

# WELLNESS & MENTAL HEALTH RESOURCES FOR FAMILIES

<b>Coronavirus Questions or Concerns</b>	<ul style="list-style-type: none"><li>• Mass Department of Public Health, <b>statewide 2-1-1 helpline</b> for residents to get up to date COVID-19 information, resources and referrals.</li><li>• Dial 2-1-1 from a phone or visit <a href="http://www.mass211.org">www.mass211.org</a>.</li></ul>
<b>Mental Health Support-emergency</b>	<p><b>If there is a mental health emergency, families should call 911 or go to the emergency room.</b></p> <p><b>Emergency Service Provider- Riverside Emergency Services</b></p> <p><b>781-769-8674 or 800-529-5077</b> 24 hour/7 days crisis intervention</p> <p><b>Due to COVID -19, families should still contact Riverside Emergency, however they may not be able to provide support at a home or community location.</b> Youth Emergency Services are available to children under the age or 21, regardless of their insurance Other Riverside services are being provided through telehealth. provided telehealth services online and by phone.</p>
<b>Services locator</b>	<a href="#"><b>Network of Care Massachusetts</b></a> Behavioral Health Information Hub- access information for behavioral health, substance use, health insurance, housing, transportation, income securing and employment, food assistance and general COVID-19 resources.
<b>Counseling</b>	Email your school counselor with questions or concerns.

	<p>Contact the offices of outside providers directly. . Many offices are providing services through telehealth.</p>
<b>Hotlines</b>	<ul style="list-style-type: none"> <li>• National Suicide Prevention Lifeline: 1-800-273-8255</li> <li>• Call2Talk: 1-508-532-2255 or Text C2T to 741741</li> <li>• Samariteens: 800-252-TEEN (8336)</li> <li>• Trevor Project <a href="https://trevor.org">1-866-488-7386</a> or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth</li> <li>• Compass Helpline-NAMI MASS, National Alliance for Mental Health-Mass Navigators with experience navigating the mental health system answer questions and refer to community resources Monday through Friday, 9 am-5 pm 617-704-6264</li> <li>• <b>Network of Care Massachusetts <a href="#">COVID 19 Behavioral Health Information Hub</a></b> A regularly updated resource for finding information and support for mental health and wellbeing.</li> </ul>
<b>Parental Stress Hotlines/Support Groups</b>	<p>Available 24/7, 1-800-632-8188</p> <div style="text-align: center;">    <b>Parental Stress Line 24/7 1-800-632-8188</b> </div> <p>Additional Parent Support Groups during this time are available.  <a href="#">Parents Helping Parents</a></p> <p><a href="#">BRYT Virtual Family Support Groups</a> -Open to all parents during this time. Tuesdays 3 pm, Wednesdays 8 pm</p> <p><b>Partnership for Drug-Free Kids</b>-Providing on-line support community for parents/caregivers who may have children experimenting with, or dependent on, substances</p>
<b>LGBTQIA Youth</b>	<b>Virtual Mtgs, Supports, Mental Health Info and more</b>

<a href="#"><b>Resources for MA LGBTQIA + youth during COVID-19</b></a>	
<b>Substance Use</b>	<p><b>SAFE Coalition Support Hotline</b> 508- 488-810 (local coalition)</p> <p><b>Mass Substance Use Helpline:</b> 800-327-5050</p> <p><b>Partnership for Drug Free Kids Helpline</b> 1-855-378-4373 or message to 55753.</p> <p><b>Partnership for Drug-Free Kids</b>-Providing on-line support community for parents/caregivers who may have children experimenting with, or dependent on, substances- 1hr. Long meetings through Zoom.  <a href="https://drugfree.org/article/online-support-community-for-parents-caregivers/">https://drugfree.org/article/online-support-community-for-parents-caregivers/</a></p> <p><b>SAMHSA Virtual Recovery Resources</b>  <a href="https://bit.ly/39IUWrl">https://bit.ly/39IUWrl</a></p> <p><b><u>Smoking, Vaping &amp; COVID-19</u></b></p> <p><b>Pause a While Inc. 425-436-6360, Access code 422932#)- Daily 2pm EST virtual AA meetings during the outbreak</b></p> <p><b>Alcoholics Anonymous Audio Calls offered at</b>  <a href="https://www.aaonlinemeeting.net">https://www.aaonlinemeeting.net</a></p>
<b>Domestic Violence</b>	<p><b>Domestic Violence Ended (617-471-1234):</b> 24/7 free, offers confidential support and resources for those experiencing domestic violence.</p> <p><b>SafeLink (877-785-2020 / TTY 877-521-2601):</b> 24/7 free, offers confidential support and resources for those experiencing domestic violence, available in all languages. Can help with relocating to DV shelter</p>
<b>Coping with Stress and Anxiety due to Covid-19</b>	<p>Center for Disease Control's Website  <a href="https://bit.ly/2UKdhAy">https://bit.ly/2UKdhAy</a></p> <p>Mental Health America provides related links and resources  <a href="https://mhanational.org/covid19">https://mhanational.org/covid19</a></p>

	<p>Mass Gov-Maintaining Emotional Health and Wellbeing during the Covid-19 Outbreak- resources and information  <a href="https://bit.ly/2JEHNoV">https://bit.ly/2JEHNoV</a></p> <p>Mass General Department of Psychiatry- Guide to Mental Health Resources for Covid-19  <a href="https://bit.ly/2yuhX4B">https://bit.ly/2yuhX4B</a></p> <p><u><a href="#">Safety, Predictability and Control in the Midst of COVID-19</a></u></p> <p><u><a href="#">COVID-19 and Your Mental Health</a></u> Infographic</p>
<b>Grief and Loss</b>	<p><u><a href="#">Dealing with Grief and Loss During COVID-19</a></u></p> <p>Yale Center for Emotional Intelligence Ruler Webinar</p>
<b>Talking with Children During COVID-19</b>	<p><u><a href="#">How to Talk to Children about the Coronavirus</a></u> (Harvard Medical School)</p> <p><u><a href="#">Talking to Children About Covid-19- A Parent Resource</a></u>  (National Association of School Psychologists)</p> <p><u><a href="#">Parent and Caregiver Guide to Helping Families Cope with Coronavirus</a></u>  (National Child Traumatic Stress Network)</p> <p><u><a href="#">Psychological Tips for Children and Adolescents' Emotions</a></u>  (HEMOT)</p> <p><u><a href="#">Talking to Teens/Tweens about Coronavirus</a></u> (New York Times)</p> <p><u><a href="#">Managing Responses to Coronavirus</a></u> (Riverside Trauma Center Resource)</p> <p><u><a href="#">Helping Children Cope with the Changes Resulting From COVID-19</a></u> (National Association of School Psychologists)</p>

<b>Wellness</b>	Alliance for a Healthier Generation has a number of resources for parents and caregivers related to talking to kids, healthy meals, physical activity and sleep. <a href="#">Parent Resources</a>
<b>Sleep</b>	<a href="#">A Guide to Sleeping with Coronavirus Anxiety</a> <a href="#">A Complete Guide to Well-rested Kids at Every Age</a>

Updates added June 23, 2020