

## Crisis Information

*If you are in crisis and considering harming yourself or others please call 911 for help. Below are also Crisis Hotlines you can call.*

### Crisis Hotlines

- The Samaritans (877) 870-4673
- United Way (508) 532-2255
- National Suicide Prevention Hotline (800) 273-8255
- National Hope line Network (800) 784-2433
- Ninesline.org Hotline for Children and Teens (800) 999-9999
- The Trevor Project (LGBT and youth questioning) (866) 488-7386
- Crisis Text Line: Text "START" to 741-741
- Veterans Crisis Line: (800) 273-8255 press 1

### How to Talk With Someone Who May Be At Risk of Suicide

If you know someone who might be thinking of suicide, you can help them by listening. Very often people who think about suicide feel like they have no other options, like they have no control over their lives, and that no one cares about them. Keep in mind that talking with them about suicide will NOT put the idea into their minds. Often times, it is a great relief to someone that you have noticed that they are in pain and are willing to help.

*-If the person is in imminent risk of hurting themselves, do not leave them alone. Call for help or 911.*

*-If this is not at a crisis stage, offer to sit and talk with the person and give them your full attention.*

*Tell them that you care, there is hope, and that you are willing to help them.*

*-If the subject of suicide is hard to bring up, ask the question a little differently. For example, you could say "Do you sometimes feel so bad that you think of killing yourself?"*

Helping them realize that there are options other than suicide and that they do have some control over their lives may help them realize that suicide is not the only option. Try not to be judgmental, give advice, minimize their feelings, or solve their problems. You should never try to help a suicidal person by yourself. They need a lot of attention, support and a professional assessment. Do not agree to keep this a secret. This is a matter of life or death and you need to be able to get the person help. <http://www.masspreventssuicide.org>

## About Our Program

*Whether you are experiencing a brief moment of difficulty in your life or struggling with a long term behavioral health condition there are resources available.*

The Duxbury Police have teamed up with local healthcare providers are here to help connect you to resources. Officers are available to help with pre-planning in the event there is an emergency response by police to your home.

### For more information:

Call Officer Scott Kane Ph: **781 934-5656**

Email: [SKane@duxburypolice.org](mailto:SKane@duxburypolice.org)

## Special Needs and Autism Outreach

### Services provided include:

Pre-planning in the event there is an emergency response by police to your home. Completing a wandering worksheet to help if a person goes missing. Station tours and home visits to help build a level of comfort and trust between police and a person with Special Needs or Autism.



### For more information:

Call Officer Scott Kane Ph: **(781) 934-5656**

Email: [SKane@duxburypolice.org](mailto:SKane@duxburypolice.org)

## Duxbury Police Department

155 Mayflower Street, Duxbury, MA 02332  
(781) 934-5656

Emergency Dial 911

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

Rev. 4/20/18

Disclaimer: Programs listed are local, not exhaustive, and not an endorsement by DPD.

# Behavioral Health Resource Guide



*We are here to help*

## Emergency Dial 911

The Massachusetts Good Samaritan Law protects overdose victims and those who call 9-1-1 for help from charge, prosecution, and conviction for possession or use of controlled substances.

Mass. General Laws, Chapter 94C, Section 34A

# Getting Started

When looking for behavioral health treatment options your first step should be to contact your doctor. Below are several resources to help you navigate treatment/support options.

## Local Emergency Service Provider

**For an in-person behavioral health crisis assessment, intervention, and stabilization services call:**

### Child and Family Services of New Bedford 24-Hour Helpline (877) 996-3154

This agency provides alternative settings in the community to hospital Emergency Departments (ED's) for individuals seeking behavioral health services, voluntarily and/or when use of a hospital Emergency Department may not be medically necessary.

## Navigating Resources

### National Alliance on Mental Health (NAMI) Compass

1(800) 370-9085 M-F 9a-5p

[www.namimass.org/resources/compass](http://www.namimass.org/resources/compass)

**Navigating the mental healthcare system can be complicated—NAMI Compass helps individuals and families affected by mental health issues.**

### Common Questions & Topics Include

Where to find support (Peer and Family)

How to access treatment

Housing programs & questions Etc.

