

Westwood High School Support Resources 2025

Community-Based Supports:	School-Based Supports:
Riverside Community Care 24hrs/7 days phone help (781) 769- 8674 or (800) 529-5077 In person- Office support 190 Lennox Street, Norwood https://www.riversidecc.org/child-family-services/emergency-services/ Samaritans 24hrs/7 days phone support (877) 870-4673 Text HOME to 741741 https://samaritanshope.org National Suicide Prevention Lifeline 24hrs/7 days 1 (800) 273-TALK (8255) Text: HELLO 741741 https://suicidepreventionlifeline.org Massachusetts Behavioral Health Help Line masshelp.com 833-773-2445 Westwood Youth and Family Services Wentworth Hall, Islington 273 Washington St., Westwood, MA 02090 Phone: (781) 320-1006 Satellite Office: Westwood High School Room A152 Katy Colthart, M.S.W., LICSW, Director Mental Health counseling: INTERFACE (617-332-3666 x 1411 or 888-244-6843 x 1411) INTERFACE will help connect you to a mental health professional (e.g. psychologist, psychiatrist, therapist, counselor) with availability that takes your insurance and meets any other criteria you set (e.g. time of appointment, location). Interface William James Mental Health Resources: NAMI Massachusetts 1-800-370-9085 https://namimass.org/ LGBTQ+ Resources: Trevor Project Lifeline LGBTQ+ youth 24hrs/7 days 1 (866) 488-7386 Text 678-678	Westwood High School Guidance Department Caroline Higgins, Director of Guidance, chiggins@westwood.k12.ma.us Max Erilus, merilus@westwood.k12.ma.us David Fredrickson, dfredrickson@westwood.k12.ma.us Mallory McKearin, mmckearin@westwood.k12.ma.us Ember Parker, eparker@westwood.k12.ma.us Julia Shields, jshields@westwood.k12.ma.us WHS Social Worker: Joanna Bengel Phone: 781-326-7500 ext. 3123 Email: jbengel@westwood.k12.ma.us School Psychologists: Jessica Lobsitz Phone: 781-326-7500 ext. 3130 Email: jlobsitz@westwood.k12.ma.us Kayla DiBiasie Phone: 781-326-7500 ext. 3106 Email: kdibiasie@westwood.k12.ma.us