



Wellesley Health Department

NEWS FLASH



September 2025

Greetings from the Wellesley Health Department! In this issue:

- National Suicide Prevention Awareness Month
- National Recovery Month
- National Preparedness Month
- Back to School Health Updates
- Flu Clinic Dates
- And more!



As always, please reach out to us with questions or suggestions for how we can better serve you by emailing us at health@wellesleyma.gov. We love to hear from you!

Don't forget to subscribe to receive future Newsflashes by clicking the "Subscribe" button below.

We've Moved!

Starting May 12th, the Health Department will be temporarily located at 888 Worcester Street while our current building undergoes an HVAC replacement project. We anticipate moving back to 90 Washington in November. All services will be available at our temporary





SUICIDE PREVENTION

AWARENESS MONTH

You Deserve the **BEST** Help When You're in Crisis.



**Call. Text. Chat.
#988**

[Resources/Get Help](#)

[Wellesley Health Dept. Social Work Team](#)
Call for support, links to services and
mental health counseling, and more: 781-
235-0135.

**Together in Strength, Dignity,
Hope, and Purpose.**

September is Suicide Prevention Awareness Month—a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters.

This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives.

FLU CLINICS: SAVE THE DATE

-10/22/25, Upham School, 9:00AM-12:30 PM

-11/4/25, Council on Aging/Tolles Parsons Center, 9:00AM-12:30 PM

[Registration info coming to our website soon!](#)



It's Almost Back To School Time!

Get your kids and teens ready for school with ideas and resources from the Health Department on [nutrition](#), [mental health](#), [up-to-date vaccination info](#), and more!

[Visit our website to learn more!](#)



Introducing..."Skip The Stuff"!

On April 14th, 2025, the Wellesley Town Meeting approved a Board of Health bylaw known as "Skip The Stuff". The purpose of "Skip The Stuff" is to reduce the waste created by single-use articles such as plastic utensils and single-serving packaged condiments. **This bylaw is effective January 1, 2026**, requiring all food service establishments to only provide single-use articles upon customer request or at a self-service counter.

[Learn more about Skip The Stuff and what this means for Wellesley here!](#)

NATIONAL RECOVERY MONTH

With the right treatment, support, and resources, recovery is REAL (Restoring Every Aspect of Life) for everyone.

This year Recovery Month focuses on the four major dimensions of recovery: health, home, community, and purpose. These are the building blocks that all people need to live healthy, happy, independent lives and to reach their full potential.

Together, we can make a difference in the lives of people in or seeking recovery from mental and substance use disorders.

[Recovery Resources](#)

Recovery starts with

caring
for your
whole
self

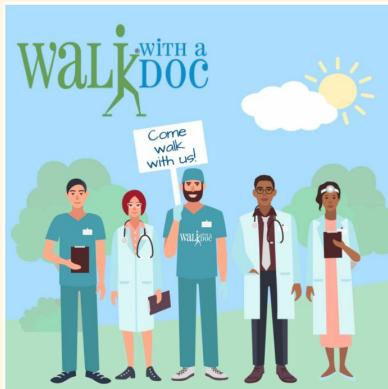
**Introducing Human Relations Service-
Providing mental health counseling for
residents of all ages.**



Human Relations Service (HRS) has partnered with the Wellesley Health Department to connect residents with mental health counseling. HRS offers a broad range of outpatient diagnosis and treatment to residents and sliding-scale self-pay fees for those who qualify.

HRS can provide counseling services for all ages.

[Learn more about HRS services available, insurance coverage, and more.](#)



Announcing Walk With a Doc!

A free community walking program! Each event is led by a local healthcare provider and is open to people of all ages and abilities. The program allows participants to safely take a walk, learn about current health topics, and meet new people.

Our September walk will be held on **Friday September 5 at 8:45am!** We will start in our usual location: Down the street from the Wellesley Whole Foods parking lot in Wellesley, in the State Street parking lot next to the High School track/Football Field at the Map House. Check out [this flyer](#) for details about the Fuller Brook Path and where we meet.

