



Finding Healthcare in Rural Rhode Island

Rural Rhode Island

Despite its small size and urban reputation, nearly half of Rhode Island's towns are rural. About 18% of the state's population lives in rural communities, totaling over 190,000 people.

In Rhode Island, as in rural communities throughout the US, low numbers of local healthcare providers and limited public transportation create barriers to accessing healthcare.

Rural Rhode Islanders face health disparities

- High school students living in rural communities report some of the highest alcohol, drug, and cigarette use in the state.
- Participation in the Women, Infants, and Children (WIC) supplemental nutrition program in rural communities is lower than in metro areas. According to Rhode Island Kids Count, only 27% of women and children in rural areas who are eligible for the program participate, compared to the statewide average of 46%.

Where to find services in rural Rhode Island

This list of providers in rural communities may help you find a convenient provider located near you.

Health Centers

WellOne

- 36 Bridge Way, Pascoag, RI 02859 401-567-0800
Mon - Thursday 8:30 a.m.- 8:00 p.m.; Fri 8:30 a.m. – 5:00 p.m.
- 142A Danielson Pike, Foster, RI, 02825; Mon- Fri 8:30 a.m.- 5:00 p.m. 401-647-3702
- 35 Village Plaza Way, North Scituate, RI 02857 Mon- Fri 8:30 a.m.- 5:00 p.m. 401-647-6262

Wood River Health Services

- 823 Main Street, Hope Valley, RI 02832 401-539-2461
Mon – Thurs 8:00 a.m. - 8:00 p.m.; Fri 8:00 a.m. - 5:00 p.m.; Sat 9:00 a.m. - 2:00 p.m.
- 17 Wells St, Westerly, RI, 02891: Monday- Friday 9:00 a.m.-5:00 p.m.

EBCAP East Bay Family Health Center-Newport,

- 6 John H. Chafee Blvd., Newport, RI 02840 401-848-2160
Mon/Wed/Fri 8:00 a.m. - 5:00 p.m.; Tues/Thurs 8:00 a.m. - 8:00 p.m.; Sat 8:30 a.m. - 12:30 p.m.

Block Island Health Services

- 6 Payne Road, New Shoreham, RI 02807 401-466-2974
Mon-Fri 9:00 a.m.-5:00 p.m.

Behavioral Health

WellOne

- 36 Bridge Way, Pascoag, RI 401-567-0800
Mon/Thurs/Fri 6:00 a.m. - 7:00 p.m.; Tues/Wed 8:00 a.m. - 7:00 p.m.
One Saturday/month 6:00 a.m.-3:00 p.m.
- 142A Danielson Pike Foster, RI 401-647-3702
Mon/Tues 8:00 a.m.-4:00 p.m.; Wed/Thurs 8:00 a.m.- 5:00 p.m.
- 35 Village Plaza Way, North Scituate RI 401-647-6262
Tuesday 9:00 a.m.-5:00 p.m.; Wednesday 9:00 a.m.- 4:00 p.m.

Gateway- South Shore Center

- 4705A Old Post Road, Charlestown, RI 02813 401-364-7705
Mon/Wed 8:00 a.m. - 7:30 p.m.; Tues/Thurs/ Fri 8:00 a.m.- 4:30 p.m.; Sat 8:00 a.m.- 11:00 a.m.

Thundermist- Wakefield

- 1 River Street, Wakefield, RI 02879 Mon-Fri 8:00 a.m.- 8:00 p.m. 401-783-0523

Oral Health

WellOne

- 36 Bridge Way, Pascoag, RI 02859 401-567-0800
(Oral health services also offered at Foster and North Scituate locations)
Mon/Tues/Wed/Fri 8:00 a.m. - 5:00 p.m.; Thurs 8:00 a.m. - 5:30 p.m.

Wood River Health Services

- 823 Main Street, Hope Valley, RI 02832 401-539-2461
Mon - Wed 8:00 a.m. - 6:00 p.m.; Thurs 8:00 a.m.- 7:00 p.m.; Fri 8:00 a.m.- 5:00 p.m.

EBCAP Dental Clinic

- 19 Broadway, Newport, RI 02840 401-845-0564
Mon/Wed/Thurs/Fri 8:00 a.m. - 5:00 p.m.; Tues 8:00 a.m.- 8:00 p.m.

Women, Infants and Children (WIC) Sites

Thundermist Health Center

- 450 Clinton St, Woonsocket, RI 02895 401-767-4109
Mon and Thurs 8:00 a.m.- 5:00 p.m.; Tues and Wed 8:00 a.m.- 7:00 p.m.; Fri 8:00 a.m.-4:00 p.m.

Wood River Health Services

- 823 Main Street, Hope Valley, RI 02832 401-387-9611
Thurs 8:00 a.m. - 4:00 p.m.; Fri (second and third) 8:00 a.m.- 4:00 p.m.

Wood River

- 11 Wells Street Westerly RI 02891 401-387-9611
Tues/Wed 8:00 a.m. - 4:00 p.m.; Fri (fifth week of month) 8:00 a.m.- 4:00 p.m.

