss providing comprehensive services that build the confidence and independence of people who are visually impaired and blind.

[In-Sight](#)



**The Society of St. Vincent de Paul:** The program is funded through donations from individuals, parishes, schools, organizations, along with grants from corporations and the annual Catholic Charity Appeal.







[SVDP Rhode Island | Faith. Friendship. Service. \(svdpri.org\)](#)

**Phone:** 401-490-0822








## Isolation and Support Resources

<p><b>BH Link:</b> 24/7 crisis intervention services for people experiencing mental health or substance use crisis.</p> <p><b>Phone:</b> Hotline 401-414-5465</p>	
<p><b>Hope Health Caregiver Support Groups:</b> Virtual Caregiver support groups</p> <p><b>Hope Health Grief Support Groups:</b> Virtual specialty and general groups for adults, children, and healthcare providers.</p>	
<p><b>Senior Centers of Rhode Island:</b> A Senior Center is a community center that serves Elders over the age of 50. They are locally funded but may also receive State and Federal grants. Some Senior Centers have a small membership fee which may be waived based on your income. The goal of Senior Centers nationwide is to enrich the lives of Elders over age 50.</p> <p><a href="https://agefriendlyri.org">Senior Centers in Rhode Island (agefriendlyri.org)</a></p>	
<p><b>Papa Pals (BCBS Medicare):</b> An on-demand service that helps BCBSRI members stay independent, while living securely and happily at home. Offering Companionship, House Needs, Transportation and Technology help.</p> <p><a href="#">Papa   Companionship for Older Adults   Flexible Family Care</a></p>	
<p><b>Project Hello:</b> A volunteer-based effort that connects isolated older adults who need socialization to friendly volunteers via the telephone. Volunteers are not only providing phone-based wellness checks, but also a sense of community.</p>	
<p><b>Connect 2 Affect:</b> A network of resources that meets the needs of anyone who is isolated or lonely, and that helps build the social connections older adults need to thrive.</p> <p><a href="https://connect2affect.org">Connect2Tools to Overcome Social Isolation (connect2affect.org)</a></p>	

## Housing Resources

<p><b>Rhode Island Coordinated Entry System:</b> Coordinated entry is a nationally recognized process developed to ensure that all people experiencing a housing crisis have fair and equal access and are quickly identified, assessed for, referred to, and connected to housing and assistance based on their strengths and needs.</p> <p><a href="#">Coordinated Entry System   End Homelessness RI (rihomeless.org)</a></p>	
<p><b>Rhode Island Rental Resource Guide:</b> This guide was produced to help Rhode Islanders find safe, healthy, and affordable rental homes. The guide contains information on rental assistance programs, affordable housing listings, and tips to save you time.</p> <p><a href="#">RHODE ISLAND RENTAL RESOURCE GUIDE (rihousing.com)</a></p>	
<p><b>Rhode Island Coalition to End Homelessness:</b> There are many resources statewide to help those experiencing homelessness, housing insecurity, or hunger. To localize all those resources, we have put together the following page.</p> <p><a href="#">End Homelessness RI (rihomeless.org)</a></p>	
<p><b>Warming and Cooling Centers:</b> The Rhode Island Emergency Management Agency (RIEMA) announces that due to forecasted extreme heat and/or humidity, the following communities will have cooling centers open to the public for those who need to seek shelter from extreme heat.</p> <p><a href="#">Warming &amp; Cooling Centers   End Homelessness RI (rihomeless.org)</a></p>	
<p><b>Amos House:</b> Housing Assistance including help covering utility bills, rental assistance, and other costs associated with securing housing. Applicants are pre-screened.</p> <p><a href="#">Amos House</a></p>	

## Substance Use Resources

**BH Link:** 24/7 crisis intervention services for people experiencing mental health or substance use crisis.

**Phone:** 401-414-5465

**Address:** 24-HOUR/7-DAY Triage Center 975 Waterman Ave, East Providence, RI 02914

[BHLink](#)



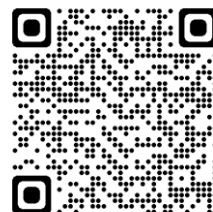
**Medicated Assisted Treatment For Opioid Dependency provided by The Journey to Hope Health & Healing, Inc. – Providence:** Methadone, suboxone, and vivitrol for opioid dependency and for alcohol treatment. Providing counseling and wrap services also.

