



MENTAL HEALTH SUPPORTS

The following resources are meant to address urgent mental health needs. Experiencing something unforeseen or unprecedented such as the COVID-19 may produce symptoms that can seem unmanageable. Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. Your mental health and that of loved ones you care for is extremely important during this stressful time. It is important to tune in and recognize if signs or symptoms such as intense sadness, depression, irritability, anxiety, or feeling of wanting to harm yourself or others are present. **If in need REACH OUT.** Below you will find some resources to keep close at hand if you or someone you care about is in Crisis.

Suicide Hotlines:

Samaritan Statewide Hotline - 877-870-4673
National Suicide Prevention Lifeline -
800-273-8255
The Trevor Helpline (LGBTQ) - 866-488-7386
Veteran's Help Hotline - 800-273-8255 (Press 1)
Call2Talk - 508-532-2255

LOWELL EMERGENCY SERVICES

Lahey Crisis Clinic - 978-455-3397 is open and available for mental health crisis evaluations - call for an appointment. In all cases of an emergency you can always call Lowell Police at 978-937-3200 or 911 or go to your local hospital emergency room.

ADDITIONAL CRISIS RESOURCES

Domestic Violence Hotlines:

Statewide Hotline SafeLink - 877-785-2020
Lowell Police Department, Family Services Unit - 978-674-4502
Alternative House - 888-291-6228 or 978-937-3200

Substance Abuse Hotlines:

Substance Abuse information and Education Helpline - 800-327-5050
www.drugfreegreaterlowell.org

Parent Hotlines:

Parent Stress Hotline - 800-632-8188
[Parents Helping Parents website - https://www.parentshelpingparents.org/](https://www.parentshelpingparents.org/) (offers online support groups)

CoronaVirus Stress Hotlines:

Disaster Distress Helpline: 1-800-985-5990
Text **TalkWithUs** to 66746 to connect with a professional, confidential, multilingual counselor

