

To Our Bay Path Families,

As we draw into the colder months, and feel the isolation of winter, we want to connect with you and remind you of our current guidance services and support staff services.

Please do not hesitate to reach out to your child's counselor, our School Adjustment Counselor, and/or our School Psychologist. You can find our contact information under School Resources/Guidance Department.

Additionally, we have compiled a list of resources for Mental Health/Behavioral Health:

Locating counseling support can be difficult. Some helpful tips in finding a therapist or group support for your child is to:

- Call your pediatrician for recommendations in your area.
- Call your behavioral health helpline on the back of your insurance card to provide you with a list of therapists that accept your insurance.
- Contact your child's guidance/ school adjustment counselor for recommendations in your town.
- Utilize websites to locate substance and mental health services in your geographic area. Simply type in your zip code and indicate the type of services you are looking for - <https://findtreatment.samhsa.gov/locator#>
- **No insurance? Community Counseling Clinic at Becker College** is providing online (telehealth) counseling services for children, teens, and adults. All services are only **\$15 per session**. **Anyone interested in obtaining counseling services can reach us most easily by calling the clinic at 508-373-9751.**
- Psychology Today- Find a local therapist:
<https://www.psychologytoday.com/us/therapists/massachusetts?gclid=Cj0KCQiAlsvBRDtARIsAHMGVSامر-pm6UTwwf8tKiHV1irZvfdKx50bwqNdZ-DzIG Wg59xyXsdfdEaApEgEALw wcb>

[Resource Guide to Central Mass Mental Health Resources:](https://www.shineinitiative.org/wp-content/uploads/2019/09/Central-MA-Mental-Health-Resource-Guide-by-the-Shine-Initiative.pdf)

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YOU INC Resource centers will help you access a variety of supports such as:

After-school & Recreational Activities, Caregiver/child activities, Child care, Clothing & Household Goods, Civic Engagement, CRA-Related Support, Education, Special Education, & School Support, Employment & Career Services, Family/Caregiver support, Financial assistance, Food access, DTA kiosk, Healthcare and Behavior Healthcare including Substance Abuse treatment, HLA MHAP for Kids Attorney, Housing, Legal Assistance, LGBTQ+ supports and services, Parenting Education & Support Groups, Transportation Access.

<https://www.frcma.org/locations/you-inc-worcester-family-resource-center>

<https://www.sevenhills.org/programs/worcester-family-resource-center>

SUICIDE HELP LINE

<https://samaritanshope.org/>

<https://suicidepreventionlifeline.org/>

24/7 Crisis Services: Our Helpline remains open 24/7 for calls and texts at 877-870-4673 as our volunteers work remotely to answer your calls and texts.

Grief Support Services: SafePlace meetings will be held **virtually** via Zoom until further notice. Meetings will take place on Tuesday, Wednesday, and Thursday evenings from 6:30 - 8pm. Please visit our [Grief Support Services page](#) for information on virtual SafePlace meetings.

Community Education & Outreach: Mental health is hard to talk about. Learn how at one of our suicide prevention webinars. Our regularly scheduled webinars will be held on Tuesdays at 2 p.m. EST. These webinars are open to the public, but registration is required. See more details, including registration links, on our [Community Education & Outreach page](#).

MOBILE CRISIS HOTLINE 1-877-750-3127, 508-765-3035

Riverside Community Care Child and Family Services

<https://www.riversideecc.org/child-family-services/emergency-services/>

If you or someone you know is experiencing a mental health crisis please contact our locally-based crisis intervention/emergency services team. We provide **around-the-clock, 24/7** mental health and substance use evaluations to people in crisis. Instead of going to the emergency room, services can be provided to you over the phone, in your home, at school, or in another community setting.

UMass Emergency Mental Health

<https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/psychiatry/services-we-provide/emergency-mental-health>

Community Health Link Mobile Crisis

<http://www.communityhealthlink.org/chl/youth-and-family-services/youth-mobile-crisis-intervention-ymci>