- Days and Hours of Operation: Mon - Fri 5:00 AM - 1:30 PM; Saturday, Sunday, Holidays 6:00 AM - 9:00 AM; 24/7 access by calling 877-400-4673
- Insurance Accepted: All private insurances, Medicare, Medicaid, and State Funded programs
- Transportation Access: MTM Transportation Services

**Phone:** (401) 941-4488

**Alcoholics Anonymous:** Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is non-professional, self-supporting, multi-racial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

[Have a problem with alcohol? There is a solution. | Alcoholics Anonymous \(aa.org\)](#)



**Narcotics Anonymous:** NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Recovering addicts who meet regularly to help each other stay clean. A program of total abstinence from all drugs. The only requirement for membership is the desire to stop using.

[NA](#)

**Phone:** Helpline 1-866-624-3578



## Pet Care Resources

**Animals in Need Rhode Island:** You must be a RI resident and use a RI vet to obtain assistance.

The mission of FAN is to provide financial assistance for veterinary care and pet food to financially challenged pet owners, in order to avoid the surrender, abandonment, or euthanizing of their pet.

[Home - Friends of Animals in Need Rhode Island \(animalsinneedri.com\)](http://animalsinneedri.com)



**Animal Rescue Rhode Island Pet Food Pantry:** Animal Rescue Rhode Island (ARRI) partners with the Jonnycake Center of Peace Dale, St. Peters-by-the-Sea, and other organizations to provide emergency assistance to pet owners in need.

[Community Pet Food Pantry \(animalrescueri.org\)](http://animalrescueri.org)



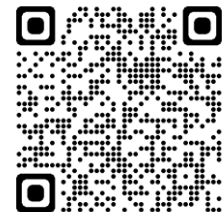
**Low-Cost Vaccine Clinics for Pets:** Provided by Providence Animal Rescue League. Provides affordable vaccinations and microchipping services for cats and dogs in the community. Cost: Rabies, DHPP/FVRCP (Distemper), Microchips - \$20 each or all 3 for \$50. Cash only.

[Low Cost Vaccines](#) | [Microchipping](#) | [Providence Rhode Island](#) | [PARL](#)



**Feed the Dog, Inc:** Service dog support for disabled Veterans. Feed the Dog, Inc. has many programs to help Veterans provide top quality care for their Service Dogs.

[Veterans Charity Support Organization](#) | [Feed The Dog](#)



**Meals on Wheels Pet Food Program:** MOWRI has partnered with several agencies, local companies and friends to make special pet food deliveries to our seniors.

[Pet Food Program](#) | [Meals on Wheels of RI \(rimeals.org\)](http://rimeals.org)

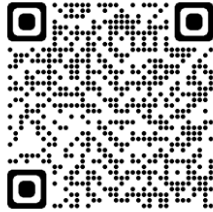







**RIVMA Companion Animal Foundation:** The mission of the RIVMA Companion Animal Foundation (CAF) is to make compassionate veterinary care available to all pets by funding the cost of treatment for the sick and injured pets of low-income owners.

[RIVMA Companion Animal Foundation](#) | [Rhode Island Veterinary Medical Association](#)



