



Social & Emotional Support Resources & Hotline

• Suicide Depression

- ***Suicide and Crisis Hotlines***

Toll-Free/24 Hours/7 Days a Week

1.800. SUICIDE (784-2433)

1.800.273. TALK (8255)

- ***Samariteens – Boston***

3pm – 9pm on weekdays and 9am – 9pm on weekends (Teen to Teen) all other hours:
calls are answered by an adult.

1.800.252. TEEN (8336)

<http://samaritanshope.org/>

• Bullying/Cyberbullying

- <http://elizabethenglander.webs.com/>

• Sexual Assault

- ***Beth Israel Hospital Rape Crisis Service, Boston***

617.667.8141

<http://www.bidmc.org/violenceprevention>

- ***Boston Area Rape Crisis Center, Cambridge***

1.800.841.8371 (24 hour hotline)

<http://www.barcc.org>

- ***MGH Rape Emergency Unit, Boston***

617.726.2000

- ***Center for Sexual Abuse Counseling, Wellesley***

781.237.9110

- ***Rape Crisis Hotline***

800.870.5905 or 800.223.5001 (Spanish)

Both Provide counseling for sexual assault survivors and referrals as needed.

<http://www.rapecrisiscenter.org>

• Domestic Violence

- **Waltham Battered Women's Support Committee, Waltham**
617.899.8676
- **Women's Protective Services, Metrowest**
800.593.1125 or 805.626.8686
Rape crisis and domestic violence issues
- **Bridge Over Troubled Waters, Boston**
617.423.9575
M-F daytime only for non-emergency services. Emergency assistance 24/7 <http://www.bridgeotw.org>

• Teen Dating Violence

- **Violence Against Violence**
508.626.8686
- **Teen Dating Violence DOVE Youth Hotline, Boston**
617.773.4878
- **LoveisRespect National Teen Dating Abuse Helpline:** 866-331-9474 or text loveis to 77054 (24 Hours) <http://www.loveisrespect.org>
- **National Domestic Violence Hotline:** 800-799-SAFE or 800-799-7233 (24 Hours)
- **Break the Cycle** <http://www.breakthecycle.org>

• Substance Abuse

- **Al-Anon/Alateen**
999.425.2666
For more information for meeting schedule: 508.366.0556
Monday – Friday, 9:00am – 4:00pm
<http://www.al-anon.alateen.org>
- **Drug and Teen Alcohol, National 24-Hour Hotline**
800.252.6465
- **Statewide Substance Abuse Information Line**
800. ALCOHOL
800. COCAINE
<http://www.800alcohol.com>
- **[Youth & Young Adult Substance Abuse Services Directory](#)**

• Eating Disorders

- **MEDA**
<http://www.medainc.org>
- **Walden Behavioral Care, Waltham**
781.647.6727
Inpatient, residential, partial hospitalization and outpatient care
<http://www.waldenbehavioralcare.com>
- **Newton-Wellesley Eating Disorders and Behavioral Medicine**
617.332.2700, x2
Outpatient services for adolescents with eating disorders and their families
<http://www.nwedbmed.com>
- **Karman Eating Disorders Center @ McLean Hospital**
617.855.3410
<http://www.mclean.harvard.edu/patient/child/edc.php>

• Gay, Lesbian, Bisexual, Transgender

- **Natick High School GSA**
<https://www.facebook.com/NatickGSA>
- **LGBT Helpline**
888.340.4528
Get referrals to the services you need. Healthcare, housing, violence, recovery, HIV/AIDS, etc.
<http://www.glnh.org>
- **Boston Gay & Lesbian Adolescent Social Services, Boston**
617.266.3349
Provide informal counseling, advocacy and referrals on everything from housing issues to health care.
<http://www.jri.org/glass>
- **Peer Listening Line, Boston**
617.267.2535 or 800.399.PEER (7337)
Monday – Friday, 4:00pm – 10:00pm
Trained GLBT youth volunteers can help you find a service, phone number or just be a friendly and nonjudgmental person to talk with.
- **Same Sex Dating Violence, Fenway Community Health Violence Recovery Program**
800.834.3242
- **West Suburban Alliance of Gay, Lesbian, Bisexual, Transgender, and Queer Youth (WAGLY)**
The mission of the West Suburban Alliance of Gay, Lesbian, Bisexual, Transgender, and Queer Youth (WAGLY) is to support the health and emotional well-being of GLBTQ teens in the Boston MetroWest area by offering youth-led and adult-supported social and educational programs.
<http://wagly.org/>

