

COMMUNITY RESOURCES

- Wellesley Youth Commission 781-446-6274
www.wellesleyma.gov/youth
Provides programs and services to meet the needs of middle and high school students.
- Wellesley Health Department 781-235-0135
www.wellesleyma.gov/health
Develops and coordinates programs and services that support individual and community health efforts.
- Wellesley High School Outreach Worker 781-446-6305 ext. 5062
- Wellesley Middle School Outreach 781-446-6250 ext. 4116
A specialist in adolescent mental health who provides drop-in counseling, assessment and referral.
- Elementary school psychologists and nurses
www.wellesley.mec.edu click on specific school
- Parents Helping Parents 800-882-1250
www.parentshelpingparents.org
- Town of Wellesley www.wellesleyma.gov

USEFUL WEBSITES

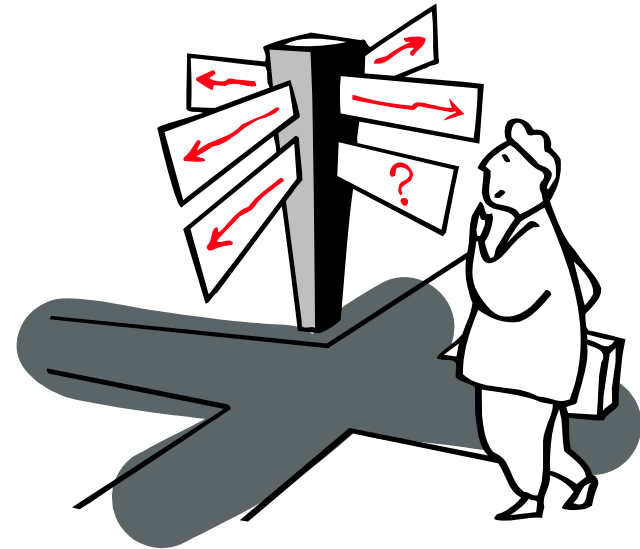
- Needham Suicide Prevention Coalition www.needhamacts.org
Children's Hospital www.childrenshospital.org/mentalhealthguide
The National Alliance on Mental Illness www.nami.org
National Institute of Mental Health www.nimh.nih.gov
National Mental Health Association www.nmha.org
Adolescent Wellness, Inc. www.adolescentwellness.org

The Mental Health Steering Committee consists of representatives from the Wellesley Public Schools, School Committee, PTO, Board of Selectmen, Youth Commission, Health Department, Police Department and Human Relation Service, Inc.

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Town of Wellesley

Parent Resource Guide



A list of resources that offers information about mental health programs and services

www.wellesleyma.gov/health

A Note to Parents

Every parent wants the best for their child, and worries if he/she is experiencing emotional or behavioral challenges. Some “ups and downs” such as moodiness, arguing or challenging rules, are normal. However, *when an emotional or behavioral change becomes extreme, or begins to upset life at home or at school*, intervention may be necessary. Emotional problems are as common as physical ones, and taking care of both helps your child. The listings below provide information and resources for parents or caregivers. For an updated version of the guide, visit www.wellesleyma.gov/health.

EMERGENCY OR CRISIS SERVICES FOR HELP NOW

A child or teen behaving in an extreme or overwhelming way, posing a threat to self or others, needs immediate help.

Wellesley Emergency Response—DO NOT HESITATE to call 9-1-1

Newton-Wellesley Hospital— Go to *Pediatric Emergency Department*
Riverside Emergency Services 800-529-5077 or 781-769-8674

Trained mental health professionals provide immediate help.

CRISIS LINES—24 hours/day—trained listeners provide support

Samariteen Helpline (depression/suicide) 800-252-TEEN (8336)
Samaritans Helpline 877-870-HOPE (4673)
National Suicide Prevention Lifeline 800-273-TALK (8255)

WHERE TO START FINDING HELP FOR YOUR CHILD IF YOU ARE SURE YOUR CHILD IS NOT AT IMMEDIATE RISK

- Primary Care Medical Provider/Pediatrician
- School Counselor, School Psychologist and School Nurse—Public and Private schools
- Health Insurance Plan—*consult individual plan for options and coverage*
- Community Mental Health Agencies—*see next section*

MENTAL HEALTH AGENCIES

The Human Relations Service, Inc. (HRS) 781-235-4950
www.hrshelps.org

HRS is the private, non-profit community mental health agency serving families in Wellesley, as well as Town employees. It offers a broad range of outpatient treatment, including crisis intervention. Thanks in part to a grant from the Wellesley Board of Health, sliding scale fees are available to families. HRS also works closely with the staff of the Wellesley schools, local pediatricians and other caregivers, and provides educational programs and speakers to community groups.

Riverside Community Care 617-969-4925 or 888-851-2451
www.riversidecc.org

Riverside Community Care is a private, not-for-profit agency which provides outpatient counseling, day treatment programs and a range of services.

Other options

Local private practice professionals and outpatient psychiatry departments such as those at Children’s Hospital, McLean Hospital and Massachusetts General Hospital.

HELP LINES

- Parent Professional Advocacy League 866-815-8122
Help in navigating the children’s mental health system.
- REACH (Domestic violence) 800-899-4000
- Substance Abuse Hotline (24 hrs.) 800-327-5050
- Alanon/Alateen 508-366-0556
- GLBT National Hotline 888-843-4564
(Gay, Lesbian, Bisexual and Transgender)
- MA Eating Disorder Association 866-343-6332
- Project Interface—mental health referrals 617-332-3666 ext. 411