

Emotional Health Resources During School District Closing **March 2020**

Easing Anxiety Around Novel Coronavirus:

The unknown and unusual situations can increase our worries. Consider the activities that help you relax or relieve your anxiety.

Do: Be mindful; think about keeping a journal (writing or recording). You may like to have a record of how you and your family felt and handled this experience. Listen to music, do yoga, meditate, dance, take a walk. Do some things together: cook, watch something funny, play board games or cards, read in one room together. Connect with your family members and friends via facetime, snapchat, skype, texting, emails, phone calls. Limit your access to news for accurate information about the virus. Don't be connected to the news 24/7- it's overwhelming and exhausting. Sleep and hydrate. Headspace and Calm are two apps that are easily navigated for meditations.

Use a Relaxing Breath Technique:

Breathe deeply: inhale through your nose for count of 4, hold the breath for a count of 7, exhale fully through your mouth for a count of 8. Repeat up to 4 times.

An anchoring relaxation script: <https://www.innerhealthstudio.com/anchoring.html>

Social Media Awareness (Thank you to the Mustang Minute of Norwood, MA)

We know from experience that during school breaks students' access to social media increases. And with the required social distances we are encouraging students to find remote ways to connect with each other. However, with increased access to social media, there can also be an increase in inappropriate behavior. As we enter into this unexpected school closure, *we want to encourage you to actively monitor your child's online life, which includes having frequent, open and honest conversations about what they are sharing through social media and what is being shared with them.* It is important that students understand that what they post on social media may have consequences beyond the here and now. Below, please find some resources that we have compiled that you may find helpful to initiate these important conversations with your child(ren).

<http://www.commonsensemedia.org/advice-for-parents/social-networking-tips>

<http://www.parenting.com/gallery/social-media-monitoring-kids?pnid=319669>

<http://cyberbullying.us/resources/parents/>

<http://www.englisherelizabeth.com/downloads>

Mental Health Emergency Issues:

Riverside Emergency Services: (For Newton Families) For mental health and substance use treatment. 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. **800-529-5077**

<https://www.riversidecc.org/adult-services/mental-health/emergency-services/>

Boston Emergency Services Team (BEST): For Boston Families. Boston Emergency Services team (B.E.S.T.), under the leadership of Boston Medical Center and with the support of the Massachusetts Behavioral Health Partnership, provides a comprehensive, highly integrated system of crisis evaluation and treatment services to the greater Boston area; to children, adolescents, adults, including the elderly, the homeless, mentally ill and the multi-cultural populations within the Boston, Brookline, Chelsea, Revere and Winthrop communities.

If you or someone in your family is in crisis, please call 1-800-981-4357 for guidance. This toll-free number can be used 24 hours a day, seven days a week to obtain services. Staff at the 1-800-981-HELP Call Center will provide support, information, referral, or arrange an in-person evaluation. The Call Center will dispatch mobile clinicians to intervene at the site of the crisis unless a different setting is requested by a family or if the containment of a more secure setting is required. <http://northsuffolk.org/services/emergency-services/>

Samaritans of Massachusetts 24-hour hotline; Call or Text: 877.870.HOPE (4673). Free and anonymous. If you are feeling suicidal, lonely, depressed. The hotline is also available for those worried about someone else. You can access them directly from their website as well. <https://samaritanshope.org/our-services/247-crisis-services/>

American Foundation for Suicide Prevention- <https://afsp.org/>, has 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.

Domestic Violence Issues:

Casa Myrna Vasquez operates SAFELINK: (Massachusetts-wide, 24-hour, toll-free domestic violence hotline.) 1.877.785.2020 SafeLink hotline advocates are multilingual, and have access to a translation service that can provide translation in more than 130 languages. All calls to SafeLink are free, confidential, and anonymous. Each call is answered by a trained advocate who provides non-judgmental support, assistance with safety planning, and information on appropriate resources. <https://www.casamyrna.org/>

National Domestic Violence Hotline: 1.800.799.SAFE (7233)

Reach Beyond Domestic Violence: 24-hour hotline is **800.899.4000** is free and confidential. Domestic violence can happen to anyone regardless of age, gender identity, race, income level, sexual orientation or religion. No one has the right to hurt, threaten, or make you feel afraid.

Are you afraid for your safety? Call 911. Tell the dispatcher that you are in danger and that you need help immediately. If you cannot get to a phone to call 911, leave. Go to a public place and ask for help. <https://reachma.org/>

The Second Step: Provides comprehensive assistance for those experiencing domestic violence. Their website offers emergency numbers as well but they themselves do not have 24 hour assistance. <https://thesecondstep.org/> 617.965.3999

The Network/La Red: 617-742-4911 (voice) • 800-832-1901 (Toll-Free) Provides emotional support, information, and safety planning for lesbian, gay, bisexual, queer and/or transgender folks who are being or have been abused by a partner. Also offers information and support to friends, family and co-workers on the issue of domestic violence in LGBTQ/T communities. <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.

Boston Area Rape Crisis Center (BARCC): 800-841-8371 Counselors available to talk with survivors, their families and friends, and providers about sexual violence

Pet Safety Domestic Violence: Pet Safety Hotline 781.235.8460

Substance Use Disorders:

Alcoholics Anonymous: Self-Help groups. www.aabosmeetings.org to find meetings. Please check the meeting lists daily as some times may change due COVID-19.

**There are on-line meetings for AA: <http://aa-intergroup.org/directory.php>

Alanon and Alateen: Self-help groups for those impacted by a loved one's drinking/using. <http://ma-al-anon-alateen.org>

**There are on-line meetings as well.

Alanon electronic meetings:

<https://al-anon.org/al-anon-meetings/electronic-meetings/> Currently the Facebook Messenger platform is not working and they recommend checking back and using other platforms. The list is accessed from the website.

Alateen Chat Room Meetings:

<https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

To access Alateen remote meetings the teen does need to register for the meetings and there is always an adult moderator on-line as well.

Marijuana Anonymous On-Line Meetings:

<https://www.ma-online.org/>

Narcotics Anonymous On-Line Meetings:

<https://www.neveraloneclub.org/>

Learn 2 Cope: Self-help for families with loved one's addiction. Currently their meetings are cancelled until late March but their on-line private discussion forum is available. After you register you have access to peer support. www.learn2cope.org

Massachusetts Substance Use Helpline: <https://helplinema.org/> The Helpline is the only statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. 800.327.5050. Mon-Fri: 8am-10pm and weekends 8am-6pm. You can also on-line chat with someone through this website.

A Mental Health and Wellness Referral Helpline:

A free referral service for Newton and Boston families. William James College Interface Referral Service. They are currently working remotely and still available to provide assistance. 888-244-6843 (toll free) Mon - Fri, 9am –5pm www.interface.williamjames.edu

For Support with Mental Health and Disaster Stress:

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746 SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The website also provides information for how Spanish speakers and deaf and hard of hearing individuals can access support.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>