

To Our Bay Path Families,

As we draw into the colder months, and feel the isolation of winter, we want to connect with you and remind you of our current guidance services and support staff services.

Please do not hesitate to reach out to your child's counselor, our School Adjustment Counselor, and/or our School Psychologist. You can find our contact information under School Resources/Guidance Department.

Additionally, we have compiled a list of resources for Mental Health/Behavioral Health:

Locating counseling support can be difficult. Some helpful tips in finding a therapist or group support for your child is to:

- Call your pediatrician for recommendations in your area.
- Call your behavioral health helpline on the back of your insurance card to provide you with a list of therapists that accept your insurance.
- Contact your child's guidance/ school adjustment counselor for recommendations in your town.
- Utilize websites to locate substance and mental health services in your geographic area. Simply type in your zip code and indicate the type of services you are looking for - <https://findtreatment.samhsa.gov/locator#>
- **No insurance? Community Counseling Clinic at Becker College** is providing online (telehealth) counseling services for children, teens, and adults. All services are only **\$15 per session**. **Anyone interested in obtaining counseling services can reach us most easily by calling the clinic at 508-373-9751.**
- Psychology Today- Find a local therapist:
<https://www.psychologytoday.com/us/therapists/massachusetts?gclid=Cj0KCQiAlsvBRDtARIsAHMGVSامر-pm6UTwwf8tKiHV1irZvfdKx50bwqNdZ-DzIG Wg59xyXsdfdEaApEgEALw wcb>

[Resource Guide to Central Mass Mental Health Resources:](https://www.shineinitiative.org/wp-content/uploads/2019/09/Central-MA-Mental-Health-Resource-Guide-by-the-Shine-Initiative.pdf)

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YOU INC Resource centers will help you access a variety of supports such as:

After-school & Recreational Activities, Caregiver/child activities, Child care, Clothing & Household Goods, Civic Engagement, CRA-Related Support, Education, Special Education, & School Support, Employment & Career Services, Family/Caregiver support, Financial assistance, Food access, DTA kiosk, Healthcare and Behavior Healthcare including Substance Abuse treatment, HLA MHAP for Kids Attorney, Housing, Legal Assistance, LGBTQ+ supports and services, Parenting Education & Support Groups, Transportation Access.

<https://www.frcma.org/locations/you-inc-worcester-family-resource-center>

<https://www.sevenhills.org/programs/worcester-family-resource-center>

SUICIDE HELP LINE

<https://samaritanshope.org/>

<https://suicidepreventionlifeline.org/>

24/7 Crisis Services: Our Helpline remains open 24/7 for calls and texts at 877-870-4673 as our volunteers work remotely to answer your calls and texts.

Grief Support Services: SafePlace meetings will be held **virtually** via Zoom until further notice. Meetings will take place on Tuesday, Wednesday, and Thursday evenings from 6:30 - 8pm. Please visit our [Grief Support Services page](#) for information on virtual SafePlace meetings.

Community Education & Outreach: Mental health is hard to talk about. Learn how at one of our suicide prevention webinars. Our regularly scheduled webinars will be held on Tuesdays at 2 p.m. EST. These webinars are open to the public, but registration is required. See more details, including registration links, on our [Community Education & Outreach page](#).

MOBILE CRISIS HOTLINE 1-877-750-3127, 508-765-3035

Riverside Community Care Child and Family Services

<https://www.riversideecc.org/child-family-services/emergency-services/>

If you or someone you know is experiencing a mental health crisis please contact our locally-based crisis intervention/emergency services team. We provide **around-the-clock, 24/7** mental health and substance use evaluations to people in crisis. Instead of going to the emergency room, services can be provided to you over the phone, in your home, at school, or in another community setting.

UMass Emergency Mental Health

<https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/psychiatry/services-we-provide/emergency-mental-health>

Community Health Link Mobile Crisis

<http://www.communityhealthlink.org/chl/youth-and-family-services/youth-mobile-crisis-intervention-ymci>

Department of Mental Health Resource Sheet

Department of Mental Health (DMH)

Vision

Mental health is an essential part of health care. The Department, as the state mental health authority, promotes mental health through early intervention, treatment, education, policy and regulation so that all residents of the Commonwealth may live full and productive lives.

Mission Statement

The Department, as the state mental health authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities. The Department establishes standards to ensure effective and culturally competent care to promote recovery. The Department sets policy, promotes self-determination, protects human rights and supports mental health training and research. This critical mission is accomplished by working in partnership with other state agencies, individuals, families, providers and communities.

