

RESOURCE LIST

Marlborough High School



HARVARD
MEDICAL SCHOOL



Massachusetts General Hospital
Founding Member, Mass General Brigham



C4
Innovations



PROGRESS THROUGH PARTNERSHIP



Overview and Purpose

This document is intended to provide resources specific to the Marlborough community as well as general resources that anyone can utilize. The resources span areas from academic support and employment resources to mental health services and behavioral health. Each resource listed includes a brief description, contact information, and a link to its site for further information.

It should be noted that this is not an exhaustive list, and further resources can always be found through the school or the community. This resource guide should never supersede clinical recommendations.

In the event of an emergency, or you are worried about the immediate safety of a student, please call 911, or advise them to present to the nearest emergency room. Nearby emergency rooms include:

- Emergency Department at UMass Memorial Health - Marlborough Hospital: 157 Union St, Marlborough, MA 01752
- MetroWest Medical Center - Emergency Room: 115 Lincoln St, Framingham, MA 01702
- Emergency Department at UMass Memorial Health - Clinton Hospital: 201 Highland St, Clinton, MA 01510

All reports of suspected child abuse or neglect must be phoned in to Department of Families and Children (DCF). During regular business hours (8:45am-5pm, Monday-Friday), (508) 793-8000. Emergent concerns outside of standard business hours can be directed to the Child-at-Risk Hotline at (800) 792-5200.

We hope this guide is a valuable resource to you! Should there be any questions, concerns, or feedback about this resource guide, please reach out to Dr. Randi Schuster and the MGH Study Team:

- Dr. Schuster's email: rschuster@mgh.harvard.edu
- Dr. Schuster's phone: (617) 643-6673

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Academic Support

College Planning

College Data.com

- Free online college advisory search where you can compare college profiles and estimate admissions chances.
- <https://www.collegedata.com/college-search>

Marlborough Public Schools

- College Planning and Financial Aid
 - <https://www.mps-edu.org/Page/773>

Tutoring and Practice Materials

Coding

- Free and paid courses to learn how to code and learn about applicable fields. Two different online options are below:
 - <https://www.codecademy.com/> <https://code.org>
 - <https://code.org/>

Khan Academy

- Offers practice exercises, instructional videos, and personalized learning opportunities to allow students to study and practice outside of the classroom.
- Includes Spanish versions.
- Wide range of subjects to support well-rounded education.
- <https://www.khanacademy.org>

Purple Math

- Free online resource with algebra lessons, homework, and materials for students who want additional practice.
- [Purplemath.com](https://www.purplemath.com)

Community Centers

Boys & Girls Clubs of MetroWest

- Offers teen programming for ages 13-18 that is \$25 for the year. Activities belong to the following categories: recreation, education & career, swimming, sports, technology, arts, and leadership.
- 7169 Pleasant St UNIT 104, Marlborough, MA 01752
- Phone: (508) 485-4912
- <https://www.bgcmetrowest.org/>

Marlborough Public Library

- Dedicated teen room and programming where teens can relax with friends, check out books, browse computers, and enjoy specific programs.
- 35 W Main St, Marlborough, MA 01752
- Phone: (508) 624-6900
- https://www.marlbrough-ma.gov/library-0#tabs-library_search_quicktabs-content-1

Marlborough Recreation Department

- Offer citywide events, neighborhood festivals, and recreational activities.
- Phone: (508) 624-6925
- <https://www.marlbrough-ma.gov/recreation-department>

MetroWest YMCA

- Promotes community wellness and family enrichment through programs focusing on youth development, healthy living, and social responsibility.
- 280 Old Connecticut Path, Framingham, MA 01701
- Phone: (508) 879-4420
- <https://www.metrowestymca.org/>

Domestic Violence Support

National Domestic Violence Hotline

- 24/7 support, crisis intervention, information, education, and referral services to help survivors of domestic violence.
- Hotline: (800) 799-7233
- www.thehotline.org

RAINN

- The nation's largest anti-sexual violence organization working to help survivors, educate the public, improve public policy, and provide consulting & training.
- Can get help 24/7 by calling (800) 656-HOPE (4673)
- <https://www.rainn.org/>

