



2021

RESOURCE
DIRECTORY

KEEPING COMMUNITIES SUICIDE SAFE



mcsp
Massachusetts Coalition
for Suicide Prevention

In 2017, over 47,000 people in the United States lost their lives to suicide. Over 600 of them lived in Massachusetts. Thousands more made attempts to end their lives or engaged in self-harming behavior resulting in hospitalizations and emergency room visits. Tens of thousands more individuals were impacted by these acts as they are the loved ones left behind. The mission of the Massachusetts Coalition for Suicide Prevention is to prevent suicide through state-wide advocacy and collaboration.

**MASSACHUSETTS COALITION
FOR SUICIDE PREVENTION**

Jennifer Kelleher, Managing Director
email: jkelleher@masspreventssuicide.org

masspreventssuicide.org



The MetroWest Regional coalition for Suicide Prevention works to support and actively engage with local programs, services and individuals to promote awareness and reduce the incidence of suicide in our region.

**METROWEST REGIONAL COALITION
FOR SUICIDE PREVENTION**

Barbara Brunzell and Eileen Davis, Co-Chairs

mwrcsp46@gmail.com



American Foundation *for* Suicide Prevention

Massachusetts

The American Foundation for Suicide Prevention (AFSP) is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by engaging in the following core strategies – funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention and supporting survivors of suicide loss and those affected by suicide in our mission.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION, MASSACHUSETTS CHAPTER

Michele Lee, Associate Area Director

mlee@afsp.org • 508-450-3309

afsp.org

CALL2TALK

WE'RE HERE TO LISTEN



Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass2-1-1, the statewide information and referral platform powered by the United Way. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide. Call2Talk is a National Suicide Prevention Lifeline Crisis Center and also partners with Crisis Text Line to respond to people by text.

Besides its primary function as a helpline, Call2Talk also collaborates with several agencies to provide reassurance calls for isolated older adults, on-site peer emotional support to suicide loss survivors and education and outreach to the community.

CALL2TALK MENTAL HEALTH/SUICIDE PREVENTION LINE

Eileen Davis, Director Call2Talk/
Vice President, Mass2-1-1
eileen.davis@uwotc.org - 508-370-4857
mass211.org/call2talk



HEARTplay has been a part of the MetroWest community for 25 years. We offer bereavement groups and individual sessions to young people of all abilities and their families ages 3-young adult. All of our services are offered at no cost to all participants. Please visit our website for more information www.heartplayprogram.org. We also offer a summer bereavement camp experience, Camp Erin® Boston. www.camperinboston.org

**BETH ISRAEL LAHEY HEALTH AT HOME
HEARTPLAYSM BEREAVEMENT SERVICES
FOR CHILDREN, TEENS AND YOUNG ADULTS.**

Jennifer Wiles, LMHC, BC-DMT, Director of Children's Services

Beth Israel Lahey Health at Home

jennifer.wiles@athome.bilh.org • 508-309-5107

526 Boston Post Road, Wayland, MA 01778

www.heartplayprogram.org



Families for Depression Awareness

Families for Depression Awareness (FFDA) helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. We offer families - particularly family caregivers like parents, spouses, adult children, and others - education, inspiration, tools and actionable advice so they can provide constructive support to their loved ones and help them on the path to mental wellness. Our website at familyaware.org has a wide variety of educational resources including webinars, videos, expert interviews, family stories, online assessments and tools, downloadable materials, and more to help caregivers feel better equipped and more confident in helping their loved ones with depression or bipolar disorder.

FFDA also offers on-site, upstream suicide prevention programs in Massachusetts, including Coping with Stress (adult depression) workshops, Teen Depression workshops, and Teen Speaker events. In 2020, these programs became available virtually; we aim to return to in-person events when public health permits. Visit familyaware.org/MArequest to request a training in your community. Please note, FFDA is an educational organization. We do not provide clinical services. FFDA is headquartered in Waltham.

FAMILIES FOR DEPRESSION AWARENESS

Susan Weinstein, Co-Executive Director

susan@familyaware.org • 781-890-0220

Hours of operation: M-F 9 am to 5 pm ET

familyaware.org



Local Outreach to Suicide Survivors

LOSsteam

Metro West

LOSsteam MetroWest is a volunteer crisis response team, comprised of suicide loss survivors who are called to the scene of a suicide to provide emotional support and local resources to the newly bereaved.

Through partnerships with local police departments, the Team currently supports the towns of Ashland, Holliston, Hopkinton, Hudson, Sherborn and Sudbury.

Supporting suicide prevention:

Those who have lost a loved one to suicide are 40% more likely to have thoughts of suicide. The overall goal of LOSsteam MetroWest is for survivors to reach out for help as soon as possible after their loss. Research shows that survivors seek help in less than 47 days after a LOSsteam visit, versus 4.5 years without LOSsteam intervention.

LOSSTEAM METROWEST

Barbara Brunzell, Team Leader

bbrunzell@me.com • 508-277-1340

LOSsteam MetroWest volunteers are on call 24/7.

lossteammetrowest.org



MINDING YOUR MiND

Since 2007, Minding Your Mind has reached hundreds of thousands of high school, middle school, and college-aged students, their teachers, families, and caregivers. Our programs occur during school assemblies, health classes, and workshops. To date, Minding Your Mind completed over 5,500 presentations, reaching more than 715,000 individuals. Our goal is to end stigma often associated with mental health challenges, and help reduce the incidence of substance use, self-harm, isolation, bullying, and suicide in teens and young adults. We work to increase help-seeking behavior, adaptive coping skills, and resiliency by cultivating a culture of compassion, openness, and advocacy.

