

Social & Emotional Support Resources & Hotlines

We hope that this resource page is helpful to the students and families of Wayland. Although there are a number of wonderful resources and hotlines below, please remember that in an emergency, you should call the Wayland Police Department directly by dialing 911. Their office contact information is below as well.

Wayland Police Department:

38 Cochituate Road

Wayland, MA 01778

Office: 508-358-4721

Emergency: 911

Wayland Police Department Anonymous Hotline: 508-358-1726

Counseling for All Wayland Residents

Wayland Youth and Family Services:

WYFS provides counseling, consultation, individual and family therapy, parent education, as well as prevention and outreach resources to the community of Wayland. Counseling is confidential and free for Wayland residents. WYFS is located at the Wayland Town Building at 41 Cochituate Road.

http://www.wayland.ma.us/Pages/WaylandMA_Youth/index

Phone: 508-358-4293

Office open: Monday – Friday 8:30-4:30pm

Human Relations Services (HRS)

11 Chapel Place, Wellesley, MA 02481

781-235-4950

<http://www.hrshehelps.org/>

HRS helps families and children overcome problems and lead fuller and richer lives. And it helps to strengthen the well being of our communities. HRS provides mental health treatment – regardless of ability to pay – to all residents of Wayland (and Wellesley and Weston). We are the community's safety net when crisis and tragedy strike. In everything we do, we seek to deepen the relationships and broaden the skills that keep children, families and a community healthy.

Resources and Hotlines

- **Suicide Depression**

- Suicide and Crisis Hotlines
Toll-Free/24 Hours/7 Days a Week
1.800.SUICIDE (784-2433)
1.800.273.TALK (8255)
<http://www.suicidehotlines.com>
- 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://www.samaritanschop.org>
- **Bullying/Cyberbullying**
- <http://www.elizabethenglander.com>
- http://www.webhost.bridgew.edu/marc/marc_research.html

- **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)
- 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

<http://www.smoc.org/index.asp/pgid=45>

- 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**

- REACH – Beyond Domestic Violence
<http://www.reachma.org/>
Hotline: 800.899.4000
- Violence Against Violence
508.626.8686
<http://www.smoc.org/index.asp?pgid=45>
- Teen Dating Violence DOVE Youth Hotline, Boston
617.773.4878
<http://www.doveinc.info/ourservices.html>

- **Substance Abuse**

- Wayland Youth and Family Services
http://www.wayland.ma.us/Pages/WaylandMA_Youth/index
508-358-4293
Monday – Friday 8:30-4:30pm
- 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>

- **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>
- Klarman Eating Disorders Center @ McLean Hospital
617.855.3410
<http://www.mclean.harvard.edu/patient/child/edc.php>
- **Gay, Lesbian, Bisexual, Transgender**
 - 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
http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_violence
- **Grief/Beareavement**
 - 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

- Human Relations Services (HRS)
11 Chapel Place, Wellesley, MA 02481
781-235-4950
<http://www.hrshelps.org/>
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- Psychiatric Emergency Services:
Psychiatric Emergency Services is a division of Advocates Inc. and serves as their 24-hour hot line service for adolescents in crisis.

Framingham: 508.872.3333 / 800.640.5432 (24-hour)

Waltham: 781.893.2003 / 800.540.5806 (24-hour)

- Advocates, Inc.
Advocates is committed to meeting the needs of individuals facing diverse life challenges has given rise to a broad range of community based services, including:
<http://www.advocatesinc.org/HowtoAccessServices>
One Clarks Hill, Suite 305
Framingham, MA 01702
508.628.6300 TTY 508.628.6303
information@advocatesinc.org
Outpatient Mental Health

Outpatient Addiction
Residential Supports
Psychiatric Emergency Services
Home-Based Services for Children and Families
Community Justice
Advocacy, Benefits and Legal Services
Family Supports
Employment and Vocational Services
Day Habilitation

- 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