As always, we will start out with a brief talk on a health topic, and then walk along the Brook Path for around 40-45 minutes.

[Learn more!](#)

National Preparedness Month

Preparedness Starts At Home

 **DOWNLOAD THE FEMA APP**
to get Warnings & Alerts



Key actions to prepare for any disaster.

- Know the different types of emergencies that could happen and appropriate responses to stay safe.
- Make a family emergency plan.
- Build an emergency supply kit.
- Get involved in their community by taking action to prepare for emergencies.

[More info and resources.](#)

New! Parent and Newborn Support Services

The Public Health Nursing division of Wellesley Health Department is pleased to announce a new program to support maternal well-being and healthy newborn growth and development. Services will include maternal and infant health assessments; prenatal and postpartum blood pressure checks; infant weight checks; and guidance on newborn care, infant feeding, safe sleep practices and home safety.

In addition, information on community resources will be offered and connection to other community care providers. Telephone consultations and/or home visits may be scheduled by appointment. *Services are confidential and free of charge.* Watch this space for more information!

Tick and Mosquito Prevention

Ticks and mosquitos can be found year-round but Summer is prime time for exposure to bites. Both insects can be carriers of serious diseases.



Ticks

One of the most common tick-borne diseases in the U.S. is Lyme disease. Ticks are found in wooded areas, high grass, or leaf litter. They are most active during the spring, summer and fall, but in warmer areas may be active all year round. Take precautions when outdoors, especially during yard work and leaf clean-up.

[Learn about preventing tick bites here...](#)

Mosquitos

Mosquitoes generally remain active throughout late summer and into fall. Common mosquito-borne illnesses include West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). Health officials urge all individuals to



take precautions to prevent mosquito bites, especially when outdoors in the early morning and at dusk. Wellesley is part of the [East Middlesex Mosquito Control](#) Commission which conducts testing for mosquito-borne illnesses throughout peak periods during the year. [Learn more about mosquito prevention here...](#)



JOIN THE MEDICAL RESERVE CORPS!

The Wellesley Medical Reserve Corps (MRC) is a group of residents with medical and non-medical skills who assist the town's health department and other responders in a local public health emergency, as well as at scheduled events.

[Get more info >](#)

Upcoming Events/Calendar

Medical Reserve Corps Training Day: Attendees will have the opportunity to engage in hands-on training, listen to experts on emergency response topics of their choice, enjoy Bakers Best Catering, and earn training certificates and CEUS. Volunteers will learn technical skills, hear about ongoing resiliency work, and support our health departments with supply organization. Breakfast and Lunch will be provided. **LIMITED TO MRC VOLUNTEERS ONLY. [CLICK TO LEARN HOW TO BECOME A VOLUNTEER!](#)** MRC members interested in attending, please sign up here: <https://forms.gle/tS9X96WBoAdwJNPc7>.

Keep Well Clinics: June-September schedule. The Health Department offers weekly Keep Well sessions for residents. Get your blood pressure checked and have your health questions answered. [Click for schedule.](#)

Social Work Office Hours. Thursday 9/4, 9/11 and 9/18 from 2:30-3:30.: Need social work support? Come meet with Joyce Saret, a Town of Wellesley social worker! She will be open for drop-in meetings at the Wellesley Free Library in conference room 211.

LATEST HEALTH NEWS AND ALERTS

Read up on the latest health news, recalls, and urgent health alerts you need to know!

[Visit our website to read more.](#)

HEALTH NEWS



Wellesley Health Department | (781) 235-0135 | [Visit our Website!](#)
Email: health@wellesleyma.gov



Subscribe to our Monthly Newsletter

Wellesley Health Department | 90 Washington St, Health Dept-2nd Fl | Wellesley MA, MA 02481 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!