Safelink

- Domestic violence support hotline.
- Phone: (877) 785-2020
- <https://casamyrna.org/get-support/safelink/>

Voices Against Violence

- Services include a 24-hour hotline, crisis intervention, confidential short-term emergency shelter, counseling and support groups, information and referrals, and medical, legal, and criminal justice advocacy.
- Hotline: (800) 593-1125 or (508) 626-8686
- 7 Bishop St, Framingham, MA 01702
- <https://www.smoc.org/voices-against-violence.php>

YWCA Central Massachusetts Headquarters

- Provides support and shelter in a crisis, counseling, job training, and skill development.
- 1 Salem St, Worcester, MA 01608
- Domestic violence support hotline.
- Phone: (508) 767-2505
- <https://ywcacm.org/>

Food Insecurity - Food Pantries & Meals

A Place To Turn – An Emergency Food Pantry

- They are committed to providing emergency food, diapers, and personal care to our neighbors in the MetroWest community. They serve those in need in an atmosphere of caring and mutual respect.
- 99 Hartford St, Natick, MA 01760
- Phone: (508) 655-8868
- <https://www.aplacetoturn-natick.org/>

Marlborough Community Cupboard

- Provides groceries and produce to Marlborough residents each month. Fresh fruits and vegetables are also available to clients on a weekly basis through the Produce Marketplace so people can access healthy items that may otherwise be too expensive in a retail grocery store.
- 255 Main St, Marlborough, MA 01752
- Phone: (508) 370-4902
- <https://www.uwotc.org/mcc>

Open Table

- Offers a wide variety of healthy and culturally appropriate groceries and prepared meals at their main facility in Maynard and through several mobile pantries and delivery programs. They also provide a welcoming community of support and assistance to families and individuals, including many seniors and children in central Middlesex county, and have a team of diverse, committed and passionate staff and volunteers.
- 33 Main St, Maynard, MA 01754
- Phone: (978) 369-2275
- <https://www.opentable.org/>

Food Security - Supplemental Nutrition Assistance Program (SNAP)

SNAP is a government-funded program that provides food benefits to low-income families to support their grocery budget. These benefits help to ensure families can afford nutritious foods that improve overall health and well-being. The Healthy Incentives Program (HIP) allows you to use your SNAP benefits to buy fruits and vegetables from HIP authorized farms or vendors. Electronic Benefits Transfer (EBT) is an electronic system that allows SNAP participants to pay for food using their benefits from the program.

You can learn more about SNAP, HIP, and EBT at the following sites:

- [About SNAP, eligibility and FAQs](#)
- [What HIP is, how to use it, and where one can go. The Food Project](#) runs farmer's market and corner stores in Boston's Dudley neighborhood and Lynn.
- Learn about EBT [here](#).

Additional Resources:

DTA Framingham Transitional Assistance Office

- Individuals can apply to SNAP online at [DTAConnect.com](https://www.mass.gov/locations/dta-framingham-transitional-assistance-office) or over the phone on the DTA Assistance Line at 877-382-2363 (press 7).
- 300 Howard Street, Framingham, MA 01702
- Phone: (508) 661-6600
- <https://www.mass.gov/locations/dta-framingham-transitional-assistance-office>

Project Bread FoodSource

- Connects people and communities in MA to reliable sources of food and advocates for policies that make food more accessible.
- Hotline: (800) 645-8333
- projectbread.org

CISA

- Site offers a map of fresh produce that accepts EBT cards to receive HIP benefits.
- <https://www.buylocalfood.org/hip-map/>

Financial Literacy Resources

Financial Literacy for Newcomers (FLN)

- Provides training on major types of insured financial institutions; reasons to use a bank; opening and maintaining a bank account; explanation of bank fees and how to write a check; and information about debit card and remittance transfer.
- <https://www.mass.gov/info-details/financial-literacy-for-newcomers-fln>

Practical Money Skills

- Website for budgeting, credit, and saving
- <https://www.practicalmoneyskills.com/en/learn.html>

