



Leicester Police Department

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www.leicesterpd.org

Chief

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In spite of the public health crisis, social service agencies are doing their best to continue to provide critical services to those who need them. Many of these organizations are offering online and phone support as many of their in-person services have been suspended.

National Alliance on Mental Illness (NAMI) continues to run support groups via telephone. The number for all meetings is 508-206-8720 and no password is required. For more information, email jmaguire@namimass.org Meetings are Monday (6:30PM), Wednesday (7:30PM) and Saturday (10AM). You can find information on these critical programs here: <https://namimass.org/online-and-phone-support-options/>

Eliot Community Human Services offers a variety of services including mental health, children, youth and family services; emergency psychiatric services, homelessness services, and brain injury services. <http://www.eliotchs.org/>

Depression and Bipolar Support Alliance offers online support groups for those living with depression and bipolar disorder. These groups are peer-led and are available for young adults, friends, and family members. You can find more information here: <https://www.dbsalliance.org/.../chapte.../online-support-groups/>

With many AA and NA groups unable to meet in person, many organizations have begun to hold meetings virtually with apps such as Zoom and GoToMeeting. For more information: <http://aa-intergroup.org/directory.php>
<https://newperspectivesfl.com/blog/sobriety-apps/>
https://www.aa.org/pages/en_US/options-for-meeting-online

To help support individuals in recovery from substance use disorder, Addiction Policy Forum has partnered with CHESS Health to launch the Connections App, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement. <https://www.addictionpolicy.org/connections-app>

National Suicide Prevention Lifeline is available 24/7 for those either in distress or who have a family member or friend who is struggling by calling 1-800-273-8255
<https://suicidepreventionlifeline.org/>

Turn 2 Me hosts free online support groups for anxiety, suicidal thoughts, depression, stress management, and general mental health issues <https://www.turn2me.ie/>

7 Cups has online forums for mental health concerns. Volunteers are available to speak 24/7 either online or with a licensed therapist. <https://www.7cups.com/>

Social media – follow and retweet DPH on Twitter @MassDPH, updated several times per day.

Get text updates about COVID-19 in Massachusetts sent to your phone by texting COVIDMA to 888-777.

Massachusetts **2-1-1** - Massachusetts residents are urged to use 2-1-1 for information, resources, and referrals regarding COVID-19. Operators are staffing this hotline 24/7 and translators are available in multiple languages.

Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the Mass 2- 1-1 website.

<https://www.mass.gov/info-details/covid-19-updates-and-information> is a great resource for information and updates on the current state of affairs in Massachusetts.