- **Family Acceptance Project**
San Francisco State University, 3004 16th Street #301, San Francisco , CA 94102
<http://familyproject.sfsu.edu>
Caitlyn Ryan's research shows that family acceptance of a child's orientation drastically reduces risk factors.
- **Gender Spectrum**
539 Glen Drive, San Leandro, CA 94577
510.567.3977
www.genderspectrum.org
This site offers answers to FAQs as well as a variety of resources and information.
- **National Center for Transgender Equality**
1325 Massachusetts Ave., Suite 700, Washington D.C. 20005 202.903.0112
<http://transequality.org>
This organization offers links to resources, and updates on social and political issues.
- **The Genderbread Person 2.0**
www.itspronouncedmetrosexual.com
This colorful diagram is fun -- and particularly useful in explaining gender identity in a non-threatening way. Apparently, it is also plagiarized, so don't give him your \$.
- **"GLSEN Releases Groundbreaking Study of Bias, Bullying and Homophobia in Grades K-6"**
<http://www.glsen.org/playgroundsandprejudice.html>
This study offers insight that applies to all grades levels; teacher concerns are universal. Tackling LGBT Issues in School (Spanish ed. available). Comprehensive resource of information and lesson plans.
glsen.org/chapters/connecticut/resoures/tackling-lgbt-issues-schools
- **www.stopbullying.gov**
This comprehensive site offers practical steps to stop bullying, and also includes suggestions for creating a safe space for a diversity of students.
- **Teaching Tolerance**
www.tolerance.org
This organization is part of the educational outreach of the Southern Poverty Law Center. Its name is a misnomer: it aims for acceptance. The magazine is free to those associated with schools, and relies on teachers to aid other teachers with lesson plans and resources that address issues of fairness and promote acceptance of diversity. Very useful for all grade levels.

• Grief/Bereavement

- **Jeff's Place**
Jeff's Place offers bimonthly open-ended peer support groups for children ages 3-19 and their caregivers who are coping with the death of a loved one. All groups are facilitated by professionally trained volunteers and monitored by a masters prepared clinician who completes intake evaluations on each family.
<http://www.jeffsplacemetrowest.org>
- **Good Grief Program**
617.414.4005 or 617.921.4008
For more than 20 years, the Good Grief Program has offered clinical, training and consultative services to families, educators and health providers and communities to help adults help children

facing life's speed bumps. When children and families face any of life's stressors, they can feel overwhelmed, whether it's acute or on-going, due to illness, a disruption in the family, a death or a divorce, a difficult diagnosis or any of life's speed bumps. Based on the premise that with crisis comes an opportunity to develop, strengthen and master coping skills, our mission is to train adult professionals, support families and scaffold children so that they may become resilient in the face of loss. We can help in a number of ways.

<http://www.bmc.org/pediatrics-goodgrief.htm>

• Other Adolescent Services

- ***Covenant House Nineline***

800.999.9999

24-Hour, toll-free crisis hotline, which provides: crisis intervention, referral and information services to homeless, runaway and other troubled youth and their families.

<http://www.nineline.org>

- ***Best Team***

800.981.4357

24-Hour crisis team available to evaluate adults and children in a psychiatric emergency. Serves those in the Greater Boston area who are not insured or have MassHealth. They are able to provide consultation and referrals to others calling in a crisis situation.

- ***National Alliance on Mental Illness, MA Branch***

781.938.4048

Provides information about NAMI and links to numerous organization and groups that provide support to teen and families.

• Other Resources

- ***Natick Police Department*** <http://www.natickpolice.com>

- ***Natick Service Council*** <http://www.natickservicecouncil.org>

- ***The Parental Stress Hotline*** www.parentshelpingparents.org