Employment Resources

Employment Options Inc

- Through employment, education, and advocacy programs they inspire people living with mental illnesses to reclaim their lives by discovering their own potential, skills and gifts.
- 82 Brigham St, Marlborough, MA 01752
- Phone: (508) 485-5051
- <https://www.employmentoptions.org/>

Employment Opportunities City of Marlborough

- Employment opportunities in the city of Marlborough.
- Phone: (508) 460-3770
- <https://www.marlborough-ma.gov/human-resources/pages/employment-opportunities>

Work Permit Information

- All teens under 18 years of age must complete a work permit application and get a work permit before starting a new job.
- <https://www.mass.gov/info-details/youth-employment-permit-information>

Hygiene Products

Dignity Matters

- Free menstrual products, bras, & underwear.
- <https://www.dignity-matters.org/get-help-individuals-families/>

Hope and Comfort

- Dedicated to addressing hygiene insecurity through distributing hygiene products to those in need.
- 659 Highland Avenue Needham, MA 02494
- hopeandcomfort.org

Clothing Resources

Marlborough Community Cupboard

- The Marlborough Community Cupboard offers gently used clothing to clients at no charge when they visit the food pantry.
- 255 Main St, Marlborough, MA 01752
- Phone: (508) 370-4902
- <https://www.uwotc.org/mcc>

St. Francis House

- Francis House is the largest distributor of clothing to people experiencing housing insecurity in Boston.
- 39 Boylston St, Boston, MA 02116
- Phone: (617) 542-4211
- <https://stfrancishouse.org/>

Housing Insecurity Services

HomeBASE

- Benefit program to help homeless families who are eligible for EA emergency family shelter to quickly find stable housing.
- <https://www.mass.gov/info-details/homebase>

Homeless Shelter Directory

- Provides listings of homeless shelters and other housing insecurity resources in your area.
- <https://www.homelessshelterdirectory.org/city/ma-marlborough>

Marlborough Community Development Authority (MCDA)

- Marlborough Housing Authority provides affordable housing for elderly, disabled, and family tenants of moderate to low income. Programs include Public Housing, Rental Assistance, Homeownership and Resident Service programs.
- <https://www.marlborough-ma.gov/community-development-authority/affordable-housing/pages/apply-housing>

Residential Assistance for Families in Transition (RAFT) Program

- Homeless prevention program that provides short-term financial assistance to low-income families when facing housing emergencies.
- <https://www.mass.gov/info-details/residential-assistance-for-families-in-transition-raft-program>

Roland's House

- The Roland's House is a temporary emergency shelter serving up to 18 unaccompanied adult males.
- 57 Mechanic St #7, Marlborough, MA 01752
- Phone: (508) 481-7847
- <https://www.smoc.org/marlboro-shelter.php>

Mental Health Service -Adolescent Community Reinforcement Approach (A-CRA) Providers

The A-CRA is a developmentally-appropriate behavioral treatment for youth and young adults ages 12 to 24 years old with substance use disorders. A-CRA seeks to increase the family, social, and educational/vocational reinforces to support recovery. This program includes guidelines for three types of sessions: individuals alone, parents/caregivers alone, and individuals and parents/caregivers together. For more information: <https://www.chestnut.org/ebtx/treatments-and-research/treatments/a-cra/>

Here are the local A-CRA providers that serve the Marlborough area:

Advocates

- Advocates is committed to helping people with autism, brain injuries, mental health challenges, intellectual disabilities, or substance use issues live healthy, happy lives in the community.
- A-CRA Contact: Lauren Mazzola
 - Referrals: (508) 661-2038 or fax to (508) 661-2024
 - Email: Lmazzola@advocates.org
- 340 Maple Street, Marlborough, MA 01752
- <https://advocates.org/>

Family Continuity

- Family Continuity is a private, non-profit mental health and social services agency supporting Eastern and Central Massachusetts. Their 36 program portfolio provides a spectrum of emotional, developmental, and behavioral programs for children, adolescents, adults, couples, families and seniors.
- A-CRA Supervisor: Kate Rose
 - Referrals: (508) 234-4181 x 5093
 - Email: krose@familycontinuity.org
- 76 Church Street, Suite 301, Whitinsville, MA 01588
- <https://familycontinuity.org/>

