



Accessing **MENTAL HEALTH** Services during February Break 2/16/21 - 2/19/21

1

Call the BHS Hotline: 617-635-9676

School psychologists and social workers will be on call Monday - Friday, 9am - 5pm during winter break. If you need mental health support for your student, you can call the hotline, and they will help connect you to appropriate resources.

2

Contact your child/student's doctor.

For additional support over the closure, reach out to your child's doctor. Use online messaging or the phone to contact the office and identify resources.

3

Call the BEST team: 1-800-981-HELP (4357)

The Boston Emergency Services Team (B.E.S.T.) sends mobile crisis clinicians to homes, schools, outpatient clinics and many other community locations.

4

Go to urgent care center or clinic

In the case of an emergency, local urgent care centers or clinics can provide additional support. BEST urgent care locations recommend you call ahead before visiting: 1-800-981-4357

BEST Bay Cove Urgent Care
Solomon Carter Fuller Mental Health Center
85 East Newton Street, 1st Floor
Boston, MA 02118

BEST North Suffolk Urgent Care
Erich Lindemann Mental Health Center
25 Staniford Street, 2nd Floor
Boston, MA 02114

BEST North Suffolk Urgent Care
140 B South Street
Jamaica Plain, MA 02130



BPS Department Of
Behavioral Health
Services



Boston Public Schools
Every Child Deserves a Safe
and Supportive School

Additional Resources:

FOR EMERGENCIES

Call **911** if you are concerned about imminent danger

FOR MENTAL HEALTH EMERGENCIES

Call the BEST team: **1-800-981-HELP (4357)**

Call or text Samaritans' 24/7 statewide Helpline:
877-870-4673

HOTLINES

DCF: (617) 748-2000
Domestic Violence: (877) 785-2020
Child Advocacy Center of Suffolk County: (617)-779-2146

FAMILY RESOURCES

[BPS Coronavirus Website](#)

[Talking to Children about COVID-19](#)

(English, Spanish, Amheric, Chinese, Korean, French & Vietnamese)

[Countering Coronavirus Racism and Stigma](#)

(English and Spanish)

[Managing Stress and Anxiety During this Outbreak](#)

[Coronavirus Information and Resources](#)

[Common Sense Media App Review for Mental Health Apps](#)

[Helping Children Cope with Emergencies](#)

[Taking Care of Your Behavioral Health](#)

[Children's Advocacy Center Resources](#)

COMMUNITY RESOURCES

For a **complete** list of all resources, please refer to the [City of Boston Resources Page](#), which is being updated frequently

HEALTHCARE (physical & mental)

Mayor's Healthline
617-534-5050

IMMIGRATION

[Resource Guide for Immigrant Families](#)

You can also call the [Boston Office of Immigrant Advancement](#) at 617-635-2980

HOUSING

[Office of Housing Stability](#)
617-635-4200

Request initial referrals for a voucher program for doubled-up families by completing this [form](#). Note that this is a new partnership and will not address immediate safety needs; please utilize the Office of Housing Stability too and consult with the BPS Opportunity Youth department to ensure safety first.

FOOD

3-1-1
&
DTA Assistance Line
(877) 382-2363

UNEMPLOYMENT

[Department of Unemployment Assistance \(MA\)](#)

[Donation & Relief Funds from City of Boston](#)

[Rental Relief Fund](#)

Emergency Assistance Available by calling:

- 2-1-1 (statewide)
- 3-1-1 (city of Boston)