

## A Note to Parents or Caregivers

Every parent wants the best for their child and worries if their child experiences emotional problems. Some ups and downs such as moodiness, arguing or challenging rules are normal. However, *when an emotional or behavioral change becomes extreme, or upsets life at home or at school, intervention may be necessary.*

This brochure aims to provide parents and caregivers with assistance, support and meaningful mental health resources.

The brochure was developed by the directors and staff at the Wellesley Health Department and Youth Commission.



Emotional problems are as common as physical ones. Taking care of both can help your child.

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Town of Wellesley  
Mental Health Steering Committee

For more information contact:

Wellesley Health Department

Telephone: 781-235-0135

E-mail: [lizzo@wellesleyma.gov](mailto:lizzo@wellesleyma.gov)

Website: [www.wellesleyma.gov/health](http://www.wellesleyma.gov/health)

## Parent Resource Guide

 Town of Wellesley



[Mental health information and resources](#)

[www.wellesleyma.gov/health](http://www.wellesleyma.gov/health)

## When, Where, How to Get Help

### For immediate help:

A child or teen behaving in an extreme or overwhelming way, posing a threat to self or others needs **IMMEDIATE** help.



*Do not hesitate to call 9-1-1 for Wellesley emergency services.*

**Call 9-1-1 for immediate crisis response**

You may also contact the following :

Newton-Wellesley Hospital  
617-243-6000 or go to the

Pediatric or General Emergency Dept.

Riverside Emergency Services  
800-529-5077 or 781-769-8674

Metro West Medical Center (Natick)  
508-650-7380

Samariteen Helpline (staffed 24 hours)  
800-252-TEEN (8336)

Samaritans Helpline (staffed 24 hours)  
877-870-HOPE (4673)

### Resources if your child is NOT at immediate risk of harm to self or others:

Local mental health agencies include:

Riverside Community Care (RCC)  
617-969-4925 or 888-851-2451

website: [www.riversideecc.org](http://www.riversideecc.org)

RCC offers 24 hour mobile emergency services, outpatient counseling, day treatment, pediatric therapy, in-home care, vocational services, substance abuse help, or acute, short or long-term residential support.

The Human Relations Service, Inc. (HRS)

781-235-4950

website: [www.hrshelps.org](http://www.hrshelps.org)

HRS is a private, non-profit community mental health agency serving families as well as Town employees in Wellesley.

[www.wellesleyacts.org](http://www.wellesleyacts.org)

This website provides information about suicide prevention, and resources that address mental health concerns.



**There are many resources for short or long term mental health concerns**

### Other community resources:

Wellesley High School

Guidance & Counseling Dept. 781-446-6305 ext. 5130

Health Services 781-446-6305 ext. 5108

Outreach worker 781-446-6305 ext. 5062

Wellesley Middle School

Guidance Dept. 781-446-6235 (0 at prompt)

Health Services 781-446-6250 ext. 4111

Outreach worker 781-446-6250 ext. 4116

### Useful resources:

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

*(includes resources for high school students and parents)*

[www.adolescentwellness.org](http://www.adolescentwellness.org)

[www.reachma.org](http://www.reachma.org) *(domestic violence)*

[www.medainc.org](http://www.medainc.org) *(eating disorders)*

[www.glnh.org](http://www.glnh.org) *(gay, lesbian, bisexual, transgender hotline)*

[www.projectinterface.org](http://www.projectinterface.org) *(provides mental health referrals)*