

In an emergency, call 911

Section 1: Health and Safety

This information is provided as a resource to students looking for **immediate assistance** with matters of health and safety, or for medical or mental health providers in the local area. For all else, call your health insurance company and ask for assistance locating providers in the Beverly area. *More information on these resources can be found on the Montserrat website, at www.montserrat.edu/health-wellness.*

EMERGENCY/CRISIS EVALUATION

HOSPITALS:

Beverly Hospital: 85 Herrick St., Beverly, MA
978.922.3000 www.beverlyhospital.org

Mass General Brigham: Salem Hospital: 81 Highland Ave., Salem, MA
978.741.1200 saalem.massgeneralbrigham.org

YouMatter@Montserrat: 24/7/365 mental health support and referral service for Montserrat students. 833.434.1217
www.montserrat.edu/YouMatter

Eliot Community Human Services - 10 Harbor St, Danvers
Behavioral Health Helpline: Call or Text 833-773-2445

HOTLINES

SUICIDE PREVENTION:

National Suicide Prevention Lifeline: 800.273.8255 (TALK)
Or **dial #988**
www.suicidepreventionlifeline.org

SUBSTANCE ABUSE:

SAMHSA Helpline (Substance Abuse and Mental Health Services Administration) 1-800.662.HELP (4357)

SEXUAL ASSAULT:

North Shore Rape Crisis Center:
24 HOUR HOTLINE: 877-509-9922
support@YWCANEMA.org
978-682-3039 www.ywcansrcc.org

DOMESTIC VIOLENCE:

HAWC (Healing Abuse, Working for Change):
24 HOUR HOTLINE : 978.744.8552
www.Hawcdv.org

One Love Foundation:

National Domestic Violence Hotline: 1-800-799-7233
Text a peer advocate: "loveis" to 1-866-331-9474
Call a peer advocate: 1-866-331-9474
<https://www.joinonelove.org/>

NON-EMERGENCY CARE

Counseling/Therapeutic Resources

YouMatter@Montserrat: 24/7 mental health support and referral service.
833.434.1217

- SilverCloud: FREE, online, self-guided mental health and wellbeing platform with on-demand wellbeing and mental health tools, programs and optional coaching.
student.silvercloudhealth.com/signup

Psychologytoday.com

Use the "find a therapist" tool by entering the desired city, and then filtering by insurance, age, issue, therapy type and more.

Eliot Community Behavioral Health Center

10 Harbor St, Danvers. 888-769-5201
FREE crisis stabilization and care coordination for mental health and substance use needs. Individual and group therapy and

Medical Care

North Shore Physicians Group
900 Cummings Center, Suite 107T, Beverly, MA 978.922.0357
www.northshorephysicians.org
Hours: Monday-Friday, 8:00am to 5:00pm.

SEXUAL AND REPRODUCTIVE HEALTH:

Health Quarters

100 Cummings Center, Suite 131-Q, Beverly, MA 978.705.4039,
<https://healthq.org/>
Hours: Monday/Tuesday: 11:30am – 7:30pm, Wednesday - Friday: 8:30am – 4:30p

URGENT CARE:

North Shore Urgent Care, www.nsmc.partners.org/urgent-care
104 Endicott St, Suite LL05, Danvers, MA 978.739.7700,

psychopharmacology

WITHIN WALKING DISTANCE:

Beth Israel Lahey Health Behavioral Services

800 Cummings Center, Suite 266-T, Beverly, MA 978.921.1190

<http://www.nebhealth.org>

North Shore Counseling Center

Suite 324-S, 900 Cummings Center, Beverly, 978. 922.2280

<http://www.nsccl-inc.com>

EATING DISORDERS:

Project Heal: free assessment and help navigating the system

<https://www.theprojectheal.org/>

NON-SUICIDAL SELF-INJURY:

*Recommended app: **"Calm Harm"**

Hours: Monday - Friday 8:00am -8:00pm, Saturday - Sunday 8:00am – 5:00pm (appointments recommended, call ahead)

AFC Urgent Care

50 Dodge Street, North Beverly, MA 978.922.2171,

<http://www.afcurgentcarebeverly.com>

Hours: Monday – Friday 8:00am-8:00 pm, Saturday - Sunday, 8am - 6pm (appointment required)

Mass General Brigham Urgent Care

48 Lynnfield St., Lynn, MA 978.354.3943

<https://urgentcare.massgeneralbrigham.org/boston-urgent-care/lynn>

Hours: Sunday - Saturday, 9am - 9pm (no appointment needed)

SUBSTANCE ABUSE RECOVERY:

SAMHSA Helpline (Substance Abuse and Mental Health Services Administration) 1-800.662.HELP (4357)

Baystate Recovery Services

950 Cummings Center, Suite 105. Beverly, MA

800.270-2302, <https://baystatererecovery.com/>

*Recommended app: **"I am sober"**

ON-CAMPUS SUPPORTS

WELLNESS CENTER:

Counseling office:

Elisabeth Reickert, Director of Counseling

978.867.9625

elisabeth.reickert@montserrat.edu

Health office:

Pam Fox, Director of Health Services

978.867.9670

pamela.fox@montserrat.edu

CAMPUS SECURITY:

Ed Hagan, Director of Campus Security

978.626.2176

ed.hagan@montserrat.edu

RA ON-CALL:

(978) 712-0084

see pages 3-4 for **Section 2: Campus and Community Resources (non-emergency)

In an emergency, call 911

Section 2: Campus and Community Resources (non-emergency)

