

Dear Stoneham School Community,

As we approach our holiday break, we are aware that many of our families have concerns related to mental health and wellness. We are writing to share with you some mental health resources.

- Your child's pediatrician or primary care physician knows your child well and may be able to provide you with suggestions for support and counseling recommendations.
- Please feel free to contact your child's school principal if you would like your child to see their adjustment counselor or guidance counselor to discuss a concern or worry.
- You are also welcome to contact the Office of Special Education (781 279-3810 ext.6) and your call will be directed to someone who can best provide information and resources.
- If you'd like to find a provider for individual and/or group support/counseling services contact William James *INTERFACE*. The Referral Service line is 888 244-6843, weekdays from 9:00am - 5:00pm.
- If you need urgent help, you can contact Elliot Community Human Services at 800 988-1111. Eliot provides mobile crisis intervention and psychiatric evaluation,
- Should you or a family member experience an emergency that requires immediate attention, please call 911 or go to your closest hospital Emergency Room.

Crisis Help Lines:

- *Call To Talk* 508 532-2255
- *Samaritans* 877 870-4673 24 hours per day