

Employer and Employee Resource Guide

Brought to you by the Nantucket Island Chamber of Commerce

Our small business economy is best served with a safe, prepared, and happy workforce. While this guide is primarily aimed at you, the employer, feel free to print and hand this guide to your employees, as a starting point for resources and activities on Nantucket.

To request this in another language, call 508-228-1700.

Commuting to Work

BICYCLE

Biking is a great way to commute to work and travel the island. If your employees are new to biking or to biking in the United States, please remember a few basics rules:

- **WEAR A HELMET.** Sand, auto traffic, cobblestones, and other cyclists are just a few of the variables that lead to accidents. If you cannot afford a helmet, we have partnered with Chamber Member [A.I.M. Mutual Insurance Companies](#) and [Bern Helmets](#), as well as the Nantucket Sheriff's Office to provide you a free helmet. Bring an ID and a Nantucket business pay stub to 20 South Water Street to receive a free helmet.
- Use bike paths whenever possible. Ride on the right hand side
- Walk your bike on sidewalks
- Use reflectors, lights, and do not wear headphones for maximum visibility and awareness
- If you are biking on the road, follow the same rules and directions as cars, and do not bike the wrong way on one-way roads
- Do not ride your bicycle after drinking. Take a bus, cab, rideshare, or if safe to do so, walk

BUS

The Nantucket Regional Transit Authority, also known as the Wave, operates public bus transportation to most parts of the island. This is a great way to get around without needing to worry about parking. Please see their website for routes and hours of operation.

<https://nrtawave.com/>

Bus routes to popular beaches like Madaket, Surfside, and Jetties make the bus a great way to enjoy a day off too! The bus is always FREE. You can download an app for the bus at TransLoc. Enter Nantucket as your map choice.

Employee Training

TiPS & SERVSAFE

Training for certain beverage and food handlers may be required for some employees. If you or your employees do not have a computer or a space to take these or other courses, The Nantucket Chamber of Commerce has laptops and internet access in our conference rooms. Call 508-228-1700 or email info@nantucketchamber.org to request access to our office and computers.

TiPS offers bulk pricing, call us and we can walk you through signing up your entire team!

[TiPS Massachusetts](#)

[ServSafe](#)

Narcan

Community Solutions for Behavioral Health offers free Naloxone (Narcan) Training: How to Respond to a Drug Overdose. Emergency response with Narcan can and will save lives. Join Community Solutions for Behavioral Health for a one hour Naloxone (Narcan) Training Session. These FREE trainings are offered regularly at the Nantucket Chamber of Commerce office at 0 Main Street. Community Solutions for Behavioral Health will also come to your place of business to offer the training for your staff. Contact them at info@CSBHNantucket.org.

QPR

Community Solutions for Behavioral Health offers free suicide prevention training QPR Suicide Prevention Training: Learn to Save a Life. QPR (Question, Persuade, Refer) Suicide Prevention Training empowers everyday people to recognize the warning signs of a mental health crisis and take action. Just like CPR, QPR is a simple, life-saving skill anyone can learn — no prior experience required. As a QPR Gatekeeper, you'll be equipped to identify when someone may be struggling with suicidal thoughts, ask the right questions, offer hope, and connect them with the help they need. Whether you're a friend, family member, coworker, or community member, your awareness could make all the difference. You don't have to be a professional to save a life — just someone who cares. Join us and become a Gatekeeper. The life you save could be someone you know and love. These FREE trainings are offered regularly at the Nantucket Chamber of Commerce office at 0 Main Street. For more information contact Community Solutions for Behavioral Health at info@CSBHNantucket.org

Health and Wellness

EMERGENCIES:

The **911** emergency system works on Nantucket. Dial **911** number for safety, medical, or fire emergencies.

HEALTH

Nantucket has a unique makeup of plants and wildlife, and some are hazardous to humans. Mosquitos, ticks, jellyfish, poison ivy, and sunburns are some of the most common nuisances. Use bug repellent and sunscreen, and check for ticks after spending time outside. The Town of Nantucket has a guide specifically to help [identify ticks](#).

