

Good Monday Morning Everyone,

I wanted to share some mental health resources with all of you that Sue Hanly and her team put together. I hope you were all able to enjoy the best weekend of the year so far and I hope you all are doing well! Stay safe everyone!

**Mental Health Resources:**

**The COMPASS Helpline** is open during our regular hours – Monday through Friday, 9 am – 5 pm. You can reach us by calling 617-704-6264 or 1-800-370-9085, or emailing us at [compass@namimass.org](mailto:compass@namimass.org).

**COMPASS** is the information and referral helpline at NAMI Massachusetts. We provide resources and support to help people navigate the complex mental health system and problem solve in difficult circumstances.

**The Massachusetts Dept of Mental Health has this website @** <https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

The 24/7 crisis number 877-382-1609

Main number (617) 626-8000 M-F 9a-5p

Voicemail Box 800-221-0053 (checked regularly calls returned within 48 hrs.)

**Interface Referral Service @** <https://interface.williamjames.edu>

Referral Helpline @ 888-244-6843; M-F 8-5

**Massachusetts Substance Abuse Hotline @** 800-327-5050

**Crisis Hotline for domestic abuse @** <https://www.mass.gov/service-details/domestic-violence-programs-for-survivors>

24/7 877-785-2020

877-521-2601 (TTY)

**National Domestic Violence Hotline 24/7 @** 800-799-7233

**National Sexual Abuse Hotline 24/7 @** 800-656-4673

**Samaritans** has a hotline as well @ [1-800-273-8255](tel:1-800-273-8255)

**CDC has a stress and coping during COVID-19 link @** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

**This is a link to suicide prevention during COVID-19 @** <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

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