

Helplines & Online Support

988 - Suicide & Crisis Lifeline

Simply dial the numbers 988. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Visit <https://988lifeline.org> for more information.

Partnership for Drug-Free Kids Helpline

National helpline available:

Monday-Friday 10am-10pm & Saturday-Sunday 12pm-5pm

Toll Free: **1 - 855 - DRUGFREE** (1-855-378-4373)

Text **CONNECT** to **55753** to contact a specialist

www.drugfree.org

Allies in Recovery

Online resource to help support families who have a loved one struggling with addiction

Free for MA residents! Email info@alliesinrecovery.net for the promo code

www.alliesinrecovery.net

Parental Stress Line

Phone stressline with a trained volunteer counselor for parents/guardians with problems relating to their child

Available 24/7, confidential, and anonymous

Toll Free: **1 - 800 - 632 - 8188**

www.parentshelpingparents.org/parental-stress-line

Grandparents Raising Grandchildren

Online resource and group meeting directory for grandparents and all relatives raising grandchildren

www.massgrg.com

Massachusetts 211HELPSteps

Search and connect to local health and human service resources across the state. Includes programs such as: addiction & recovery, mental health, parenting, food security, housing, child care, and more

www.helpsteps.com

Hampden-Wilbraham Partners for Youth

Visit our website for more resources and to learn about how to help keep our youth safe, healthy, and drug-free

www.HWP4Y.org

Mental Health and Substance Use Resources

For Families & Youth in Hampden County



Hampden-Wilbraham Partners for Youth Coalition
UNITED FOR SAFE, HEALTHY, AND DRUG-FREE COMMUNITIES

www.HWP4Y.org

Follow us on social media!
@HWP4Y



Youth Crisis & Mental Health Services

Behavioral Health Network & Crisis Services

Frontline, 24/7 response to individuals of all ages experiencing a behavioral health crisis, regardless of insurance. **413 - 733 - 6661 (24 hours, 7 days a week)**

Walk-in : 417 Liberty Street, Entrance B, Springfield MA 01104

www.bhninc.org/services-and-programs/emergency-services

Center for Human Development (CHD)

This is a Human Services agency, with over 70 programs in Western Mass and CT. From Early Intervention and young children through Adult Day Health, CHD recognizes the unique needs of program participants and works to go above and beyond each and every day. For additional information, please visit chd.org.

Department of Mental Health (DMH)

1 Prince Street, Northampton, MA 01060 413 - 587 - 6200

The Department of Mental Health facilitates access to services and supports to meet the mental health needs of individuals of all ages.

Mental Health Association of Springfield (MHA)

995 Worthington Street, Springfield, MA 01109

844 - MHA - WELL or 413 - 734 - 537

The Mental Health Association/ BestLife Wellness Center serves adults, children and families who may be impacted by the challenges of long-term or temporary mental health and/or substance misuse concerns. Services include addiction & recovery, health education, group therapy, family counseling, individual counseling, mental health evaluation and case management. www.mhainc.org

Pathways for Parents

The Pathways for Parents is a program of the Massachusetts Department of Early Education and Care, established to give support services to children, from birth to age 8, and their families (i.e. parenting education and community resource referrals). Visit: <https://pathways4parents.wordpress.com/>

Rick's Place Center for Grieving Children

35 Post Office Park, Suite 3514, Wilbraham, MA 01095 413 - 279 - 2010

Rick's Place is a safe, compassionate environment for all children affected by the death of a close family member. Children and teens participate in age-appropriate group activities and discussion related to their grief experience. Concurrent adult groups help caregivers to develop understanding of children's grief and strategies for support. www.ricksplacema.org

Youth Central Intake & Care Coordination

155 Maple Street, Suite 306, Springfield, MA 01105 - **Toll Free: 866 - 705 - 2807**

Free and confidential support about how to help a youth or young adult who may be struggling with substance use. Ask any questions and get referrals to DPH licensed treatment services at the right level of care needed. Please visit

www.healthrecovery.org

Information & Education Helpline

Psychology Today

PsychologyToday.com is the world's largest portal to psychotherapy; it includes free access to hundreds of thousands of professionals. This website allows you to filter by your preferences so you can find the provider that is right for you.

Visit www.psychologytoday.com to find a provider near you.

Youth Central Intake & Care Coordination

Free, anonymous information and referrals for alcohol and drug use problems for all ages. Monday - Friday 8am - 10pm -- Saturday & Sunday 8am - 6pm
1 - 800 - 327- 5050 www.helplinema.org

Support Groups

Learn To Cope

Peer-led support group for families and loved ones who have someone in their life experiencing issues with substance use

Online 24/7 discussion board support and resources

Virtual and in-person meetings available

508 - 404 - 3539 www.learn2cope.org

Western MA Parents Support Group

Parents and caregivers helping each other while trying to cope with a child using alcohol and/or drugs

Visit "Parent Support Group of Western Mass" on Facebook

www.safelocator.org

Al-Anon & Alateen

Al-Anon is a fellowship of men and women whose lives have been, or are being disturbed by another's drinking. Alateen, a part of Al-Anon, is for teenagers whose lives have been or are being affected by the drinking of a parent or close relative.

Visit the website to find a meeting: www.alanonma.org

Naranon

Nar-Anon is a fellowship for families and friends of addicts whose lives have been or are being affected by someone else's addiction. For more information or to find a meeting, please visit www.naranonctma.org