If you are looking for a physician, the best place to start is at the **Nantucket Cottage Hospital**. The hospital is on the Mid-Island bus route and is located at 57 Prospect Street.
<https://nantuckethospital.org/> (+1) 508-825-8100

They also operate an urgent access clinic on the hospital campus. You can request an appointment by calling (+1) 508-825-8100 or visiting
<https://nantuckethospital.org/health-wellness-services/urgent-access/>

A Safe Place Nantucket strengthens the Nantucket community by supporting and empowering adults and children impacted by domestic and sexual violence and abuse, while also leading education, awareness, and prevention efforts. Visit asafeplacenantucket.org or call their 24 hour hotline at 508-228-2111 to access support.

MENTAL HEALTH AND SUPPORT

The Suicide Crisis line functions on Nantucket: **Call 988**

Fairwinds provides confidential, quality professional care to adults and youth on Nantucket who seek mental health and addiction services. All are welcome to call, regardless of immigration status or ability to pay. Their website is <https://www.fairwindscenter.org/> and their phone number is **(+1) 508-228-2689**. Their emergency phone number is **(+1) 508-221-3315**

Addiction Solutions of Nantucket offers Medication Assisted Treatment (MAT) for opioids, alcohol, and other substances. <https://addictionsolutionsnantucket.org/> (+1) 508-680-4013.

Alcoholic Anonymous meets every day on Nantucket at multiple times. Please see this link: <https://www.nantucketaa.org/>

FOOD

Many seasonal or first time Nantucket employees underestimate the cost of groceries, or may find a need for food assistance between arriving and receiving their first paycheck. **Nantucket Resource Partnership** has compiled a list of providers and can help find the right program to assist - please visit thenrp.org. Enrollment in available food programs and more information can be found at **Nantucket Family Resource Center** (100% free and 100% confidential, open to individuals and families) at **508-221-0193** or in person at **1 Freedom Square**.

If you are an employer and are in a position to contribute aid to Nantucket's food assistance programs, please contact NRP to learn how you can help: meg@thenrp.org

FAMILIES

Nantucket Family Resource Center specializes in supporting families. From school support to parental education, the Family Resource Center is free to all, and has multilingual capabilities. Individuals looking for support are also welcome. <https://www.nantucketfamilyresourcecenter.org>

(+1) 508-221-0193

RECYCLE

Nantucket practices a comprehensive recycling program. Please separate waste by type. Recycle plastic, metal, and glass, and combine non-recyclables into clear trash bags. The landfill is located at 188 Madaket Road and disposal is free. The free “Take It Or Leave It” swap shop is at the same facility. The most common items exchanged include books, clothes, housewares, and small furniture.

RELIGION

If you are interested in religious services, the Chamber of Commerce has compiled a list of congregations with locations and worship times. You can access the list at <https://www.nantucketchamber.org/worship>

FUN

BEACHES

Nantucket is ringed with beautiful beaches. You can access many via the Wave/NRTA free bus. Please note that beaches on the north side of the island tend to have calmer waters while those on the southern and eastern shores can have larger waves. The Nantucket motto is to “leave only footprints” on the beaches. The vast stretch of stunning natural beaches forming our island’s ever-changing coastline are a unique and precious resource worthy of our protection. The ocean currents around Nantucket can create dangerous swimming conditions. Follow any posted warnings regarding rip currents and hazardous marine life to stay safe at the beach!

TRAILS

The unique and visually dramatic island landscape features hardwood forests, cranberry bogs, and vernal pools showcasing an amazing diversity of flora and fauna. Popular outlying hiking areas include Sanford Farm off Madaket Road, Squam Farm, and the Middle Moors, with each property containing marked trails with interpretive markers. Please be respectful of the natural beauty and take out everything you bring in. For maps and info, visit:

[Linda Loring Nature Foundation](#)

[Nantucket Conservation Foundation](#)

[Nantucket Land Bank](#)

EVENTS AND ACTIVITIES

There are countless activities ranging from musical performances to art gallery openings, cooking classes to movie premieres. The Chamber of Commerce has a comprehensive list of island activities and events, visit the [events](#) and [calendar](#) pages at nantucketchamber.org and enjoy the exciting happenings around Nantucket!



There are many other resources available to employers and employees, either directly through the Chamber or through our partners. Please call 508-228-1700 or stop by the office and info center at Zero Main St to learn more.