

The White Coat Pocket Guide

The White Coat Pocket Guide helps you connect patients to valuable community resources that are organized based on patient needs. Descriptors and eligibility criteria for each resource are also listed. This resource guide serves as a place to start but is not comprehensive.

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TIPS

To use QR codes, open your Camera and hold your device for 2-3 seconds in front of it. Click on the link.

Try to call the resource with the patient. Unless stated otherwise, numbers start with (401) area code.

Ask the organization about eligibility. If the patient is not eligible, the organization may be able to redirect you to the right resource.

This QR code links to a centralized website for you to access more information.



Insurance Navigation

1. HealthSource RI Hotline - (855) 840-4774

Official Marketplace for RI Health Insurance | Support & Education | See QR Code

2. Providence Community Health Centers - 444-0400

In-Person Support | Healthcare Support Staff | Health Programs Onsite

3. RIH Office of Patient Advocacy - 444-5817

Patient Representatives | Questions about Care

Free Clinics

1. Rhode Island Free Clinic - 274-6347 ext: 1, 2, 0

Primary & Specialty Care | Resources for Uninsured | Spanish ✓

2. Clínica Esperanza - 347-9093

Primary Care | Women's Clinic | Neurology | Walk-ins accepted | Spanish ✓

Low Cost Primary Care

Comprehensive Primary Care | Location-Based | Sliding Scale

1. Providence Community Health Centers - 444-0400

2. Comprehensive Community Action Program (CCAP) – 467-9610

Medical, Behavioral, and Dental Services | Social Work, Food, Nutrition

3. Thundermist Health Center - 767-4100 (Woonsocket)

LGBTQ+ Friendly Services | Trans* Health Access Team

4. Blackstone Valley Community Center - 729-5239 (Pawtucket)

Express Care Walk-In Services | Appointment Transportation

Prescriptions

1. \$4 Prescription Lists – See QR Code

2. GoodRx – goodrx.com

Discounts | Coupons | Free to Use

3. Rhode Island Pharmaceutical Assistance (RIPAE) - 462-3000

Prescription Cost Assistance for Elderly | Income-Based Benefits

4. Prescription Assistance Program at RIFC - 274-6347

Prescription Assistance & Aid Programs | RIFC Patients

5. Amos House - 272-0220 x204

Low Income | Full Coverage | See QR Code

QR code for \$4 prescription lists & additional information



Specialty Healthcare

Dentistry

- 1. Providence Community Health Centers – 444-0430**
Location Based | Low Cost | Comprehensive Services
- 2. Thundermist Health Center - 767-4161 (Woonsocket)**
Location Based | Low Cost | Comprehensive Services
- 3. Dental Hygiene Clinic – CCRI – 333-7250**
Cleanings | X-Rays | Sealants
- 4. Samuels Sinclair Dental Center- 444-5284**
Adults with Special Needs | Children | Hospital-Based
- 5. Amos House – 272-0220**
Cost assistance
- 6. Donated Dental Services (Waitlist) – 866-572-9390**
Free | Comprehensive Services | Disabled, Elderly, or Medically Compromised
- 7. Rhode Island Free Clinic (Waitlist) – 274-6347**
Free | Exams & X-Rays | Cleanings | Extractions | Active Clinic Patients Only

Eye Care

- 1. Amos House – 272-0220**
Assistance with Eye Exams and Eyeglasses
- 2. Blackstone Valley Community Health Care – 729-5239**
Low cost services | Comprehensive Exams | No Referral
- 3. PCHC Optometry Clinic- 444-0570**
Comprehensive Eye Exams | Express Services | Sliding Scale
- 4. EyeCare America Seniors Program – 877-887-6327**
Elderly (65+) | No Out-of-Pocket Cost | Eye Exams
- 5. EyeCare America Glaucoma Program – 877-887-6327**
Elderly (65+) | Uninsured | Glaucoma Exam

Pediatrics Care Providers

- 1. Finding a Pediatric Care Provider**
<https://www.brown.edu/hassenfeld/family-resources/english>
- 2. Children's Friends and Service**
Social Services for Low Income Families | Head Start
- 3. Ronald McDonald Care Mobile Program – 467-9610**
Primary Care | Dental | Vision | Free Services
- 4. Lifespan Adolescent Healthcare Center – 401-444-4712**
Primary Care | Gender & Sexual Health | Eating Disorders

QR code for complete list of health centers and additional information □



Behavioral Health

Licensed Community Health Centers

Location Based | General Mental and
Substance Use Needs | Case Management

General Intake Number | 24/7 Emergency Triage Numbers:

- 1. The Providence Center** (Providence) - 276-4020 | 274-7111
- 2. East Bay Center** (East Providence) - 437-1008 | 246-0700
- 3. Gateway Healthcare** (Pawtucket) - 273-8100 | 723-1915
- 4. Thrive Behavioral Health** (Warwick) - 732-5656 | 738-4300
- 5. Newport County Center** (Newport) - 846-1213
- 6. Community Care Alliance** (North RI) - 235-7000 | 235-7120