## CAP Agencies

<p><b>Blackstone Valley Community Action Program:</b> Emergency Services, Energy Programs, Family Programs, Education Programs, Housing Services &amp; Senior Services.</p> <p><b>Communities Served:</b> Pawtucket, Central Falls, Cumberland, Lincoln and Woonsocket</p> <p><b>Phone:</b> (401) 723-4520</p>	
<p><b>Community Action Partnership of Providence County:</b> Appliance Management Program, Basic Needs, Education and Job Development, Food Pantry, Good Neighbor Energy Fund, Lead Hazard Reduction Program, Lead Safe Providence, LIHEAP, Parent Leadership Training, Project Undercover, RentReliefRI, Resident Navigation Specialist, RI Works, Senior Services, Volunteer Tax Assistance &amp; Weatherization.</p> <p><b>Communities Served:</b> Providence</p> <p><b>Phone:</b> (401) 273-2000</p>	
<p><b>East Bay Community Action Program:</b> Primary, Behavioral and Dental Health, Children and Youth Services, Baby Steps Program, Home Energy Assistance.</p> <p><b>Communities Served:</b> Newport, Portsmouth, Tiverton, Middletown, Jamestown, Little Compton</p> <p><b>Phone:</b> (401) 437-1000</p>	
<p><b>Community Care Alliance:</b> 40 service programs for people challenged by mental health and addictions, basic needs, trauma, housing, education and employment.</p> <p><b>Communities Served:</b> Woonsocket</p> <p><b>Phone:</b> (401) 235-7000</p>	
<p><b>CCAP (Comprehensive Community Action):</b> Health and Dental Services, Family Development, Child Development, Youth Education and Job Training Programs, Social Service Programs.</p> <p><b>Communities Served:</b> Cranston, Foster, Scituate, Coventry</p> <p><b>Phone:</b> (401) 467-9610</p>	
<p><b>Westbay Community Action:</b> Education &amp; Workforce Development, Family Care Community Partnership, Good Neighbor Energy Fund, Case Management, LIHEAP Heating Assistance, Low Income Household Water Assistance Program, Meal Assistance Program for Students, Retired &amp; Senior Volunteer Program, Senior Information &amp; Safety Programs, Senior Services Case Management, Supportive Housing, Volunteer Income Tax Assistance, Home Maintenance, Weatherization Home Energy Programs, Westbay Children's Center, Westbay Farm &amp; Marketplace.</p> <p><b>Communities Served:</b> Warwick, West Warwick, East Greenwich</p> <p><b>Phone:</b> (401) 732-4660</p>	

## Transportation Resources

**MTM:** MTM is the state of Rhode Island's non-emergency medical transportation (NEMT) manager. Your rides can be booked online through MTM Link.

You must call at least 48 business hours before your appointment unless your trip is urgent.

They schedule routine trips Monday through Friday from 5 a.m. to 6 p.m. You can schedule urgent trips 24 hours a day, seven days a week.

General Program Requirements:

- Medicaid recipients must be attending a covered Medicaid service and have no other way to get there.
- ETP participants can receive rides to medical services.
- TANF/RI Works participants can receive monthly bus passes to pursue employment opportunities.

To schedule a ride, call **1-855-330-9131**

**Application Link:** <https://mtm.mtmlink.net/#/>



**LogistiCare** is the nation's largest manager of non-emergency medical transportation ("NEMT") programs for state government agencies and managed care organizations. Drivers pick members up at their homes, take them to their appointments and bring them home in a timely manner.

Application Process: Members, families, social workers, and health care professionals all book rides via the online reservation portals or call centers.







**Application Link:** <https://www.mymodivcare.com/book-now>



**RIPTA:** Low income persons with a disability or age 65 and above may ride free of charge with a RIPTA NO FARE ID PASS. All other persons age 65 and above or with a disability pay full fare during RIPTA peak hours of service (7:00AM - 9:00AM and 3:00PM - 6:00PM on weekdays) and pay 1/2 fare all other times upon presentation of a RIPTA Senior/Disabled ID Pass or a Medicare ID Card. For more information on how to apply to this program, please call **Bill Inlow at 784-9500, ext. 153.**