Mental Health Services

Counseling

Handhold MA

- Website educates adults on how to promote mental health for children and teens. The goal is to guide caring for child's mental health and emotional well-being.
- <https://handholdma.org/>

Good Grief Program at Boston Medical Center

- Provides therapeutic support to pediatric patients of BMC who have experienced an important loss such as the death of a significant person, divorce, or separation from a primary caregiver
- Phone: (617) 414-4005
- <https://www.bmc.org/programs/good-grief-program>

iDECIDE

- Drug education curriculum developed to provide behavioral support and psychoeducation for middle and high school students. Promotes education and empowerment, instead of punishment, as a response to adolescent substance use.
- Developed by the Center for Addiction Medicine at Mass General Hospital in collaboration with the MA Department of Public Health.
- If your school/district is not currently enrolled in iDECIDE and is interested in joining, [please see here for instructions](#).
- Phone: (617) 643-1771
- <https://www.idecidemyfuture.org/>

Learn to Cope

- Peer organization that helps family members and relatives who have loved ones dealing with substance use disorder and offers resources and support through statewide weekly meetings.
- Phone: (508)-738-5148
- www.learn2cope.org

Massachusetts Network of Care

- Connects individuals and families to a wide range of services.
 - Includes: therapy, substance use abuse resources, immigration support, housing and shelter resources, etc.
- <https://massachusetts.networkofcare.org/mh/index.aspx>

Mental Health Services

Counseling

Northstar Recovery Center

- Provides comprehensive addiction treatment services for individuals struggling with substance use disorders.
- 132 Turnpike Rd # 200, Southborough, MA 01772
- Phone: (833) 959-3460
- <https://northstarrecoverycenter.com/>

Psychology Today

- Therapist finder resource.
- <https://www.gandaracenter.org/childrens-behavioral-health>

Tempo Young Adult Resource Center (Framingham)

- Tempo Young Adult Resource Center offers services for individuals ages 16-25, with no referrals needed. The Center provides a wide range of services and assistance with accessing outside services and supports including housing, counseling, food stamps, and other benefits
- 1 Marian Rd, Framingham, MA 01702
- Phone: (508) 879-1424
- <https://www.waysideyouth.org/aboutus/ourservicesoverview/services/young-adult/tempo-young-adult-resource-center/>

The Behavioral Health Help Line (BHHL)

- Connects individuals and families to the full range of treatment services for mental health and substance use offered in MA.
 - includes outpatient, urgent, and immediate crisis care.
- Available 24/7, 365 days of the year to all MA residents.
- Call or text (833) 773-2445
- <https://www.masshelpline.com/faq/>

The Recovery Connection

- Provides a safe place for the recovery community and their family and friends. Support services are provided by individuals who have experienced substance use disorder and recovery. Membership is free.
- Phone: (508)-485-0298
- 31 Main Street, Marlborough, MA 01752
- <https://therecoveryconnection.org>

Mental Health

Culturally Responsive Treatment Resources

Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory

- Virtual directory of APISAA mental health providers.
- <https://www.asianmhc.org/therapists-us/>

Black Emotional and Mental Health Collective (BEAM)

- Directory of Black mental health clinicians who provide virtual services.
- <https://wellness.beam.community/>

Black Mental Health Alliance

- Virtual directory of culturally-competent and patient-centered licensed mental health professionals.
- <https://blackmentalhealth.com/connect-with-a-therapist/>

Boris Lawrence Henson Foundation Resource Directory

- Virtual directory of mental health providers, programs, and resource materials for the African American community.
- <https://resourceguide.borislhensonfoundation.org/>

Inclusive Therapists

- Directory of culturally competent and social justice-oriented therapists; includes lists of therapists offering teletherapy.
- <https://www.inclusivetherapists.com/>

