

Mental Health Care and Social Services During COVID-19

Life in the age of coronavirus is both unsettling and isolating. The stress of social distancing and the lack of regular routine and structure can make it challenging for all of us to maintain healthy habits and keep up our spirits. But for those predisposed to depression and anxiety, or who struggle with alcohol, marijuana and other drug use, it can be exponentially difficult, making it vital to connect with appropriate support and guidance. Remind friends and family (especially adolescents) that it's not just OK, but **important** to ask for help. Below is a list of resources available to assist families in accessing help with mental health and substance abuse concerns.

For help in an emergency:

In the case of a true emergency, do not hesitate to call **911** or go to your nearest emergency room.

If you are concerned about yourself or a loved one and have questions about finding **treatment resources**, email Brookline Health Department Social Worker Abby Dean at Gabrielle_dean@psbma.org. Email responses will be within 24 hours.

EMERGENCY SERVICES & HOTLINES

Boston Emergency Services Team (BEST): 1-800-981-HELP- crisis evaluation and treatment services. Available 24/7, information, referral, or in-person evaluation.

<http://northsuffolk.org/services/emergency-services/>

Samaritans of Massachusetts 24-hour hotline, call or text: 877.870.HOPE (4673). Free and anonymous for those feeling suicidal, lonely, depressed as well as for those worried about someone else. <https://samaritanshope.org/our-services/247-crisis-services/>

American Foundation for Suicide Prevention - <https://afsp.org/>, phone and texting options available 24/7. Lifeline- 1.800.273.TALK (8255). Crisis Text Line - text "TALK" to 741741

The Trevor Project- <https://www.thetrevorproject.org/get-help-now/>, 24/7 supports for LGBTQ+ people. TrevorLifeline- 1.866.488.7386, TrevorText- text "START" to 678678.

TrevorChat can be accessed through a computer from the link above.

HELP FINDING A THERAPIST

The Brookline Mental Health Center (617-277-8107) is providing on-site staff for urgent situations, but all referrals need to be called in first. Most therapy sessions will be telehealth.

Social Work Therapy Referral Service [SWTRS](#) will match clients based on insurance and area of need. Available 9-5, M-F, and will try to respond within a day.

[Psychology Today](#) has an online listing of local therapists.

NAMI Massachusetts information and referral helpline, COMPASS, provides resources and support to help people navigate the complex mental health system and problem solve in difficult circumstances: 617-704-6264 or 1-800-370-9085. Leave a message and your call will be returned as soon as possible or email: compass@namimass.org. The virtual NAMI Family Support Group, for caregivers of persons with mental illness, info@naminw.org, is the second Tuesday of each month at 7:30 pm. See namimass.org for information regarding peer groups for people experiencing a mental illness.

SCHOOL RESOURCES

Guidance counselors at your school are often the best place to start in trying to determine needs and resources.

For BHS - If you or your family are experiencing challenging issues related to safety or mental health concerns, please contact your dean or counselor or [Darby Neff-Verre](#) immediately. They will work with you and other supportive adults (possibly one of the BHS social workers or other helping clinician) to be sure you have the support you need. **Never worry alone!**

For Pre-K-8th Grade - the PSB PreK-8 School Counseling Team will be providing resources and activities for students and families to remain engaged and connected to their school communities. <https://sites.google.com/psbma.org/psb-school-counseling/home?authuser=0>

PSBMA also collates many emotional health resources at <https://www.brookline.k12.ma.us/Page/2587>

DOMESTIC VIOLENCE ISSUES

If you are afraid for your safety, call 911. Tell the dispatcher that you are in danger and that you need help immediately.

Casa Myrna Vasquez operates SAFELINK: 24-hour domestic violence hotline. 1.877.785.2020 SafeLink hotline advocates are multilingual and provide support, assistance with safety planning, and information on appropriate resources. <https://www.casamyrna.org/>

Reach Beyond Domestic Violence: 24-hour hotline is 800.899.4000 <https://reachma.org/>

The Network/La Red: 617-742-4911 For lesbian, gay, bisexual, queer and/or transgender folks who are being or have been abused by a partner. <http://tnlr.org/en/>

Asian Task Force Against Domestic Violence: 617-338-2355 Multilingual helpline; advocates provide services in over 12 different Asian languages and dialects.

ALCOHOL/SUBSTANCE USE ISSUES

[The Massachusetts Substance Abuse Helpline](#) (800-327-5050) - clearinghouse of information on services, open 24/7, can give you numbers for substance use abuse treatment programs and other substance use services.

Inpatient recovery programs still taking referrals: [Caron](#), [Hanley Center](#), but please check first. [Emerson Hospital](#) is still taking referrals for detox and short-term treatment.

SELF-HELP RESOURCES

- [Alcoholics Anonymous National](#) - links to archives for reading and listening
- [Alcoholics Anonymous Massachusetts](#) - list of ways to join Zoom meetings at different times, some international
- [Narcotics Anonymous](#) - list of virtual meetings
- [Marijuana Anonymous](#) - list of virtual meetings from all over the world [Smart Recovery](#) - online meetings
- [Al-anon and Alateen](#) – MA for those impacted by a loved one's drinking/using
- [Alanon national electronic meetings](#)
- [Alateen Chat Room Meetings](#) - teens need to register for meetings, always an adult moderator on-line as well
- Recovery and mental health podcasts - [The Right Mind Media Podcast](#)- information on mental health and substance use; [Recovery Radio](#); [This Naked Mind](#) - Annie Grace, based on her recovery; [The Bubble Hour](#) alcoholism and women.

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For additional information on podcasts, helpful articles, and topical news, follow us on www.facebook.com/BrooklineParentEducationNetwork

And for additional resources, go to

www.B-PEN.org

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*informed * involved * connected*