## Long Term Care / Home Care Resources

<p><b>LTSS:</b> Long Term Services and Supports (LTSS) serves people who have disabilities or chronic care needs in the setting ideal for them and their families. Services may be episodic or on-going. Services may be provided in a person's home, the community (for example, shared living or assisted living), or institutional settings (for example, intermediate care facilities, hospitals, or nursing homes) to optimize their health and retain their independence.</p>	
<p><b>Nursing Home Listings (ABLTC)</b></p>	
<p><b>Moving Ahead RI:</b> Provides a full array of move management services to help simplify senior moves such as Sorting and Organizing, Space Planning, Packing and Unpacking, Moving Services Estate Sales and, Consignment Services and more.</p> <p><b>Phone: 401-595-5557</b></p> <p><a href="#">Senior Home Moving, Downsizing and Organization   Moving Ahead RI</a></p>	
<p><b>Private Home Care:</b> Home Nursing Care Providers provide skilled nursing services and can also provide more general home care services (i.e., assistance with daily living and care, housekeeping, companionship, shopping). Home Care Providers do not provide "skilled" services but can aid with daily living and personal care.</p> <p><a href="#">Rhode Island Home Health Care Agencies - Updated November 2020 (carepathways.com)</a></p>	
<p><b>Gentry Moving Services (for Seniors):</b> Senior Moving Assistance and Services to move elderly people. Whether you are moving to or from an assisted living community, relocating to a different unit within the community, or to another out-of-state community.</p> <p><a href="#">Seniors On The Move Reflects Our Commitment to Specialized Care - Gentry Moving Company RI</a></p>	
<p><b>Health Concepts Rhode Island:</b> Helping individuals in need of skilled nursing and short-term rehabilitation with 11 nursing centers throughout the state.</p> <p><a href="#">Privacy Policies - Health Concepts (healthconceptslltd.com)</a></p>	

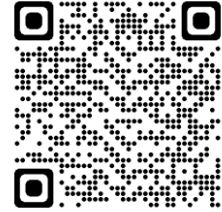
## Legal Concerns Resources

**Legal Clinic Resources Directory:** The Legal Clinic was established to address the legal needs of people in Rhode Island who are experiencing homelessness. The Clinic provides direct legal services to those who cannot afford an attorney or may be unable to travel to a legal assistance office, are unaware such services exist or may be apprehensive about visiting a lawyer's office. Legal services are provided by area lawyers pro-bono.

- **General Program Requirements:** The clinics are open to all individuals who are currently homeless or at risk of homelessness.

**Disability Rights Rhode Island:** Assisting Rhode Islanders with differing abilities in their efforts to achieve full inclusion in society and to exercise their civil and human rights through the provision of legal advocacy.

**Phone: 401-831-3150**



**The Homeless Legal Clinic (HLC):** Eligibility requirements: At risk of homelessness or homeless. The objective of the HLC is to serve in an outreach capacity by seeking out homeless and at-risk clients at RI shelters. The HLC can provide direct legal services to those who cannot afford an attorney or may be unable to travel to a legal assistance office, are unaware such services exist or may be apprehensive about visiting a lawyer's office.



**RI Public Defender:** (RIPD) is a firm of lawyers who defend adults and juveniles accused of committing crimes and represent parents who are threatened with loss of custody of their children because of neglect or abuse allegations. The RIPD operates exactly like a law firm, except that it is funded by government instead of by client fees to serve individuals who cannot afford to retain private counsel.





## Safety Resources

**United Way 2-1-1:** United Way 2-1-1 offers free, confidential help with housing, food, childcare and many other needs. Specialists are available 24 hours a day, 365 days a year.

Here are some ways to get help: **Dial 211** on your phone or **Text your zip code to 898211**.

[211 - United Way of Rhode Island \(unitedwayri.org\)](https://www.unitedwayri.org)








**Community Mental Health Centers:** This network provides comprehensive behavioral health services to adults with behavioral health needs. Typically, the CMHCs provide behavioral health services ranging from emergency services, general and intensive community-based outpatient treatment, substance use treatment, case management and other services.