### MA Department of Mental Health

38 Industrial Park Rd., Plymouth

Ph: (508) 732-3000 TTY (508) 746-0847

### William James College INTERFACE referral service

Call their Helpline at 888-244-6843 (toll free) Mon – Fri, 9am – 5pm

[www.interface.williamjames.edu/](http://www.interface.williamjames.edu/)

### Beth Israel Deaconess Plymouth Integrated Care Initiative (508) 746-8590 x5216

## Mental Health Support Services

### NAMI Peer Support Groups

NAMI Connection Recovery Support Groups

- are:
- Confidential support group for adults concerned about their mental health
  - 90–minutes long and free of charge to participants.
  - Led by trained facilitators living with mental illness who are at a point in recovery that they want to give back to the community.
  - A safe environment for you to express yourself without being judged.
  - A proven avenue to recovery
  - Everyone is welcome, regardless of diagnosis.

### Peer Support Group Meeting Locations:

#### Brockton Hope is Here RCC

730 Belmont St. Brockton Mondays 6-7:30pm

Contact: Mary Lou Garcia (508) 857-0316

[marylou.garcia.rcc@gmail.com](mailto:marylou.garcia.rcc@gmail.com)

#### Taunton Pride in Recovery

71 Main Street DeMello Building, Suite 1200, Taunton

Monday 1:00 – 2:30pm Contact: Sarah 508-386-3009

[SRMatthewsAlmeida@bamsi.com](mailto:SRMatthewsAlmeida@bamsi.com)

### Faith Based Support for Individuals and Families Stephen Ministry

Holy Family Parish, 601 Tremont St. Duxbury.

Call Deacon Art Keefe (781) 264-3880

## Resources for Families/Friends of a person suffering a Behavioral Health Condition

### Family/Friend Support Group

#### NAMI Family Support Group

Beth Israel Deaconess Hospital Plymouth

Sgarzi Conference Room

1st & 3rd Thur. of the month 7-8:30p.

Contact: Kathleen, [kconsid@att.net](mailto:kconsid@att.net)

### Bereavement Support Groups

Hope Floats 4 Elm St., Kingston (781) 585-4221

Meeting info online: [www.hopefloatswellness.org](http://www.hopefloatswellness.org)

## Assistance for Seniors

### Duxbury Senior Center Outreach Program

Duxbury Senior Center, 10 Mayflower St. Duxbury.

Call Donna Ciappina (781) 934-5774 Ext. 5730

## Developmental Disability Assistance

### Arc of Greater Plymouth

Individual and family support and assistance

10 Cordage Park Cir. Suite 108, Plymouth

Ph: 508-732-9292

## Combat Veterans Assistance

### Brockton Vet Center

1041L Pearl St. Brockton, MA 02301

Ph: 508-580-2730 Or 877-927-8387

Services include counseling for: Readjustment to civilian life, bereavement, substance abuse, mental health ie: PTSD, anxiety, depression, etc.

## Involuntary Court Ordered Hospitalization

### For Mental Health Conditions

(a.k.a. Section 12)

*Who can apply for this?* Anyone

*Where do I go?* Locally you can go to the Plymouth District Court located at 52 Obery Street, Plymouth., Monday - Friday 9am-4pm.

### For Drug and Alcohol Abuse

(a.k.a. Section 35)

*Who can apply for this?* A spouse, blood relative, guardian, police officer, physician, or court official.

*Where do I go?* Locally you can go to the Plymouth District Court located at 52 Obery Street, Plymouth., Monday - Friday 9am-4pm.

*Need Free Legal Assistance?* Call Mass Bar Associations Section 35 Helpline (844) 843-6221

## Get Involved!

**Join Duxbury FACTS** (*Youth focused*) Coalition focused on community wellness by reducing substance use and underage drinking while promoting mental wellness. Open meetings, dates/times/locations listed on their website. [www.duxburyfacts.org](http://www.duxburyfacts.org)