Melanin & Mental Health Directory

- Virtual directory of culturally competent mental health clinicians for Black and Latinx/Hispanic communities.
- <https://www.melaninandmentalhealth.com/about-us/>

National Hispanic Family Health Helpline

- Provides free, reliable, and confidential information in Spanish and English to help callers navigate the health system and referrals to local health care services.
- Phone: (866) 783-2645
- <https://www.healthyamericas.org/help-line>

Therapy for Latinx

- Database of therapists who either identify as LatinX or have worked closely with and understands the needs of the community.
- <https://www.therapyforlatinx.com/>

Mental Health Services

Support Groups

Al-Anon/Alateen

- For friends and families of alcoholics.
- <https://al-anon.org>
- <https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>

Depression and Bipolar Support Alliance

- Offers a few support groups throughout MA to provide help, support, and education to those who have mood disorders.
- Support groups include those specific to identities and cultures, as well as general peer-run groups to provide comfort in a confidential setting.
- Phone: (617) 855-2795
- <https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/?state=MA>

MEDA

- Eating disorder support groups, free online drop-in hours, and support for family and friends.
- 1320 Centre St, Suite 101, Newton, MA 02459
- <https://www.medainc.org/services/heal/medas-recovery-groups/>

Mental Health Education for Adults (18+)

- Offered through the Community Behavioral Health Center (CBHC) in Chicopee.
- In-person, Wed 1:00pm-2:00pm
- Discusses the basis of mental health and medication management in an open environment with peers with similar experiences.
- Interest line: (833) 243-8255

PPFLAG

- Franklin/Hampshire Chapter
- Resources and support groups for the LGBTQ+ community.
- Phone: (413) 758-0124
- <https://www.fhpcflag.org/contactmeeting-info>

Mental Health Services

Support Groups

Sibling Support at Eunice Kennedy Shriver Center

- Siblings of individuals with disabilities face unique challenges, and the sibling experience tends to change over time as siblings age. At the Eunice Kennedy Shriver Center, we provide support to siblings and other family members of those with disabilities in a variety of ways.
- 55 N Lake Ave, Worcester, MA 01655
- Phone: (774) 455-6562
- <https://www.cooleydickinson.org/programs-services/vna-hospice/the-garden/>

Speaking of Hope

- A network for young adults to connect with others through shared experiences, resources, and promote self-discovery.
- www.speakingofhope.org

The Children's Room

- Offers grief support services for children and families, for schools, and for community organizations. Services include peer support groups, parent groups, teen programs, and Family Night.
- Phone: (781) 641-4741
- <https://childrensroom.org/>

The Tribe - Wellness Community

- Free online support community that offers members a safe place to connect.
- Offers peer-to-peer support groups specific to mental health issues or aspects of one's identity.
- <https://support.therapytribe.com/>

Youth Motivating Others through Voices of Experience (MOVE) Massachusetts

- Youth MOVE MA is a youth-led organization devoted to improving the mental health system and empowering youth to make changes. Hosts peer-run support groups and is a statewide organization of lived experience youth and young people that support others.
- Phone: 1(866) 815-8122
- <https://youthmovemassachusetts.net/>

Substance Use Harm Reduction

Johnny's Ambassadors

- Educates parent(s)/guardian(s) and teens about the dangers of today's high-THC marijuana on adolescent brain development, mental illness, and suicide.
- <https://johnnysambassadors.org/>

Naloxone Distribution Location

- Provides overdose training and naloxone to people at risk of witnessing or experiencing overdose.
- Walgreens
 - 99 Granger Blvd, Marlborough, MA 01752
- <https://www.hudsonhealthdept.org/naloxone>

National Harm Reduction Coalition

- Working to build stronger harm reduction programs through training, technical assistance, and grant-making.
- Creates spaces for dialogue action to help people heal from drug use and policies.
- <https://harmreduction.org/>

Hot Line Numbers For Mental Health

ANAD Eating Disorder Hotline

- 1(888)-375-7767
- <https://anad.org/get-help/eating-disorders-helpline/>

Call2Talk

- (24-hour Suicide Prevention)
- 508-532-2255
- 413-505-5111
- 2-1-1 ext. 25 or text C2T to 741741

Crisis Text Line

- Text: HOME to 741741
- National crisis text line where you can text directly with a volunteer crisis counselor.

