

Westford Academy

Resources for Social and Emotional Support

Disclaimer: This site includes a list of possible health and safety resources. Please be aware that this list does not include all of the local and national resources available. In an event of a true emergency, always call 911 or go to your nearest emergency room

Suicide Prevention

Crisis Text Line: Text HOME to 741741

Suicide Prevention No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255), you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

<http://suicidepreventionlifeline.org/>

Samariteens Samaritans' mission is to reduce the incidence of suicide by alleviating despair, isolation, distress and suicidal feelings among individuals in our community, 24 hours a day; to educate the public about suicide prevention; and to reduce the stigma associated with suicide. 3-9 p.m. on weekdays and 9 a.m. to 9 p.m. on weekends (Teen to Teen). All other hours, calls are answered by an adult. Call or text 1-877-870-4673

MA Coalition for Suicide Prevention Our mission is to prevent suicide through state-wide advocacy and collaboration. <https://www.masspreventssuicide.org/>

Substance Abuse

Alateen A support group for teens living in homes where there is heavy drinking by one or more parents. If you have questions, call 508-451-4986 or visit <http://www.ma-al-anon-alateen.org>

National Institute on Drug Abuse (NIDA) for Teens Website designed to educate adolescents on the science behind drug abuse <http://teens.drugabuse.gov>

National Institute on Drug Abuse Learn the scientific facts about drugs and drug abuse and what you can do to prevent your children from starting to take drugs or progressing further into drug abuse. <http://teens.drugabuse.gov/parents>

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov/find-help/national-helpline

National Hotline: 1-800-662-4357 Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Mental Health

National Alliance on Mental Illness (NAMI) Provides information about NAMI and links to numerous organizations and groups that provide support to teens and families. Their website is full of good information for parents. www.nami.org

National Institute for Mental Health (NIMH) www.nimh.org

Families for Depression Awareness Helps families recognize and cope with depressive disorders to get people well and prevent suicides (781) 890-0220 or www.familyaware.org

HelpGuide In conjunction with Harvard Health, trusted guide to mental, emotional, and social health. www.helpguide.org

Eating Disorders

National Eating Disorder Association (NEDA) supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

Helpline: 1-800-931-2237

<https://www.nationaleatingdisorders.org>

MEDA (Multi-Service Eating Disorder Association) 92 Pearl Street, Newton, MA 617-558-1881 (8-4 Mon-Fri) Website: www.medainc.org

LGBTQ

LGBT Youth Support: The Trevor Project Helpline is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. <http://www.thetrevorproject.org/> or 866-488-7386

Fenway Community Health LGBT Helpline Assists in referrals to the services you need. Healthcare, housing, violence, recovery, HIV/AIDS, etc. Generally staffed between the hours of 6-11 p.m. 617-267-2535

Peer Listening Line This is staffed by volunteers under the age of 25. Also assists in referrals for services. Generally staffed between the hours of 5-10 p.m. 800-399-PEER

Greater Boston PFLAG Offers help for Lesbian, Gay, Bisexual and Transgender (LGBTQIA) youth, their families and communities around the topic of sexual orientation and gender identity. <http://www.gbpflag.org> or 781-891-5966

GLBT National Help Center Serving gay, lesbian, bisexual, and transgender & questioning people by providing free and confidential peer-support and local resources <http://glbtnationalhelpcenter.org/> or 1-800-246-PRIDE (7743)

Find a Therapist

William James College Interface Westford is a member of William James Interface, a confidential referral service for all families of students who attend Westford schools. This service will find therapists to match the individual's or family's need, insurance, and geographic location. <http://msppinterface.org> or 1-888-244-3843 x1411

Grief

National Center for Grieving Children and Families The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. <http://www.dougy.org>

The Children's Room helps grieving children, teens and families go on living fully. They serve families from over 75 cities and towns in Massachusetts. They are also part of a

Massachusetts-wide network of programs helping grieving children, teens and families.
<http://www.childrensroom.org>

Sexual Assault

Boston Area Rape Crisis Center (BARCC) BARCC's vision is to end sexual violence through healing and social change. BARCC provides comprehensive, free serves including a 24-hour hotline, 24-hour medical advocacy, individual and group counseling, and legal advocacy. The website includes information on healing and advocating for social change as well as resources to get help for yourself or for someone else. 1 (800) 841-8371 (24 hour hotline)

Pathways for Change Counseling for sexual assault survivors and referrals as needed
1-900-870-5905 <http://www.rapecrisiscenter.org>