

WINTER CAN BE A CHALLENGING TIME OF YEAR

If you are concerned about yourself or somebody else's substance use or mental health, here are some resources.

MA Dept of Public Health Bureau of Substance Addiction Services Helpline

☎ 800-327-5050 or 🖥 helpline-online.com

Free confidential info & referrals for alcohol & other drug problems.

Learn2Cope

Virtual meeting info at 🖥 www.learn2cope.org

A peer-led support network that provides education, resources and hope for family members and friends who have loved ones affected by substance use disorder.

DOVE Domestic Violence Helpline (24/7)

☎ 800-799-SAFE 📱 Text START to 88788

Tools and support for survivors of domestic violence.

CALL2Talk Suicide Prevention Hotline & Crisis Text Line (24/7)

☎ 800-273-8255 or 📱 Text C2T to 741741 for

A free, confidential conversation with a trained crisis counselor via text.

Stoughton Youth Commission

☎ 781-341-2252

A free resource for Stoughton youth and their families. To connect with a licensed therapist, leave a voicemail for Teresa Tapper (x9453) or Melissa Dawson (x9454).

Parent Stress Line (24/7)

☎ 800-632-8188 🖥 parentshelpingparents.org

Confidential help for parents to ask questions and get support.

In an emergency, please call 911

Additional resources can be found at www.stoughtonoasis.org

