

## Resources for Social and Emotional Support

*Disclaimer: This site includes a list of possible health and safety resources. Please be aware that this list does not include all of the local and national resources available. **In an emergency, always call 911 or go to your nearest emergency room.***

### **Helplines**

Teen Lifeline	1-800-248-TEEN
Parent Hotline	1-800-840-6537
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Samariteens	1-877-870-4673 (call or text)
Crisis Text Line	Text “HELLO” to 741741
Substance Abuse Treatment Hotline	1-800-662-4357
National Eating Disorders Association	1-800-931-2237
Boston Area Rape Crisis Center	1-800-841-8371

### **Suicide Prevention**

**Crisis Text Line:** Text HELLO to 741741 to text with a trained crisis counselor.

**Suicide Prevention** No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255), you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

<http://suicidepreventionlifeline.org/>

**Samariteens** Samaritans’ mission is to reduce the incidence of suicide by alleviating despair, isolation, distress and suicidal feelings among individuals in our community, to educate the public about suicide prevention; and to reduce the stigma associated with suicide. This service is available 24 hours a day. From 3-9 pm on weekdays and 9 am to 9 pm on weekends trained teens answer the phone. During all other hours, calls are answered by an adult. Call or text 1-877-870-4673.

**MA Coalition for Suicide Prevention** Our mission is to prevent suicide through state-wide advocacy and collaboration. <https://www.masspreventssuicide.org/>

## **Substance Abuse**

**Alateen** A support group for teens living in homes where there is heavy drinking by one or more parents. If you have questions, call 508-451-4986 or visit <http://www.ma-al-anon-alateen.org>

**National Institute on Drug Abuse (NIDA) for Teens** Website designed to educate adolescents on the science behind drug abuse <http://teens.drugabuse.gov>

**National Institute on Drug Abuse** Learn the scientific facts about drugs and drug abuse and what you can do to prevent your children from starting to take drugs or progressing further into drug abuse. <http://teens.drugabuse.gov/parents>

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

**National Hotline:** 1-800-662-4357. Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

## **Mental Health**

**National Alliance on Mental Illness (NAMI)** Provides information about NAMI and links to numerous organizations and groups that provide support to teens and families. Their website is full of good information for parents. [www.nami.org](http://www.nami.org)

**National Institute for Mental Health (NIMH)** [www.nimh.org](http://www.nimh.org)

**Families for Depression Awareness** Helps families recognize and cope with depressive disorders to get people well and prevent suicides. 781-890-0220 or [www.familyaware.org](http://www.familyaware.org).

**HelpGuide** In conjunction with Harvard Health, trusted guide to mental, emotional, and social health. [www.helpguide.org](http://www.helpguide.org)

## **Eating Disorders**

**National Eating Disorder Association (NEDA)** supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

**Helpline:** 1-800-931-2237, [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**Multiservice Eating Disorder Association (MEDA)**, 92 Pearl St, Newton, MA 617-558-1881 (8am-4pm, Monday through Friday), [www.medainc.org](http://www.medainc.org)

## **LGBTQA+**

**The Trevor Project Helpline** is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. <http://www.thetrevorproject.org/> or 866-488-7386

**Fenway Community Health LGBT Helpline** Assists in referrals to the services you need. Healthcare, housing, violence, recovery, HIV/AIDS, etc. Generally staffed between the hours of 6-11 pm. 617-267-2535

**Peer Listening Line** This is staffed by volunteers under the age of 25 and also assists in referrals for services. Generally staffed between the hours of 5-10 pm. 800-399-PEER

**Greater Boston PFLAG** Offers help for Lesbian, Gay, Bisexual and Transgender (LGBTQIA) youth, their families and communities around the topic of sexual orientation and gender identity. <http://www.gbpfllag.org> or 781-891-5966

**GLBT National Help Center** Serving gay, lesbian, bisexual, and transgender & questioning people by providing free and confidential peer-support and local resources <http://glbtnationalhelpcenter.org/> or 1-800-246-PRIDE (7743)

**Additional Resources** compiled by MHS's sexuality and gender alliance (SAGA): <http://hs.maynard.k12.ma.us/gay-straight-alliance-gsa>

## **Grief**

**National Center for Grieving Children and Families** The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. <http://www.dougy.org>

**The Children's Room** helps grieving children, teens and families go on living fully. They serve families from over 75 cities and towns in Massachusetts. They are also part of a Massachusetts-wide network of programs helping grieving children, teens and families. <http://www.childrensroom.org>

## **Sexual Assault**

**Boston Area Rape Crisis Center (BARCC)** BARCC's vision is to end sexual violence through healing and social change. BARCC provides comprehensive, free serves including a 24-hour hotline, 24-hour medical advocacy, individual and group counseling, and legal advocacy. The website includes information on healing and advocating for social change as well as resources to get help for yourself or for someone else. 1 (800) 841-8371 (24-hour hotline)

**Pathways for Change** Counseling for sexual assault survivors and referrals as needed  
1-900-870-5905 <http://www.rapecrisiscenter.org>

### **Therapy and Counseling**

The best place to start to find a therapist is your insurance company's website. However, there are some counseling centers in the Maynard area with multiple clinicians that often take a variety of insurances.

<i><b>Name</b></i>	<i><b>Number</b></i>	<i><b>Location</b></i>
Eliot Center	978-369-1113	Concord
Boundaries	978-263-4878	Acton
Advocates	508-661-2020, 508-485-9300, 978-772-1846	Framingham, Marlborough, Harvard
North Bridge Psychological Associates	978-264-4003	Acton
Life Management Associates	978-772-4457	Harvard
General Psychological Assoc	978-287-4300	Concord
Life Management Associates	978-772-4457	Harvard
Crossroads	978-772-6100	Harvard
McLean Hospital	617-855-2000	Belmont