

From the Health Office at Bigelow Middle School

Mental Health and Substance Use Resources

During these unprecedented times, our schedules have been turned upside down, our lives have changed, and for many of us, coping with life's new stressors can be challenging. Emergency personnel are responding to more mental health crises and more substance use-related issues. It is incredibly important during this time to check in with one another to make sure everyone has the support and resources they need. Remember it's ok to reach out if you or someone you care about needs help. We are all in this together. And pay special attention to the most vulnerable among us – children, older adults, people with disabilities – and if you are worried, ask for help on their behalf.

Below are a few resources to keep handy, including an upcoming virtual suicide prevention training.

QPR- Suicide Prevention Training- ONLINE WEBINAR

June 18th 3-4:30pm

QPR (Question Persuade, Refer) is an evidence-based, simple technique that offers everyone strategies and approaches to responding to someone experiencing a suicidal crisis and information about how to get the expert help required. This training will be held virtually on June 18th at 3pm on Zoom. To attend this training, please respond via:

<https://www.surveymonkey.com/r/June18QPR>

For more information, visit www.newtonma.gov/newtoncares

Mass Call2Talk (508-532-2255) or Text C2T to 741741- This is a mental health, emotional support and suicide prevention program run by Mass211.

National Suicide Prevention Lifeline (800-273-8255)- 24/7, free and confidential support for people in distress and can provide prevention and crisis resources

Report Child Abuse (DCF) (781-641-8500): If you suspect a child may be in danger from abuse or neglect, you can call and report this. Remember, young people aren't in their usual settings of school and programs, so we need to pay even more attention to this risk and call if you are worried.

Report Elder Abuse- Mass Elder Abuse Hotline (800-922-2275)- You can also report elder abuse online at <https://www.mass.gov/how-to/report-elder-abuse>

Gavin Foundation (857-207-5883)- Provides comprehensive community-based substance use education, prevention and treatment programs, referrals to mental health services, community-based peer-to-peer support, substance use support groups, referrals to detox, and

more.

Newton-Wellesley Hospital Substance Use Services (617-243-6062)- Provides substance use disorder consultation, medication management of alcohol and opioid use disorders, education, counseling service referrals, and support group referrals.

St. Elizabeth's Comprehensive Addiction Program (SECAP) (617-789-2574)- Cares for individuals suffering from substance use disorder providing emergency screening, inpatient monitoring, immediate access to medical specialists and spiritual care.

If you are worried about someone in your family who maybe struggling with depression, here is an online screening tool to help

<http://www.familyaware.org/help-someone/take-the-depression-and-bipolar-test/>

As always – call 911 in an emergency

In addition to these important resources, residents are encouraged to visit our webpage at <http://www.newtonma.gov/socialservices> for more resources including domestic violence, food insecurity, applying to MassHealth, unemployment, utilities assistance and more.