Accessing MENTAL HEALTH Services during February Break 2/16/21 - 2/19/21

1. **Call the BHS Hotline:** 617-635-9676
   School psychologists and social workers will be on call **Monday - Friday, 9am - 5pm** during winter break. If you need mental health support for your student, you can call the hotline, and they will help connect you to appropriate resources.

2. **Contact your child/student’s doctor.**
   For additional support over the closure, reach out to your child’s doctor. Use online messaging or the phone to contact the office and identify resources.

3. **Call the BEST team:** 1-800-981-HELP (4357)
   The Boston Emergency Services Team (B.E.S.T.) sends mobile crisis clinicians to homes, schools, outpatient clinics and many other community locations.

4. **Go to urgent care center or clinic**
   In the case of an emergency, local urgent care centers or clinics can provide additional support. BEST urgent care locations recommend you call ahead before visiting: 1-800-981-4357

**BEST Bay Cove Urgent Care**
Solomon Carter Fuller Mental Health Center
85 East Newton Street, 1st Floor
Boston, MA 02118

**BEST North Suffolk Urgent Care**
Erich Lindemann Mental Health Center
25 Staniford Street, 2nd Floor
Boston, MA 02114

**BEST North Suffolk Urgent Care**
140 B South Street
Jamaica Plain, MA 02130
FOR EMERGENCIES
Call **911** if you are concerned about imminent danger

FOR MENTAL HEALTH EMERGENCIES
Call the BEST team: **1-800-981-HELP** (4357)

Call or text Samaritans’ 24/7 statewide Helpline:
**877-870-4673**

HOTLINES
DCF: **(617) 748-2000**
Domestic Violence: **(877) 785-2020**
Child Advocacy Center of Suffolk County: **(617)-779-2146**

CALL TO ACTION

BPS Coronavirus Website

Talking to Children about COVID-19
(English, Spanish, Amheric, Chinese, Korean, French & Vietnamese)

Countering Coronavirus Racism and Stigma
(English and Spanish)

Managing Stress and Anxiety During this Outbreak

Coronavirus Information and Resources

Common Sense Media App Review for Mental Health Apps

Helping Children Cope with Emergencies

Taking Care of Your Behavioral Health

Children’s Advocacy Center Resources

COMMUNITY RESOURCES

For a **complete** list of all resources, please refer to the City of Boston Resources Page, which is being updated frequently

HEALTHCARE (physical & mental)
Mayor’s Healthline
617-534-5050

IMMIGRATION
Resource Guide for Immigrant Families

You can also call the Boston Office of Immigrant Advancement at 617-635-2980

Websites:

**Office of Housing Stability**
617-635-4200

Request initial referrals for a voucher program for doubled-up families by completing this form. Note that this is a new partnership and will not address immediate safety needs; please utilize the Office of Housing Stability too and consult with the BPS Opportunity Youth department to ensure safety first.

FOOD

3-1-1 &
DTA Assistance Line
(877) 382-2363

UNEMPLOYMENT

Department of Unemployment Assistance (MA)

Donation & Relief Funds from City of Boston

Rental Relief Fund

Emergency Assistance Available by calling:
- 2-1-1 (statewide)
- 3-1-1 (city of Boston)