[Community Mental Health Centers | Dept. of Behavioral Healthcare, Developmental Disabilities, and Hospitals \(ri.gov\)](https://www.ri.gov/behavioral-health)



CMHC Name	Main Address	Intake #	Emergency #	Walk-in hours	Closest bus stop*
<b>Community Care Alliance</b>	800 Clinton Street (1 <sup>st</sup> floor), Woonsocket	235-7121	235-7120	Monday-Friday 8 am – 2 pm	Route 87 Cumberland @ Clinton
<b>Gateway Healthcare (Johnston)</b>	1443 Hartford Avenue, Johnston	273-8100	273-8100	Monday-Thursday 9 am – 2 pm	Route 28 @ 1481 Atwood
<b>Thrive Behavioral Health (formerly The Kent Center)</b>	50 Health Lane, Warwick	732-5656	738-4300	No walk-in hours; call to schedule an appointment	Route 29 @ Kent County Hospital
<b>Gateway Healthcare (Charlestown)</b>	4705A Old Post Road, Charlestown	364-7705	364-7705	No walk-in hours; call to schedule an appointment	Route 204# (Westerly Flex) will stop at Center on request
<b>Newport Mental Health</b>	127 Johnny Cake Hill Road, Middletown	846-1213	846-1213	Monday-Friday 9 am – 2 pm	Route 60 W. Main @ Dudley; also Route 23 I Flex will stop at Center on request
<b>East Bay Mental Health</b>	601 Wampanoag Trail, East Providence; 2 Old County Road, Barrington	246-1195	246-0700	No walk-in access; call to schedule an appointment	610 Wampanoag: 32, 30, 61X; Old County Road: 60, 61X
<b>The Providence Center</b>	530 North Main Street & 355 Prairie Avenue, Providence	276-4020	274-7111	No walk-in access; call to schedule an appointment	N. Main: Route R at University Heights; Prairie Ave: Route 6
<b>Gateway Healthcare (Pawtucket)</b>	101-103 Bacon Street, Pawtucket	273-8100	723-1915	Monday-Thursday 9 am – 2 pm	Route 80 Columbus Avenue @ Memorial
<b>Fellowship Health Resources, Inc.</b>	45 Sockanossett Crossroad, Unit 4, Cranston,	383-4885	1-866-779-4106	Monday-Friday 8 am – 4 pm	Route 21 New London Turnpike @ Chapel View