Acute Stabilization

- 1. BH Link Hotline** - 414-5465

Psychiatric Crisis | Substance Use Crisis | 24/7

- 2. Providence Center Crisis Stabilization Unit** - 383-5150

Psychiatric Crisis | Substance Use Crisis | 24/7

- 3. Suicide Prevention Lifeline** - (800) 273-TALK

- 4. Crisis Text Line** - Text NAMI to 741741

Free & Confidential Texting Service

Uninsured

- 1. Clinica Esperanza** - 347-9093

Primary Care Free Clinic | Spanish ✓

- 2. Rhode Island Free Clinic** - 274-6347

Health Education | Behavioral Health Sessions | Counseling | Social Work

- 3. Providence Community Health Center** (Multiple Sites) -444-0400

Sliding Scale Payment | Bilingual Services ✓

QR code with maps of community health centers and
additional information □



Behavioral Health (Cont.)

Therapy

- 1. Assess existing resources at your site, if available**
- 2. Find Behavioral Health Services Sorted by Insurance Type**
nhpri.org/your-health/resources/ *click behavioral health*
- 3. Butler Hospital Resident Continuity Clinic** - 455-6230
Comprehensive Psychiatric Evaluation | Outpatient | Medication Management
- 4. Zencare.co or psychologytoday.com**
Finding Licensed Therapists | Insurance Requirements
- 5. Greater Good "Happiness" Exercises** - ggia.berkeley.edu
Evidence-based positive psychology exercises

Substance Use

- 1. Rhode Island's Hope and Recovery Hotline** - 942-7867 (STOP)
24/7 Hotline | Resource Connection | Licensed counselor
- 2. Anchor Recovery Network** - 721-5100
Trained Peer Support Counselors | Resource Navigation | Group Therapy
- 4. Providence Safe Stations** - All 12 Providence fire stations
In-person Resource Navigation | 24/7 | Trained Staff on Duty
- 5. Alcoholics Anonymous** - al-anon.org
Peer Support | Spiritual-based | Abstinence
- 6. Smart Recovery**
Peer Support | Science-based | Coping Skills | Empowerment
- 7. Providence Community Health Centers**
Uninsured | General Behavioral Health | Case Management
- 7. ENCORE Needle Exchange** - 781 - 0665
Needle Exchange | HIV Prevention + Education

Tobacco

- 1. QuitWorks RI** - Scan QR code and find submit form
Ready to Quit | Telephonic Cessation Counseling | Free Nicotine Replacement
- 2. Rhode Island Helpline** - (1-800)- QUIT-NOW
Not Ready to Quit | Give Patient this Number
- 3. Lifespan Smoking Cessation Counseling** - 793-8770
In-person smoking cessation counseling

QR code for QuitWorks RI and additional
information



Interpersonal Violence

Mandatory Reporting

1. Child Abuse & Neglect - (800)-742-4453

Child Protective Services | Legal | Human Trafficking | Sexual & Physical Abuse

2. Elderly Abuse & Neglect (age 60+) - 462-0555

24/7 Reporting | Abandonment | Self-Neglect | Financial Exploitation

Helplines

Local

1. Victims of Crime Helpline - (800)-494-8100

Crisis Intervention | Shelter | Legal Representation

2. Domestic Violence Helpline: Sojourner House - 765-3232

Crisis Intervention | Secure Shelter | Immigration Advocacy | Support Group

3. Human Trafficking: Day One - (800)-494-8100

Helpline & In-Person Advocacy | Care Coordination | Legal Support

4. Sexual Assault & Trauma: Day One - (800)-494-8100

Crisis Intervention | Legal Advocacy | Individual & Group Counseling

5. Elder Abuse: St. Elizabeth Haven for Elder Justice -

739-2844 x36

Secure Shelter | Safety Planning | Requires Referral

National

1. Domestic Violence - (800)-799-7233

2. Human Trafficking - (888)-373-7888

3. Sexual Assault - (800)-656-4673

QR code for abuse response guidelines &
more information about programs



Immigration

General

1. Progreso Latino - 728-5920

Case Management | Education | Legal Advocacy | Financial Literacy

2. Amor Network - 675-1414

Hate Crime Victims | Language Services | Legal Support | Mental Health | Transportation

