



# Wellesley Health Department

## Mental Health and Well-Being Resources

[www.wellesleyma.gov/health](http://www.wellesleyma.gov/health)

### Health Department Social Workers:

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**FOR AN INDIVIDUAL BEHAVING IN AN EXTREME WAY, POSING A THREAT TO SELF OR OTHERS:**

**CALL 9-1-1 FOR IMMEDIATE HELP**

### URGENT CARE

[Newton-Wellesley Hospital Emergency Department](#)

617-243-6193

[Riverside Emergency Services](#)

800-529-5077

[MetroWest Medical Center](#)

508-650-7339

### LOCAL MENTAL HEALTH AGENCIES

[Human Relations Service, Inc. \(HRS\)](#)

781-235-4950

HRS is a private, non-profit, community mental health agency families and Town employees in Wellesley. They also serve Wayland and Weston.

[Riverside Community Care \(RCC\)](#)

RCC is a private, not-for profit agency offering mental health and substance use services for adults, children and families.

[Advocates](#)

508-628-6300, 24 hr. crisis support 800-640-5432

Advocates provides services to people who face developmental, mental health and other challenges.

### TOWN DEPARTMENTS OFFERING RESOURCES/SERVICES/REFERRALS

[Wellesley Health Department](#)

781-235-0135

[Wellesley Council on Aging](#)

781-235-3961

[Wellesley Public Schools](#)

781-446-6210

[Wellesley Youth Commission](#)

781-446-6274

[Wellesley Veterans Services](#)

781-489-7509

### MENTAL HEALTH RESOURCES RELATED TO COVID-19

[COVID-19 Mental Health Resources from MA General Hospital](#)

[Resources and tips to boost emotional and mental well-being from MA Department of Mental Health](#)

[Helping Children Cope with Changes Resulting from COVID-19 from National Association of School Psychologists](#)

[Virtual Resources from Minding Your Mind](#)

[Coping with COVID-19 - Resources from the National Institute of Mental Health](#)

[COVID-19 Behavioral Health Information Hub from Network of Care Massachusetts](#)

## **MENTAL HEALTH AND WELL-BEING RESOURCES BY TOPIC**

### Anxiety and Depression

[Anxiety and Depression Association of America](#)

[Generalized Anxiety Disorder information from the National Institute of Mental Health](#)

[Anxiety and depression resources from Teenage Anxiety and Depression Solutions](#)

[Families for Depression Awareness](#)

### Domestic Violence

[Boston Area Rape Crisis Center](#) 24/7 Hotline 1-800-841-8371 web chat available 9:00 AM-11:00 PM

[Information and resources on domestic violence from Boston's Casa Myrna](#)

[SafeLink -MA Statewide Toll-free Domestic Violence Hotline](#) 1-877-785-2020

[National Domestic Violence Hotline](#) 1-800-799-SAFE (7233)

[Resources to support survivors of abuse and information to promote healthy relationships from Reach Beyond](#)

[Domestic Violence](#) 24/7 Hotline 1-800-899-4000

[Supporting those who have experienced domestic violence from The Second Step](#)

### Eating Disorders

[Information and resources from the National Eating Disorders](#) Chat, text and call helplines available

[Resources from Eating Recovery Center](#)

[Information and free peer services from the National Association of Anorexia Nervosa and Associated Disorders](#)

### LGBTQ+

[Young adult resource guide and LGBTQ resources from the Department of Mental Health](#)

[Programs for LGBTQ youth in Metro West communities from OUT MetroWest](#)

[Mental health resources for LGBTQ youth from the Trevor Project](#) 24/7 Lifeline 866-488-7386

[Mental health resources for LGBTQ adults from the Trevor Project](#) 24/7 Lifeline 866-488-7386

### Mental Health Resources for Youth and Young Adults

[Connections and resources to support mental health and wellness for youth from Speaking of Hope](#)

[Resource center helping young adults transition to adulthood from Wayside Youth and Family Support Network](#)

### Mental Health Resources for Older Adults

[Support for memory loss from the Alzheimer's Association of Mass](#)

[Support for caregivers from Springwell](#)

[Suicide prevention and promotion of emotional health in older adults](#)

[Behavioral health programs for Older Adults from the National Council on Aging](#)

[Older adults and mental health from the National Institute of Mental Health](#)

[Resources that can help during COVID-19 from How Right Now](#)

### Substance Use

[The Massachusetts Substance Use Helpline](#) 1-800-327-5050

[Substance Abuse and Mental Health Services Administration Helpline](#) 1-800-662-HELP (4357)

[Information and resources on the most commonly used drugs from the National Institute on Drug Abuse](#)

[Information and resources on teen drug use from the National Institute on Drug Abuse](#)

[Alcoholics Anonymous](#)

[Alanon/Alateen](#)

[Locate a peer led AA meeting](#)

[Support network for parents and family members dealing with addiction and recovery](#)

## Suicide Prevention and Resources

[Resources and call, text or chat lines from Samaritans](#) Call or text 24/7 1-877-870-HOPE (4673)

[Connect with care, suicide prevention for veterans from Homebase](#)

[Crisis text line](#) Text HOME to 741741 for free 24/7 crisis counseling

[National Suicide Prevention Lifeline](#) 1-800-273-(TALK) 8255

## Veterans Services and Resources

[Support, services and resources for mind, body and soul of veterans from Homebase](#)

[Services and resources for veterans from the VA Boston Healthcare System](#)

Veterans Crisis Line 1-800-273-TALK (8255)

## **WHERE TO BEGIN THE PROCESS OF FINDING HELP (NON-URGENT)**

[Take an anonymous mental health screening from Help Yourself Help Others](#)

Check with your primary health care provider

Check with your insurance plan for options and coverage

Contact your Human Resources department about benefits through the Employee Assistance Program

Check with a school counselor, school psychologist or school nurse

## **TYPES OF MENTAL HEALTH PROFESSIONALS**

Talk with your primary care provider and describe the symptoms and/or problems you/someone else are experiencing. S/he can recommend the type of mental health professional you should contact. Providers may offer different types of therapy (individual, couples, family or child) and use different approaches (psychodynamic, cognitive behavioral, internal family systems, etc.)

**Psychiatrists** have an MD. In addition to providing therapy, they can prescribe medications.

**Psychologists** have a doctorate (PhD, PsyD, EdD). In addition to providing therapy, some psychologists conduct psychological testing.

**Clinical social workers** have a masters in social work (MSW) and in Massachusetts, are licensed as a licensed independent clinical social worker (LICSW).

**Licensed mental health clinicians** have a masters in psychology or counseling (MA) and are licensed as a LMHC.

**Psychiatric clinical nurse specialist/nurse practitioner** is a nurse with a masters and specialty in psychiatry.

Depending on their training, nurse practitioners may prescribe medication.

**Licensed alcohol and drug counselors** (LADC) have specific training in substance abuse and often offer individual and group counseling.

**Licensed marital and family therapists** (LMFT) have specific training to work with families and couples.

[Find a social worker](#)

[Find a mental health professional](#)