

Northborough Resource Guide

Comprehensive guide connecting you to health and wellness resources.

Entries include town departments, local non-profits, and businesses as well as local, state, and national resources.

Scan the QR code below or visit bewellnorthborough.com to access this free guide.

Know science. No Silence.

Accurate health information reduces fear and stigma, makes people less likely to hide symptoms or delay treatment, and makes it easier to adopt healthy behaviors.



Northborough residents can sign up to be notified by our local emergency response team in the event of emergency situations or critical community alerts, such as evacuation notices, bio-terrorism alerts, or missing child reports.

Stay aware. Stay safe. Scan the QR Code below or visit town.northborough.ma.us to sign up for Code Red notifications.



If you need help with the resources in this guide, please contact the Adult Services Desk.

508-393-5025 x3
noboadults@cwmars.org
northboroughlibrary.org

Health Literacy Resources



Know Science. No Silence.

NORTHBOROUGH
FREE LIBRARY

Medical information can often be complex and confusing. The library has compiled free, trusted resources to help make sense of health info. To access these resources, please visit northboroughlibrary.org or scan the QR Code on the center page.

Consumer Health

MedlinePlus is an online health information resource from the National Institutes of Health for patients and their families and friends.

MyHealthFinder provides trusted health information from the Department of Health and Human Services to help you and your family stay healthy.

Kids and Families

Family Doctor provides trusted medical advice from the American Academy of Family Physicians.

Kids Environment Kids Health is a resource through the National Institute of Environmental Health Sciences for kids, parents, and teachers to find fun and educational health information.

Health literacy is the degree to which individuals have the ability to find, understand, and use information to inform health-related decisions.



With your library card, you can access the **MA statewide databases**, which include thousands of peer-reviewed articles on health and wellness topics from trusted resources.

Research

NIH Digital Collections provides access to the National Library of Medicine's distinctive digital content in the areas of biomedicine, health care and the history of medicine.

Open-i is a service of the National Library of Medicine that enables search and retrieval of abstracts and images (including charts, graphs, clinical images, etc.) from the open source literature and biomedical image collections.

Local Resources

Your town departments provide a wealth of information and services. Visit town.northborough.ma.us to learn more about the information below.

INTERFACE Referral Services

Free, confidential referral service for the residents of Northborough and the students of the Northborough-Southborough School System. Call 888-244-6843
9am - 5pm Monday - Friday.

Health

Get information on Northborough vaccine clinics, Narcan training, sharps disposal, and much more.

Fire

Sign up for CodeRED emergency alerts, download an emergency preparedness guide, learn about fire safety, and more.

Family and Youth Services

Provides a variety of human services to enhance the quality of life for Northborough residents.

