

Resources for Mental Health & Wellbeing During COVID-19

[Spanish](#) [Portuguese](#) [Haitian Creole](#) [Arabic](#)

[Cambridge Health Alliance](#) has compiled resources and supports for mental health for our communities during the COVID-19 outbreak. While much of the information available about coronavirus is about physical health, we recognize the need for information about managing emotional wellbeing for individuals and families, including [our elders](#). This list includes local, state and national information for [crisis](#) and non-crisis mental health support. This includes resources for accessing [treatment](#), [self-care](#) and resources on developing coping strategies. We encourage everyone to stay connected to their community of support to manage and maintain mental health and [substance use treatment and recovery](#).

Experiencing Stress during uncertain times

Stress can show up in many different ways - physically, mentally and emotionally. It can impact our relationships with friends, family and coworkers.

In our **bodies**, stress may appear as:

- Changes to sleep patterns and appetite
- Headaches, muscle aches/pains
- Nausea or diarrhea
- Elevated blood pressure
- Fast breathing or shortness of breath
- Pounding heart, chest pain

In our **emotions** and **behavior**, we may feel or experience:

- Mood changes
- Anxiety and/or Depression
- Increased/change in substance use
- Anger, irritability, impatience
- Mind racing or going blank
- Indecisiveness, confusion, restlessness

→ These may be signs of a biological reaction occurring in our brains and bodies due to the collective stress we are all under.

→ The good news is that there are resources available locally, nationally and electronically to support you and your loved ones.

This [resource from SAMHSA](#) provides information for taking care of our mental health during a time of social distancing, quarantine, and isolation.

If You or a Family Member are Experiencing a Mental Health Crisis

Call Local Emergency at **911** or see other resources below.

Organization	Phone Number	Website
Boston Emergency Services Team (BEST)	24-hour crisis access line 800-981-4357 (serving Boston, Cambridge, Somerville, Chelsea, Revere, Winthrop)	http://northsuffolk.org/services/emergency-services/
Eliot Crisis Services	800-988-1111 (serving Everett, Malden, Medford)	http://www.eliotchs.org/services/outpatient-services/emergency-services/
Mass 211 Call 2 Talk	2-1-1 or 508-532-2255; Multilingual Text C2T to 741741	https://mass211.org/
Suicide Prevention Lifeline 24/7 support for people in distress, as well as prevention & crisis info.	800 273-TALK (8255) Free & Confidential 150+ languages (using tele-interpretation) <u>Spanish Language:</u> 888-628-9454 <u>Veterans:</u> 800-273-8255, then press 1 <u>Deaf & Hard of Hearing:</u> 800-799-4889	https://suicidepreventionlifeline.org/
Crisis Text Line	Text 741741; Free 24/7 Support	https://www.crisistextline.org/
Trevor Project	866-488-7386, Lifeline, 24/7 for LGBTQ Youth	www.thetrevorproject.org
Samaritans	877-870-4673, Call or text 24/7	samaritanshope.org
SAMHSA Disaster Distress Helpline	800-985-5990 or Text: TalkWithUs to 66746 English/Spanish	www.samhsa.gov/find-help/disaster-distress-helpline
CHA Victim Resource Center	617-665-2992 Victim Services Specialists assist with access to community, medical and legal resources.	https://www.challiance.org/cha-services/victim-resource-center
Safelink	877-785-2020 Statewide domestic violence hotline. Toll-free 24/7. English/Spanish	https://casamyrna.org/get-support/safelink/

Where and How to Find Mental Health Treatment and Resources

First we recommend contacting your primary care provider to discuss your overall health and mental health wellbeing. They can also make a referral for mental health services.

Cambridge Health Alliance

Outpatient [Treatment](#) 617-591-6033

General medical appointment line 617-665-1013

challiance.org/cha-services/mental-health

CHA Connect: Find Community Programs <https://www.challiance.org/community/cha-connect>

If You or Someone you Care For is Already Receiving Mental Health Treatment or Care, there may be options for remote sessions. **Ask your therapist/counselor what your options are for virtual sessions if you feel comfortable with remote therapy.**

Employee Assistance Program (EAP): Check with your employer to find out if one is offered at your workplace for counseling services and/or referrals.