MINDING YOUR MIND

Michelle Drolsbaugh, New England Regional Director

Michelle@mindingyourmind.org

mindingyourmind.org



LGBTQ+ youth are at increased risk of depression and suicide, and OUT MetroWest seeks to lessen these risks by connecting youth with accepting peers and affirming role models.

OUT MetroWest runs free social and supportive groups for LGBTQ+ youth including a weekly drop-in center for LGBTQ+ and allied youth in grades 6-12; a twice-monthly meeting for LGBTQ+ and allied youth in grades 6-8; a twice-monthly meeting for transgender and gender non-conforming youth in grades 9-12; a weekly meeting for LGBTQ+ and allied youth in grades 9-12; and a series of events for families with gender expansive children in preschool through grade 5. Programs are held across the MetroWest region—current locations and times are available on our website.

All programs are offered free of charge, and new participants are always welcome.

OUT METROWEST

info@outmetrowest.org - 508-875-2122

facebook and instagram: [@outmetrowest](https://www.facebook.com/outmetrowest)

outmetrowest.org



Celebrating over 45 years of service to children with social and emotional challenges!

Reed Academy is a non-profit therapeutic day school dedicated to helping boys who struggle in traditional academic settings. The purpose of their highly structured program is to promote social and behavioral development, as well as challenge them academically. Reed Academy's three core values are ***respect, responsibility, and results*** for themselves, as well as for those in the greater community.

Clinical, teaching, nursing and administrative staff work year-round in the 216 day program to ensure that students receive a well-rounded education, along with the support and guidance necessary for success. Summer activities include swimming, basketball, hiking in adjacent Callahan State Park, and much more.

REED ACADEMY

Monday - Thursday: 9:00 am - 3:30 pm (during the regular school year)

Fridays: 9:00 am - 12:30 pm

508-877-1222

1 Winch Street, Framingham, MA 01701

reed.academy@verizon.net | www.reedacademy.net



Every time we do something that helps our community grow more kind, resilient and welcoming, we **SPARK Kindness**. Together as families, schools, organizations, coaches, artists, faith, community, and business leaders, we can make sure that no one feels alone, bullied, unsupported or unconnected every day, and especially in the most challenging times.

Launched to counter cyberbullying in 2010, **SPARK Kindness** has grown into a nonprofit convener, educator, resource, and friend - and the biggest fan of our community's shared strengths. SPARK kindness hosts speakers, parenting groups, community activities, and supports whenever needed. All SPARK programs and resources are FREE thanks to dedicated volunteers, donors, business and philanthropic sponsors, and friends.

We'd love to connect with you, and hope you will join us for our *Resilient Community* free, (virtual) speaker series, offering accessible educational programming, resources and tools that support individuals and families in learning how to bounce back from life's challenges. SPARK events are always open to everyone!

SPARK KINDNESS, INC.

SPARKKindness.org

Connect with us: info@SPARKKindness.org

twitter: [@sparkkindness](https://twitter.com/sparkkindness) Facebook: facebook.com/SPARKKIND

Instagram: instagram.com/sparkkindness



Mental Health Collaborative

BUILDING RESILIENT COMMUNITIES THROUGH MENTAL HEALTH EDUCATION AND AWARENESS

Mental Health Collaborative is a 501(c)3 nonprofit organization dedicated to building resilient communities through mental health education and awareness.

Mental Health Collaborative provides mental health literacy trainings which proactively help to increase knowledge about mental health promotion, mental illnesses, and help-seeking efficacy (when and where to get help) and decrease stigma. We are 100% virtual due to the pandemic and we provide trainings to schools (grades 7-10), whole communities and also professional organizations.

People are suffering silently with mental illness due to shame, stigma and lack of real education. Our mission is to change this and we believe that in doing so, the suicide rate will decrease and people will get the help that they need sooner.

MENTAL HEALTH COLLABORATIVE

508-625-1660

Abbie Rosenberg, Founder and Executive Director

Monday - Friday 8:00 am - 6:00 pm

email: abbie@mentalhealthcollaborative.org

mentalhealthcollaborative.org



United Way of Tri-County

The United Way of Tri-County is passionate about building strong communities where everyone thrives. We bring people and resources together to help residents in our communities meet their immediate needs and become self-sufficient. Our work focuses on basic needs, education, health and financial stability – the building blocks for good quality of life.

When we Live United, we can tackle the toughest problems and make every neighborhood in our community a place where all people can realize their dreams.

WHAT DOES THE UNITED WAY OF TRI-COUNTY DO?

- Provides direct service programs for thousands of individuals and families
- Invests funding with strategic partner agencies
- Distributes donor designations to thousands of non-profit organizations
- Operates 3 food pantries and 2 hot meal programs in the MetroWest/495 Corridor
- Operates two free, confidential 24/7 help lines
- Operates the region's only volunteer center
- Operates a retail warehouse store

UNITED WAY OF TRI-COUNTY

888-811-3291

46 Park Street, Framingham, MA 01702

uwotc.org

CALL TALK

WE'RE HERE TO LISTEN

508-532-2255

or

Simply Dial 2-1-1

Texting is also available. Text C2T to 741741



Get Connected. Get Answers.



*Call2Talk is the mental health helpline of Mass2-1-1,
the statewide human service information and referral platform
powered by your local United Way*