MA Behavioral Health Helpline

- Connects individuals to clinical help, even if you are not sure what kind of help you need. It is free, confidential, and no health insurance is required.
- Service of the Commonwealth of MA, operated by the MA Behavioral Health Partnership (MBHP).
- (call or text): 833-773-2445
- <https://www.masshelpline.com>

National Suicide Prevention Hotline

- Dial 988 to receive support 24/7 across the U.S.
- Free and confidential emotional support to people in suicidal crisis and emotional distress.

Samaritans 24-Hour Response

- Works to prevent suicide and support those who have lost someone to suicide. 24/7 Helpline is available and confidential for those who need to talk to someone.
- 1-877-870-4673
- <https://samaritanshope.org/our-services/24-7-helpline//>

Hot Line Numbers For Mental Health

The Steve Fund

- Crisis support for young people of color.
- Text STEVE to 741741
- <https://stevefund.org/crisistextline/>

Your Life Your Choice

- Text VOICE to 20121 to text with a counselor for free.
- 24-hour teen crisis hotline: 1-800-448-3000

FOR SUBSTANCE USE

The Massachusetts Substance Use Hotline

- 800-327-5050
- www.helpinma.org

Poison Control Hotline

- Speak with someone about what to do if you or someone you know has swallowed or contacted something that may be harmful.
- Phone: 1-800-222-1222
- www.poison.org

My Life, My Quit

- Trained youth coach specialists help young people quit smoking or vaping by phone/text.
- Text "Start My Quit" to 1-855-891-9989
- <http://www.mylifemyquit.com/>

This is Quitting

- Free and confidential texting program for young people who vape.
- Text "VapeFreeMass" to 88709.
- www.truthinitiative.org/thisisquitting

Hot Line Numbers For LGBTQIA+ Community

LGBT National Hotline

- Provides confidential peer support, information, and resources for callers of all ages.
- Phone: (888) 843-4564

LGBT National Youth Talkline

- Intended for callers age 25 or younger.
- Mon - Fri 4pm to midnight, Saturday noon - 5pm
- <https://www.lgbthotline.org>
- Phone: (800) 246-7743

LGBT National Coming out Support Hotline

- Safe space to discuss questions and concerns regarding coming out for all ages.
- Mon - Fri 4pm to midnight, Saturday noon - 5pm
- <https://www.lgbthotline.org>
- Phone: (888) 688-5428

The Network/La Red

- LGBTQ+ support, resources, safety planning and crisis intervention.
- <http://www.tnlr.org/en/24-hour-hotline/>
- Phone: (617) 742-4911 or 1(800) 832-1901 (Toll-Free)

Trans Lifeline

- Peer support phone service run by trans people for trans and questioning peers, can call in crisis or not.
- Hotline: (877) 565-8860
- <https://translifeline.org/hotline/>

TrevorText

- Free, 24/7 confidential services for LGBTQ+ young people, and it is associated with The Trevor Project.
- <https://www.thetrevorproject.org/get-help/>
- 678678- Text "START"

General Mental Health Resources

Additional resources are below that can provide assistance, explanations, and tools when it comes to one's own mental health or supporting others.

Grief-related:

Dougy Center, the National Grief Center for Children and Families

- Provides grief support in a safe place where children, teens, young adults, and their families can share their experiences. Offer support and training nationally to individuals and organizations.
- Phone: (503) 775-5683
- <https://www.dougy.org/grief-support-resources/teens>
- <https://www.dougy.org/assets/uploads/Your-Friend-is-Grieving.pdf>

National Alliance on Mental Illness (NAMI)

- Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.
- NAMI HelpLine is available Mon-Fri 10am-10pm, ET. Phone: 1(800) 950-6264 or text "Helpline."
- <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens>

General Mental Health Resources

Depression-related:

National Institute of Mental Health (NIMH)

- The NIMH is the lead federal agency for research on mental disorders. Their priority research areas include suicide, genomics, mental health disparities, and global mental health.
- <https://drive.google.com/file/d/147Hzj3x-pDFu-AZg7oHg1JJ2aYCziRN/view?pli=1>
 - The above link is a resource from the NIMH that provides information about teen depression, such as what it is and how one can receive help.

