



Town of Wellesley Mental Health Resource Guide

Provided by the Wellesley Health Department and Mental Health Steering Committee

A note to residents...

If you or someone you know is experiencing emotional or behavioral challenges, don't hesitate to ask for help. Some ups and downs in mood are normal. However, when an emotional or behavioral change becomes extreme, or begins to upset life at home, work or school, intervention may be necessary. Emotional problems are as common as physical ones, and taking care of both is essential for overall wellness. The listings below provide information and resources for individuals or caregivers.

WARNING SIGNS OF SUICIDE RISK (courtesy of the Samaritans)

Verbal statements such as "I want to kill myself," "Things will never get better," "I'm tired of being a burden," "No one would miss me if I were gone"

Physical changes including losing or gaining weight quickly, suddenly not caring about appearance or cleanliness, or unexplained cuts, scrapes or bruises

Acting differently such as changes in mood – more withdrawn, anxious or sad, or a sudden mood lift after a down period

Situations including recently losing a loved one, relationship or job; having money problems

EMERGENCY OR CRISIS SERVICES FOR IMMEDIATE HELP

An individual behaving in an extreme or overwhelming way, posing a threat to self or others needs immediate help.

DO NOT HESITATE to call 9-1-1 for Wellesley Emergency Services

URGENT CARE

Newton-Wellesley Hospital
Riverside Emergency Services

Go to Pediatric or General Emergency Department
800-529-5077 or 781-769-8674

CRISIS LINES - 24 hours/day - trained listeners provide support

Samariteen Helpline www.samaritansofboston.org 800-252-TEEN (8336)
Samaritans Helpline www.samaritansofboston.org 877-870-HOPE (4673)
National Suicide Prevention Lifeline www.suicidepreventionlifeline.org 800-273 –TALK (8255)
(Includes information and support for veterans and those who are hearing or speech impaired. Information and helpline is also available in Spanish)

NON-URGENT CARE - WHERE TO BEGIN THE PROCESS OF FINDING HELP

Primary health care provider
Health insurance plan - *consult individual plan for options and coverage*
Employee assistance program
School counselor, school psychologist and school nurse - *public and private schools*

TOWN AGENCIES

Wellesley Health Department www.wellesleyma.gov/health	781-235-0135
<i>Develops and coordinates programs and services that support individual and community health efforts.</i>	
Wellesley Youth Commission www.wellesleyma.gov/youth	781-446-6274
<i>Provides programs and services to meet the needs of middle and high school students</i>	
Wellesley Council on Aging www.wellesleyma.gov/coa	781-235-3961
<i>Provides social, educational and cultural programs, and resources that address seniors' changing needs</i>	
Wellesley High School Guidance Department	781-446-6305 ext. 5130
Wellesley Middle School Guidance Department	781-446-6250 (0 at prompt)

LOCAL COMMUNITY MENTAL HEALTH AGENCIES

The Human Relations Service, Inc. (HRS) www.hrshelps.org	781-235-4950
<i>HRS is a private, non-profit community mental health agency serving families and Town employees in Wellesley. They offer a broad range of outpatient treatment.</i>	
Crossroads Counseling, Inc. crossroadscounselingwellesley.com	781-431-2277 ext. 51
<i>Crossroads Counseling offers services to senior citizens and their families (in their homes) to help them address issues associated with aging including depression, anxiety, and coping with loss and change.</i>	
Riverside Community Care (RCC) www.riversidecc.org	617-969-4925 or 888-851-2451
<i>RCC is a private, not-for-profit agency offering a wide range of services including 24 hour mobile emergency services, outpatient counseling, in-home care, day treatment programs and others.</i>	
<i>Additional resources include private practice professionals (psychologists, psychotherapists, counselors and social workers) and outpatient psychiatry departments at local hospitals (i.e. Newton-Wellesley and Metro West Medical Center), as well as Boston area hospitals (i.e. Mass. General, McLean and Children's).</i>	

HELP LINES and WEBSITES*

REACH (domestic violence) www.reachma.org	800-899-4000
MA Substance Abuse Information www.help-online.com	800-327-5050
Alanon/Alateen www.al-anon.alateen.org	888-424-2666
Gay, Lesbian, Bisexual & Transgender Hotline www.glnh.org	888-843-4564
MA Eating Disorder Association www.medainc.org	866-343-6332
Boston Area Rape Crisis Center www.barcc.org	800-841-8371

Wellesley's suicide prevention website	www.wellesleyacts.org
Adolescent Wellness, Inc.	www.adolescentwellness.org
Bullying information	www.stopbullyingnow.hrsa.gov
Children's Hospital	www.childrenshospital.org/mentalhealthguide
Parents Helping Parents	www.parentshelpingparents.org
The National Alliance on Mental Illness	www.nami.org

**Many help lines and websites offer assistance in Spanish and other languages*

The Mental Health Steering Committee is chaired by the Health Department and Youth Commission and consists of representatives from the Wellesley Public Schools, School Committee, PTO, Council on Aging, Board of Selectmen, Police Department and Human Relations Service, Inc.

For more information contact the Wellesley Health Department tel. 781-235-0135 or visit their website www.wellesleyma.gov/health (this guide is available online at this website).