East Bay Community Action Program (EBCAP)

- 1048 Stafford Road, Tiverton, RI 02878 401-625-1364
Thurs 11:30 a.m. – 6:30 p.m.

SNAP Program (Food Stamps)

- Visit <https://dhs.ri.gov/>

Food Assistance

Scituate Food Pantry

- 327 First Parish Road, Scituate, RI 02066 781-545-5827
Tues 10:15 a.m. – 12:15 p.m.; Thurs 3:15 p.m. – 5:15 p.m.;
visit <https://www.scituatefoodpantry.com/>

WARM Shelter Meal Site Program

- 54 Spruce Street, Westerly, RI 02891 401-596-WARM (9276)
Daily lunch 12:00 p.m. - 1:00 p.m. and dinner 5:30 p.m. - 6:30 p.m.

EBCAP Tiverton Pantry

- 1048 Stafford Road, Tiverton, RI 02878..... 401-625-5134
Food is distributed twice a month. Visit <https://www.ebcap.org/programs/food-pantries/>

Rhode Island Food Services can be found at <https://rifoodbank.org/find-food/>

Home Visiting Services for Pregnant and Parenting Families

Call to see which programs may benefit you and your family. All services are free. 401-222-5960

Special Healthcare Needs

Family Voices at the Rhode Island Parent Information Network

- 300 Jefferson Blvd, Suite 300, Warwick, Rhode Island 02888 401-270-0101
Healthcare information, family-to-family support, and leadership development for families of children with special healthcare needs

Shelters

Woonsocket Family Shelter Community Care Alliance

- 176 Sayles Street, Woonsocket, RI 02895 401-767-0866
Area Served: All of Rhode Island

Welcome House of South County

- 8 North Road, Peace Dale, RI 02879 401-782-4770
Area Served: Washington County
Admission criteria: Individuals and families

Providence Rescue Mission

- 627 Cranston Street, Providence, RI 02907 401-274-8861
Area Served: All of Rhode Island

Domestic Violence Support Services

Sojourner House

- 386 Smith Street, Providence, RI 02908 401-861-6191
24-Hour Hotline: 401-765-3232 V/TTY Mon - Fri 9:00 a.m. - 5:00 p.m

Domestic Violence Resource Center of South County

- 61 Main Street Wakefield, RI 02879 401-782-3995
24-Hour Helpline: 401-782-3990 - Call toll free 1-800-494-8100 Mon - Fri 8:30 a.m. -4:30 p.m
Area Served: Washington County

Women’s Resource Center of Newport & Bristol

- 114 Touro Street, Newport, RI 02840 401- 846-5263
24-hour Hotline, shelter, and assistance Mon - Fri 8:30 a.m.- 4:30 p.m.
Area Served: Newport and Bristol Counties

Elizabeth Buffum Chase Center

- Free domestic violence and sexual assault services 401-738-1700
Mon- Fri 9:00 a.m.- 4:00 p.m.

Alcohol/Drug Addiction

The Journey to Hope, Health, and Healing Center

- 86 Beach St, Westerly, RI 02891 401-596-0969
Mon - Fri 5:00 a.m. - 1:00 p.m. Sat and Sun 6:00 a.m.-9:00 a.m.

Community Care Alliance

- 800 Clinton St, Woonsocket, RI 02895 401-762-7565

CODAC Newport

- 93 Thames St, Newport, RI 02840 401-846-4150
Specializes in substance abuse, detoxification, and methadone maintenance for adults and adolescents.
Mon - Fri: 5:45 a.m. - 2:00 p.m.; Sat 6:15 a.m.- 9:00 a.m.
Visit <https://health.ri.gov/addiction/> for additional information or call 988 for immediate help.

Tobacco Cessation

Tobacco Cessation:

- Free cessation information, multi-session telephone counseling, free Nicotine Replacement Therapy (NRT), and self-help materials
Text “START” to 300500 1-800 QUITNOW (1-800-784-8669)
- Tobacco cessation information for Spanish speaking:
Text “ INSCRIBIR” to 300500 1800-8DEJALO (Spanish)

Youth Cessation:

- Quit when you want, how you want. My Life, My Quit™ is a free and confidential way for teens (13-17) to quit smoking or vaping. Receive real-time coaching support by text, web chat, or phone.
<https://www.mylifemyquit.com/en-us/> or text “start” to 36072 1-855-891-9989 (youth)

RIPTA Services

- RIPTA offers Flex Service for suburban and rural areas that have little or no fixed service.
Mon- Fri 8:45 a.m.- 5:20 p.m. 401-784-9500 ext. 1220
You must call 24 hours in advance to make a reservation

Treatment and Recovery Support Resources in Rhode Island:

- Prevent Overdose Rhode Island <http://preventoverdoseri.org/>
Call 988 to connect with a licensed counselor, 24 hours a day, 7 days a week.

Contact:

- Office of Primary Care and Rural Health: Jill D’Errico 401-222-1488
https://health.ri.gov/programs/detail.php?pgm_id=27

For more information on rural services in New England, please visit <https://www.nerha.org/>