DMH Central MA Area Offices

Worcester – 361 Plantation Street, Worcester, MA 01605 **Phone** (774) 420-3140 **Fax:** (774) 420-3111

Westborough – 167 Lyman Street, Westborough, MA 01581 **Phone:** (508) 616-2801 **Fax:** (508) 616-2864

South County – 40 Institute Road, Oaks “B” North Grafton, MA 01536 **Phone:** (508) 887-1100 **Fax:** (508) 887-1166

North County – 49 Nursery Lane Fitchburg, MA 01420 **Phone:** (978) 353-4400 **Fax:** (978) 348-1275

Canton – 5 Randolph Street Canton, MA 02021 **Phone:** (781) 401-9716 **Fax:** (781) 401-9700

General Resources

- Visit <https://www.Mass.gov/info-details/covid-19-updates-and-information> to connect with resources related to:
 - Unemployment insurance
 - Food and economic assistance
 - Business loans and support
 - Childcare providers
 - Renters and homeowners
 - Mental health and well-being
 - Rights related to COVID-19
 - Resources for abuse and neglect
 - Substance use help and prevention
 - Homeless support
- To find Covid-19 testing information and testing locations in your area, visit <https://www.mass.gov/info-details/about-covid-19-testing#where-can-i-get-a-test?>

Mental Health Resources

- To apply for or learn more about MassHealth insurance, contact MassHealth Customer Service at (800) 841-2900; TTY: (800) 497-4648; or visit <https://www.mass.gov/coronavirus-disease-covid-19-and-masshealth>.

Department of Mental Health Resource Sheet

- The Tempo Young Adult Resource Center provides a variety of drop in support to young adults <https://www.waysideyouth.org/aboutus/ourservicesoverview/services/young-adult/tempo-young-adult-resource-center/>
- Zia Access Center Young Adult Access Center (508) 751-9600/ (774) 242-6364; <https://ziacenter.com/>
- If you are feeling sad, lonely, hopeless, or suicidal, call or text the 24/7 Samaritans Statewide Helpline at (877) 870-4673 or visit <https://samaritanshope.org>.
- If you or a family member are experiencing a mental health or substance use disorder crisis, call Emergency Services Program/Mobile Crisis Intervention at 1(877) 382-1609, or visit <https://www.mass.gov/emergencycrisis-services>.
- To access services or for information about aging-related issues, visit <https://www.mass.gov/orgs/executive-office-of-elder-affairs>. To connect to a local elder service agency, call (800) 243-4636.
- The Trevor Project - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth. 866-488-7386 and <https://www.thetrevorproject.org/>
- Teen Line - Non-profit, community-based organization that provides emotional support to youth. It is our mission to provide peer-based education and support before problems become a crisis, using a national hotline, community outreach and online support. **TEXT TEEN to 839863**
- Your Life Your Voice Teen Hotline - Your Life Your Voice is provided by Boys Town. Boys Town, a national nonprofit, offers many resources for parents, families, and children in times of need. <https://www.yourlifeyourvoice.org/Pages/home.aspx>

Parent Support Resources

- Wayside offers Family Support Groups facilitated by a parent with lived experience <https://www.waysideyouth.org/forfamilies/parentsupportservices/>
- Parent Professional Advocacy League also runs parent support groups by parents with lived experience <https://ppal.net/ppal-central-ma>

Multicultural Mental Health Resources

- Advocacy for Refugee and Immigrant Services for Empowerment (ARISE)
 - (617) 446-3706; Ariseus.org
- Ascentria Care Alliance
 - (774) 243-3100; Ascentria.org
- Centro Las Americas
 - (508) 798-1900; Centroinc.org
- Counseling and Assessment Clinic of Worcester, LLC
 - Worcester- (508) 791-3261;
 - Fitchburg- (978) 345-9400;
 - Caworcester.org
- Hector Reyes House Latin American Health Alliance
 - (508) 459-1801; Lahaworc.org
- Latino Health Insurance Program
 - (508) 875-1237;
 - Lhiprogram.org
- Multicultural Wellness Center
 - Worcester- (508) 752-4665;
 - Fitchburg- (978) 343-3336;
 - Multiculturalwellness.org
- Refugee & Immigration Assistance Center
 - (508) 756-7557; riacboston.org
- United Hmong of Massachusetts, Inc.
 - (978) 343-3831;
 - unitedhmong.org