## Pain Management Resources

<p><b>Comprehensive Pain Management:</b> Pain Management &amp; Anesthesiology in Warwick, South Kingstown, Attleboro, Franklin</p> <p><b>RI Insurance Accepted:</b> Medicare, United Health, BCBS, Commercial Tufts, Aetna, Cigna, Tricare, US Family</p> <p><b>MA Insurance Accepted:</b> Medicare, Mass Health (this includes Tufts Together, Tufts Direct, Partners Health, Steward Health, and Mass Health Standard) Fallon Senior, Fallon Select, Fallon Total, Fallon NaviCare, Tufts Health Plan (also including Tufts Medicare, Tufts Unify) Blue Cross Blue Shield, Aetna, United Health Care, Harvard Pilgrim Healthcare, Commonwealth Care Alliance (One Care) Allways Healthcare (formerly known as Neighborhood Health Plan of MA) GIC Indemnity, BMC Healthnet Plan, UniCare, TriCare, Motor Vehicle Accident &amp; Workers Compensation</p> <p><a href="http://comprehensivepainmd.com">Comprehensive Pain Management: Pain Management: Attleboro, MA &amp; South Kingstown, RI (comprehensivepainmd.com)</a></p> <p><b>Phone: (401) 234-9677 South Kingstown, RI</b></p> <p><b>Phone: (401) 352-0007 Warwick, RI</b></p> <p><b>Phone: (508) 236-8333 Attleboro, MA</b></p> <p><b>Phone: (508) 541-0004 Franklin, MA</b></p>	
<p><b>Precision Pain Treatment Clinic:</b> Specializing in Back Pain, Whiplash Syndrome, Muscle Spasms, Chronic Post Surgery Pain, Chronic Abdominal Pain, Diagnostic &amp; Therapeutic Injections.</p> <p><b>Insurance Accepted:</b> Blue Cross &amp; Blue Shield, Medicare Advantage Plans, Federal Blue Cross Blue Shield, Harvard Pilgrim Health Care, Medicare, Medicare Supplemental Plans, Cigna, Workers Compensation Insurance, Neighborhood HealthPlan of RI, Tufts, TRICARE</p> <p><a href="http://precisionpainri.com">Dr. Keith Perry at Precision Paint Treatment Clinic strives for customer satisfaction and making sure your pain is treated. (precisionpainri.com)</a></p> <p><b>Phone: (401) 231-0060 Smithfield, RI</b></p>	
<p><b>Interventional &amp; Functional Pain Center of Rhode Island:</b> Non-surgical pain relief treatments for patients experiencing pain in their joints and muscles.</p> <p><b>Insurance Accepted:</b> Blue Cross Blue Shield, Tufts, Medicaid Health Plans of America, United Health, Aetna, Cigna, Harvard Pilgrim, Medicare, Neighborhood Health Plan</p> <p><a href="http://paincenterofri.com">Contact Us - Interventional &amp; Functional Pain Center in RI (paincenterofri.com)</a></p> <p><b>Phone: (401) 648-6100 Cranston, RI</b></p>	
<p><b>Rhode Island Health Group – Pain Management:</b> To apply to the pain management program email <a href="mailto:info@rihealthgroup.org">info@rihealthgroup.org</a></p> <p><a href="http://rihealthgroup.org">Rhode Island Health Group - Pain Management - Medical Office in Pawtucket (rihealthgroup.org)</a></p> <p><b>Phone: (401) 356-4046 North Smithfield, RI</b></p>	
<p><b>RIPIN VIRTUAL Chronic Pain Self-Management Program:</b> All classes are Thursday from 10-12:30. A zoom link will be provided to prior to the start of the program.</p> <p><b>COST: Free</b></p> <p><a href="http://constantcontact.com">09/14/2023 Chronic Pain Self-Management Program (constantcontact.com)</a></p> <p><b>Upcoming Sessions: 9/14/23-10/19/23</b></p> <p><b>9/21/23 (last day to register)</b></p>	

## Durable Medical Equipment Resources

**Robert J. Allen Medical Equipment Distribution Center:** Available free of charge a wide variety of equipment: Walkers, Canes, Wheelchairs, Commodes, Shower Chairs, Electric Hospital Beds, Lift Chairs, Transport Chairs, Ramps. Please keep in mind that all equipment is distributed on a first come first served basis.

[Robert J. Allen Medical Equipment Distribution Center \(rimasons.org\)](http://rimasons.org)

**Phone: (401)435-4650**



**Mobility Equipment Recyclers of New England:** Saves mobility & medical equipment from landfills, refurbishes them, and provides them at a considerable discount to individuals that need them.

[Mobility Equipment Recyclers - New England's Largest Used DME Provider – Mobility Equipment for Less](#)

**Phone: (401)294-4111**



## Talk and Text Lines

<b>Suicide Prevention Lifeline:</b> The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals. <b>DIAL 988</b>
<b>BH Link:</b> BH Link is there to get confidential support and get connected to care. <b>DIAL 988</b> For under 18, CALL 855-KIDLINK
<b>Veterans Crisis Line:</b> Free, confidential support for Veterans in crisis and their families and friends. <b>1-800-273-8255 (Press 1)</b>
<b>Samaritans of RI:</b> The Samaritans help to reduce the incidents of suicide in Rhode Island through greater access to information and resources. <b>(401) 272-4044 or (800) 365-4044</b>
<b>NAMI Information Text Line:</b> If you need help, text NAMI to 741741. The Crisis Text Line will respond 24/7/365. They will help you get through a difficult time. The Crisis Text Line is free and available to anyone.
<b>Girls &amp; Boys Town National Hotline:</b> The Girls & Boys Town National Hotline is a free hotline available to kids, teens and young adults at any time. <b>(800) 448-3000</b>
<b>National Youth Crisis Hotline:</b> Crisis Hotline Line is free, 24/7 support for those in crisis. <b>(800) 442-HOPE (4673)</b>