3. Sojourner House - 861-6191

Domestic Violence | Sexual Violence | Legal Representation

4. Diocese of Providence - 421-7833 x229

ESL & Citizenship Classes | Accredited Representation | Family Immigration

5. Healthcare - Clinica Esperanza - 347-9093

Free Services | Spanish-Speaking | Primary Care

Legal Services

1. General RI Legal Services - 274-2652

Legal Representation | Law Information | Public Benefits

2. RI Bar Association Volunteer Lawyer - 421-7758

Legal Support | Free Services

3. Restraining Order Office - 458-3372

No Contact Order (NCO) | Restraining Order | Abuse | Violence

4. Crime Victim Compensation Program - 462-7655

Reimbursement of Expenses | Victims of Violent Crime | Homicide Victims

Refugees/Resettlement

1. Dorcas International Institute - 784-8600

Resettlement Services | Education | Employment

2. Refugee Dream Center - 300-0444

Case Management | Advocacy | Adult Education | Health Promotion

3. Diocese of Providence - 421-7833 x229

Resettlement Services | Sliding Scale Fee | Tutoring

QR code for links to important documents and information about specific programs □



Housing

**For Immediate Housing Need, call RI
Coordinated Entry (277-4316)**

General

1. RI Coordinated Entry Hotline - 277-4316

Assessment | Shelter Placement

2. Shower to Empower- 287-7808 (Sara Melucci Cell)

Mobile Health Van | Showers | Haircuts | Foot Clinic | Call For Hours

Case Management

Longitudinal Resource Management

1. House of Hope Intake - 340-3050

Case management | Housing | Shower to Empower

2. Providence In-Town Churches Association - 454-7422

Rent Assistance | State ID | Food Pantries | SSI/SSDI Benefits

3. Crossroads - 521-2255

Shelter | Employment | Health and Dental Care

4. Access RI Homelessness Assistance - 721-6739

Intensive Case Management | Chronic Homelessness | Advocacy

Legal & Advocacy

1. Student Clinic - 513-407-0857 (Megan Smith Cell)

Housing Denial | On-call Homelessness Support

2. Rhode Island Legal Services - 274-2652

Eviction | Legal Representation

3. SouthCoast Fair Housing - 285-2550

Housing Discrimination

4. Community Action Project of PVD - 273-2000

Utility Shut-off | Safe Housing

QR code for street sheets, a patient-centered guide for
the housing search ☐



LGBTQ+ Resources

Healthcare

1. Thundermist Trans* Health Access Team - 767-4100 ext 4303
(Jay Watts)

Patient Education | Hormone Therapy | Case Management

2. Gender and Sexual Health Services - 444-6118

Young Adult | Patient Education | STI Screening & Treatment

3. Planned Parenthood - 421-9620

Patient Education | Hormone Therapy | Support Groups

4. Adult Transgender & Sexuality Behavioral Program- 606-3711

Psychosocial Support | Navigating Transition | Therapy

5. Tri-County Health Centers - 519-1940

Spanish ✓ | LGBTQ+ Focus | Dentistry | Counseling | HIV/STI Testing

6. Gender Care Family Care Clinic Pawtucket - 729-3198

Brown Resident Clinic | Primary Care | Hormone Therapy | Family planning

Advocacy

1. Sojourner House - 861-6191

Housing | Counseling | Prevention Education | Domestic Abuse

2. The Network/La Red [Based in MA] - 617-742-4911

24/7 Hotline | Crisis Intervention | Housing | Social Justice

Additional Services

Trans Lifeline Hotline 877-565-8860

1. TGI Network RI – 441-5058 (voicemail)

Documentation Change | Social Support

2. True Self Intensive Outpatient Program – 844-401-0111

Young Adults | Group & Individual Therapy

3. Youth Pride RI Inc. [Ages 13-23] – 421-5626

Drop-In Space | Food & Clothes | Housing | Case Management

QR code for youth pride mental health provider list &
LGBT safe zone health services list



Lifestyle

Nutrition

1. RI Community Food Bank - 942-6325

Find Food Based on Location | Low Income

2. WIC RIDH - 222-4605

Nutrition assistance | Low Income Women and Children under 5

3. SNAP Navigation Information - (855) 697-4347

Nutrition assistance | Low Income | Call to Inquire about Eligibility

4. Farm Fresh RI - 312-4250

Farmers' Market | Multiple Locations | Accepts SNAP | Education | See QR Code

5. School National Lunch Program - See QR code

Low Income Children

6. Nutritional Information Online Resources – See QR Code

Chronic Disease & Pain Management Support

1. Heart Disease/Diabetes Self-Management Education Group

Chronic Disease Support | Find locations online (scan QR code)

2. Healthy for Life; Diabetes Prevention

Pre-Diabetes Support | Find locations online (scan QR code)

3. Providence Community Acupuncture – 272-2288

Sliding Scale | Same Day & Walk-in Appointments

Fitness

1. YMCA (Multiple Locations)

\$35-84/mo | Financial Aid Available | Community Classes

2. Planet Fitness (Multiple Locations)

\$10-23/mo

QR code for nutrition information and more information
about programs



Website

Feedback form

Please contact
amspocketguide@brown.edu
for inquiries



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