

# COVID-19


## ***MENTAL HEALTH and SUBSTANCE ABUSE INFO***


During this unusual and trying time people may struggle to access service they once had or find it difficult to find services they now need. Below is a list of mental health and substance abuse services that can be accessed remotely.

### **Crisis Support**

[Substance Abuse and Mental Health Services](#) SAMHSA's Disaster Distress Helpline. 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.  
[Samaritans](#) 24/7. Call or text our 24/7 helpline any time at 1-877-870-4673.

The [Disaster Distress Helpline](#) can provide immediate counseling to anyone who needs help in coping with the mental or emotional effects caused by the Coronavirus pandemic.

 1-800-985-5990

 Text "TalkWithUs" to 66746

#COVID19



[Crisis Text Line](#) by texting HOME to 741741

National Suicide Prevention Lifeline (<https://suicidepreventionlifeline.org/>) is available 24/7 for those either in distress or who have a family member or friend who is struggling by calling 1-800-273-8255 or [chat online](#)

### **Mental Health Services**



[Massachusetts Department of Mental Health](#) - The Department of Mental Health, 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 Center for Disease Control](#) – Stress and Coping

[Commonwealth of Massachusetts Department of Public Health](#) - Maintaining Emotional Health & Well-Being During the COVID-19 Outbreak

National Alliance on Mental Illness (NAMI) continues to run support groups via telephone. The number for all meetings is 508-206-8720 and no password is required. For more information, email [jmaguire@namimass.org](mailto:jmaguire@namimass.org) Meetings are Monday (6:30PM), Wednesday (7:30PM) and Saturday (10AM). You can find information on these critical programs here:

<https://namimass.org/online-and-phone-support-options/>. COMPASS is the information and referral helpline at NAMI Massachusetts. The COMPASS helpline is available Monday through Friday, 9 am – 5 pm (excluding holidays) 617-704-6264 or 1-800-370-9085, or email [compass@namimass.org](mailto:compass@namimass.org).

Well Connection is a program available for those who have Blue Cross/Blue Shield Health Insurance. Users can speak live with medical professionals for both medical and psychiatric concerns. Meetings are confidential and secure, and doctors are available 24/7. Users can sign up here: <https://wellconnection.com/landing.htm>

Eliot Community Human Services offers a variety of services including mental health, children, youth and family services; emergency psychiatric services, homelessness services, and brain injury services. <http://www.eliotchs.org/>

Depression and Bipolar Support Alliance offers online support groups for those living with depression and bipolar disorder. These groups are peer-led and are available for young adults, friends, and family members. You can find more information here: <https://www.dbsalliance.org/.../chapte.../online-support-groups/>

Turn 2 Me hosts free online support groups for anxiety, suicidal thoughts, depression, stress management, and general mental health issues <https://www.turn2me.ie/>

7 Cups has online forums for mental health concerns. Volunteers are available to speak 24/7 either online or with a licensed therapist. <https://www.7cups.com/>

## **Helping Children - support for parents and caregivers**



[Child Mind Institute](#) - guides for different age groups.

[NAMI Easing Children's Anxiety](#)

[CDC Talking to your children about COVID-19](#)

[A Different Kind of Hurt. Isaac's Story](#) YouTube version of book for children to talk about mental health.

## **Substance Abuse Support**

With many AA and NA groups unable to meet in person, many organizations have begun to hold meetings virtually with apps such as Zoom and GoToMeeting. For more information:

<http://aa-intergroup.org/directory.php>

<https://newperspectivesfl.com/blog/sobriety-apps/>

[https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online)

To help support individuals in recovery from substance use disorder, Addiction Policy Forum has partnered with CHESS Health to launch the Connections App, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement. <https://www.addictionpolicy.org/connections-app>

[Nar-Anon Chat](#) - The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind.

Narcotics Anonymous - [Web, Phonenumber and other Virtual NA Meeting Resources](#)

