

Mental Health Resources

Updated April 3, 2020

Local Resources:

- **NFI Family Resource Center: 978-455-0701** to speak to our clinician Greg about counseling options during the state of emergency; including phone intakes, telehealth and virtual sessions.
- **Lowell Mental Health Crisis Team: 800-830-5177**
- **Lahey Crisis Clinic: 978-455-3397**
- **Bridgewell Programs** have reported they will continue through the COVID-19 pandemic, including tele-health services, see updates at <https://www.bridgewell.org/news/update-on-covid-19/>
- **Lowell House Addiction, Treatment and Recovery** www.lowellhouseinc.org
- Lowell House will be continuing services as best as possible while complying with guidelines to slow the spread of COVID-19. Individual and group treatment, recovery coaching, case management support: (978) 459 8656
- **South Bay Community Services** www.southbaycommunityservices.com has implemented preventative measures out of concern and care for the safety and well-being of our community, collaborators, and staff. South Bay Early Childhood will continue to support families in need through Telehealth Services.
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- **Hotlines/Text Lines and Online Support:**
- **National Suicide Prevention Hotline: 1-800-273-8255**
- **Samaritan Suicide Prevention (Statewide): 877-870-4673**
- **Crisis Text Line: Text 741-741 to be connected to a trained crisis counselor for free support.**
- **Online Alcoholics Anonymous & Narcotics Anonymous Meetings:**
 - <http://aa-intergroup.org/directory.php>
 - <https://virtual-na.org/>
- **Online Alcoholics Anonymous**
list: <https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6G>

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- **7 Cups: Free 24/7 Chat. Be heard by volunteer listeners and chat with others who understand in support chat rooms.** <https://www.7cups.com/>
- **Headspace: Meditation Tool** <https://www.headspace.com/headspace-meditation-app>

Supplemental Mental Health Readings:

- **Protecting Your Family's Mental Health:**

<https://health.usnews.com/wellness/for-parents/articles/protect-your-fam...>

Coping with Anxiety:

- <https://health.usnews.com/wellness/for-parents/articles/coping-with-anxi...>