This information is provided as a resource to students looking for **non-emergency assistance**, both on and off campus. To suggest or request additional resources please see Elisabeth Reickert, or anyone listed in the “Student Affairs” section below. For urgent matters, see [Section 1](#) of this document.

| RESOURCES BY TOPIC | | |
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| <p>FOOD ASSISTANCE: Montserrat Pantry - 9 Dane St First Floor (Accessible Pantry) Enter via the long ramp. Pantry is in the closet, ahead and on the left Second Floor - Directly across from the top of the staircase in the horizontal cabinets</p> <p>Beverly Bootstraps Pantry 35 Park Street, Beverly www.beverlybootstraps.org</p> <p>SNAP Benefits www.mass.gov/snap-benefits</p> <p>LOCAL BARGAINS: Beverly Bootstraps Thrift Shop 198 Rantoul St, Beverly</p> <p>Savers Thrift Shop: 139 Endicott Street, Danvers (978) 777-8631 stores.savers.com/ma/danvers</p> <p>GoodWill Thrift Shop 301 Newbury St, Danvers</p> | <p>TRANSPORTATION: Witch City Taxi (24-hour service): 978.234.4044, witchcitytaxi.com/</p> <p>Salem Taxi: 978.741.2235 salemtaxicabs.com</p> <p>Cape Ann Transportation (bus services Cummings Center and N. Beverly) www.cantran.com</p> <p>PHARMACIES: CVS Pharmacy, 34 Rantoul St, Beverly. 978.921.0632 www.cvs.com/store-locator/beverly-ma</p> <p>Walgreens Pharmacy, 54 Elliot st. Beverly. 978.921.0506 www.walgreens.com/locator/walgreens-54+elliott+st-beverly-ma-</p> <p>SPIRITUAL LIFE: Local Religious and Spiritual Organizations</p> | <p>FOOD SHOPPING: Market Basket 139 Endicott St, Danvers</p> <p>Stop and Shop 224 Elliott St, Beverly</p> <p>FITNESS: Greater Beverly YMCA 254 Essex St, Beverly. 978.927.6855 www.northshoreymca.org/locations/Greater-Beverly-ymca</p> <p>LGBTQIA: North Shore Alliance of LGBTQ Youth (NAGLY) Witch City Mall, 2 East India sq, Suite 121, Salem 978.224.2102 www.nagly.org</p> <p>Health Quarters (gender-affirming care) 100 Cummings Center, Suite 131-Q, Beverly, MA 978.705.4039, https://healthq.org/ Hours: Monday/Tuesday: 11:30am – 7:30pm, Wednesday - Friday: 8:30am – 4:30pm</p> |
| ON-CAMPUS SUPPORTS | | |
| Student Affairs | Academic Affairs | Other Student Support |
| <p>Maureen Wark, Dean of Students 978.867.9630 maureen.wark@montserrat.edu</p> <p>CAMPUS LIFE: Tanya Vattanasil, Director (housing, student conduct) 978.867.9635 tanya.vattanasil@montserrat.edu</p> <p>Mitchell Benedetti, Assistant Director, (activities, clubs & orgs, orientation) mitchell.benedetti@montserrat.edu 978.867.9633</p> | <p>Jesse Kahn, Interim Dean of Academic Services & Programs 978.921.4242, ext. 1603 jesse.kahn@montserrat.edu</p> <p>Claudia Valenti Student Academic Advisor 978-921-4242 ext. 1776 claudia.valenti@montserrat.edu</p> <p>WRITING STUDIO: Colleen Michaels, Director of the Writing Studio 978.867.9678 colleen.michaels@montserrat.edu</p> <p>ACADEMIC ACCESS STUDIO:</p> | <p>FINANCIAL AID OFFICE: SFS@montserrat.edu</p> <p>Center for Technology Solutions (CTS): Mark McDonald, Director of IT Submit a ticket at: https://support.montserrat.edu/helpdesk/WebObjects/Helpdesk.woa Or email at: CTS@montserrat.edu</p> <p>MCA Ticketing System support.montserrat.edu</p> |

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| <p>RA on-call: (978) 712-0084</p> <p>CAMPUS SECURITY (Hardie Building): Ed Hagan, Director of Campus Security 978.626.2176 ed.hagan@montserrat.edu</p> <p>WELLNESS CENTER: <u>Counseling Center</u> Elisabeth Reickert, Director of Counseling 978.867.9625 elisabeth.reickert@montserrat.edu</p> <p><u>Health Center:</u> Pam Fox, Director of Health Services 978.867.9670 pamela.fox@montserrat.edu</p> | <p>Meagan Grant, Coordinator (accommodations) Meagan.grant@montserrat.edu 978.921.4242, ext. 1277</p> <p>CAREER DESIGN STUDIO: Beth Price-Morgan, Director elisabeth.price@montserrat.edu 978.921.4242 x1610</p> <p>LIBRARY: Catherine Robertson, Library Director 978.921.4242 x1208 catherine.robertson@montserrat.edu</p> | <p>REGISTRAR: Theresa Skelly 978.921.4242, ext. 1192 Theresa.skelly@montserrat.edu</p> <p>TITLE IX: <u>Coordinator:</u> Steven D. Greisdorf, Ed.D., Director of Human Resources 978.921.4242, ext. 1171 steven.greisdorf@montserrat.edu</p> <p><u>Deputy Coordinator:</u> Maureen Wark 978.867.9630 maureen.wark@montserrat.edu</p> |
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