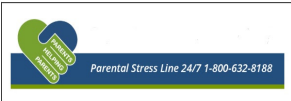


# WELLNESS & MENTAL HEALTH RESOURCES FOR FAMILIES

<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></p> <p>Youth Emergency Services are available to children under the age or 21, regardless of their insurance</p> <p>Other Riverside services are being provided through telehealth. provided telehealth services online and by phone.</p>
<b>Services locator</b>	<p><a href="#">Network of Care Massachusetts</a></p> <p>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.</p>
<b>Counseling</b>	<p>Email your school counselor with questions or concerns.</p>

	<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://www.trevorproject.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</b> <a href="#">COVID 19 Behavioral Health Information Hub</a> 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>  <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="#"><u>Resources for MA LGBTQIA + youth during COVID-19</u></a>
Substance Use	<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/"><u>https://drugfree.org/article/online-support-community-for-parents-caregivers/</u></a></p> <p><b>SAMHSA Virtual Recovery Resources</b>  <a href="https://bit.ly/39IUWrI"><u>https://bit.ly/39IUWrI</u></a></p> <p><a href="#"><u>Smoking, Vaping &amp; COVID-19</u></a></p> <p><b>Pause a While Inc.</b> 425-436-6360, Access code 422932#)-  <b>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"><u>https://www.aaonlinemeeting.net</u></a></p>
Domestic Violence	<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>
Coping with Stress and Anxiety due to Covid-19	<p>Center for Disease Control's Website  <a href="https://bit.ly/2UKdhAy"><u>https://bit.ly/2UKdhAy</u></a></p> <p>Mental Health America provides related links and resources  <a href="https://mhanational.org/covid19"><u>https://mhanational.org/covid19</u></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><a href="#">Safety, Predictability and Control in the Midst of COVID-19</a></p> <p><a href="#">COVID-19 and Your Mental Health</a> Infographic</p>
<b>Grief and Loss</b>	<p><a href="#">Dealing with Grief and Loss During COVID-19</a></p> <p>Yale Center for Emotional Intelligence Ruler Webinar</p>
<b>Talking with Children During COVID-19</b>	<p><a href="#">How to Talk to Children about the Coronavirus</a> (Harvard Medical School)</p> <p><a href="#">Talking to Children About Covid-19- A Parent Resource</a> (National Association of School Psychologists)</p> <p><a href="#">Parent and Caregiver Guide to Helping Families Cope with Coronavirus</a> (National Child Traumatic Stress Network)</p> <p><a href="#">Psychological Tips for Children and Adolescents' Emotions</a> (HEMOT)</p> <p><a href="#">Talking to Teens/Tweens about Coronavirus</a> (New York Times)</p> <p><a href="#">Managing Responses to Coronavirus</a> (Riverside Trauma Center Resource)</p> <p><a href="#">Helping Children Cope with the Changes Resulting From COVID-19</a> (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