Organization	Phone Number/Address	Website
NAMI Massachusetts (National Alliance on Mental Illness, MA chapter)	617-704-6264 or 800-370-9085 compass@namimass.org	https://namimass.org/nami-mass-compass-helpline/ COVID-19 Resource Page: https://namimass.org/online-and-phone-support-options/
Mass 211 Help Steps	2-1-1	https://www.helpsteps.com/hs/home/#/
Massachusetts Network of Care	Online searchable database to help MA residents find local information on behavioral health services and treatment.	https://massachusetts.networkofcare.org/mh/
Eliot Community Human Services	Children & Adults 781-388-6200	http://www.eliotchs.org/services/AdultMH@eliotchs.org
Eliot Family Resource Center	781-581-4750 548 Broadway, Everett	frc@eliotchs.org
North Suffolk Mental Health Outpatient Services: Central Administration: Chelsea Clinic:	Children & Adults 888-294-7802 617-889-4860 617-889-3300	https://northsuffolk.org/
Riverside Community Care Children & Adults	Main#: 781-329-0909 Cambridge: 617-354-2275 Somerville: 617-284-5130	https://www.riversideecc.org/info@riversideecc.org

For Elders		
CHA PACE	617-575-5850 For 55+ with chronic health needs and living in service area.	https://www.challiance.org/esp/elder-service-plan
Mystic Valley Elder Services	(781) 324-7705	https://www.mves.org/info@mves.org
Somerville-Cambridge Elder Services (CSES)	(617) 628-2601	www.Eldercare.org
The AARP	https://www.aarp.org/	Taking Care of Your Mental Health Suggestions on how to fight social isolation

Substance Use Treatment and Recovery

Organization	Info/Phone Number	Website
CHA Substance Use and Addictions Services CHA Outpatient Addictions Program Opioid Use Nurse Line	CHA's free group by Zoom , Thursdays, 6 – 7:00 pm 617-591-6051 617-591-6000	SMART Recovery https://www.challiance.org/cha-services/substance-use-and-addictions
MA Substance Use Helpline (English & Spanish)	Free & confidential information and referrals for alcohol & substance abuse problems. 800-327-5050	Substance Abuse Helpline COVID resourceshelpline.org/covid-19-resources-for-ma
Massachusetts Organization for Addiction Recovery (MOAR)	Current and local Resources for the Recovery Community	www.moar-recovery.org
SAMHSA	Virtual Recovery Resources	https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf

Taking Care of Self and Others

[CHA Yoga](#) - Classes offered for free and remotely; open to CHA employees and the community.

CHA [Center for Mindfulness and Compassion](#) is offering free online community practice.

Helpful Apps*	
Help Steps	Connects individuals to health and human services available locally and in Massachusetts.
Breathe2Relax	information on the effects of stress on the body, as well as instructions and exercises on diaphragmatic breathing, a stress-management skill.
Headspace	Headspace provides a series of guided meditation sessions and mindfulness training.
Calm	Promotes sleep, meditation, and relaxation. Offers a 7-Day free trial with free sessions in response to COVID-19.
Happify	A brain-training app based on research showing that certain activities can help you combat negativity, anxiety and stress while fostering positive traits like gratitude and empathy.

*Find these apps in your phone carrier's App Store.

Additional Resources

Taking Care of Your Mental Health in the Face of Uncertainty: Suggestions from the American Foundation for Suicide Prevention (AFSP) for coping with the uncertainty due to COVID-19.

Mental Health First Aid

[How to #BeTheDifference For People With Mental Health Concerns During COVID-19](#)

[Tips to Help Teens Cope During COVID-19](#)

From the CDC:

[Stress & Coping during coronavirus outbreak](#)

[Guidelines for coping with a disaster or traumatic event](#)

[Guidelines for helping children cope with emergencies](#)

MA Office of Youth and Young Adult Services

[OYYAS School Closure Resource Guide](#)