Samaritans

- Samaritans provides suicide prevention services in Massachusetts. Samaritans offers a 24/7 Hotline, a peer text line for young people, grief support services, and community education.
- Peer text line: Hey Sam is a dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are struggling, need someone to talk to, or need support.
 - Text: 439-726 ; Hours: 9AM-12AM ET
- <https://samaritanshope.org/our-services/hey-sam/>

General Mental Health Resources

Psychology Tools

- Provide the public with free, high-quality mental health information to support one's well-being. Adapted versions of professional resources and self-help guides are available for anyone to use.
- Below is a link to a resource that provides ways to manage strong emotions and how to ground oneself:
 - <https://drive.google.com/file/d/11qhPTCkynL7llc693LEMsXNXSBs5HDsW/view>

National Institute of Mental Health (NIMH)

- The NIMH is the lead federal agency for research on mental disorders. Their priority research areas include suicide, genomics, mental health disparities, and global mental health.
- <https://drive.google.com/file/d/1smySPEmOMlbSmU77mhNh98W5PLvZzeV6/view>
 - The above link is a resource from the NIMH that provides information on how to identify if you may need help to take care of your mental well-being.

General Mental Health Resources

Understanding mental health:

Child Mind Institute

- Provide evidence-based care, deliver educational resources, train educators, and work to develop new treatments in support of children's mental health.
- <https://childmind.org/article/support-friend-with-mental-health-challenges/>
 - The above link provides ways to help friends in need.

National Institute of Mental Health (NIMH)

- The NIMH is the lead federal agency for research on mental disorders. Their priority research areas include suicide, genomics, mental health disparities, and global mental health.
- <https://drive.google.com/file/d/1smYSPeMOMlbSmU77mhNh98W5PLvZzeV6/view>
 - The above link is a resource from the NIMH that provides information on how to identify if you may need help to take care of your mental well-being.

National Alliance for Mental Illness (NAMI)

- Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.
- <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>
 - The above link details the warning signs and symptoms of a mental illness.
- https://drive.google.com/file/d/1LvAkhjZW00ErXGwPOuUXu-MR_wxCyBnL/view
 - The above link is from NAMI and it details how one can help a friend who may be struggling with their mental health and signs to look for.

Refugee and Immigrant Resources

New American Association of Massachusetts

- Mission is to empower refugee and immigrant youth through equipping with skills and tools to succeed in the U.S.
- Offers youth programs, mentoring, food distribution, wellness, financial literacy, ESL programs to those on the North Shore and in Lowell.
- <https://naamass.org/programs-services/youth-programs/>

Office for Refugees and Immigrants

- Supports services that meet the cultural and linguistic needs of refugees and immigrants through service providers in MA.
- <https://www.mass.gov/orgs/office-for-refugees-and-immigrants>

Refugee and Immigrant Assistance Center

- Located in Boston, Lynn, and Worcester
- Offer comprehensive support including refugee resettlement, counseling, outreach, education, and social services to the refugee and immigrant community.
- <https://www.riacboston.org/what-we-do/>

Sexual Health and Wellness Centers

Planned Parenthood – Metro West Health Center

- Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.
- 91 Main St Suite 103, Marlborough, MA 01752
- Phone: (508) 970-1100
- <https://www.plannedparenthood.org/health-center/massachusetts/marlborough/01752/metro-west-health-center-3951-90610>

Sexual and Reproductive Health Service Locations

- Find clinics and healthcare providers in Massachusetts offering sexual and reproductive health services.
- <https://www.mass.gov/info-details/sexual-and-reproductive-health-service-locations#map-of-locations->

Family Planning Resources

DPH Funded Family Planning Programs

- List of low or no cost resources and locations.
- <https://www.mass.gov/info-details/dph-funded-family-planning-programs>