



## *Mental Health Month Resources*

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### **Websites:**

- [NAMI Massachusetts](#)
- [Massachusetts Association for Mental Health](#)
- [Mental Health America](#)
- [Child Mind Institute](#)
- [Break the Stigma](#)

### **Local:**

- Ashland Department of Human Services-  
<https://www.ashlandmass.com/229/Department-of-Human-Services>
- Behavioral Health Partners Metrowest-<https://www.bhpmw.info/>
- Framingham Wayside Family Resource Center-  
<https://www.waysideyouth.org/aboutus/ourservicesoverview/services/waysidemetrowest/familyresourcecenter/>
- Framingham State University Mental Health Care in the Community-  
<https://www.framingham.edu/student-life/counseling-center/for-students/mental-health-care-in-the-community/index>
- SMOC Behavioral Healthcare- <https://www.smoc.org/behavioral-health-services.php>
- United Way of Tri-County- <https://www.uwotc.org/mass211> ,  
<https://www.uwotc.org/call2talk>

### **Phone numbers:**

- 1-800-273-8255 – National Suicide Prevention Lifeline
- 1-800-640-5432 – Advocates Crisis Support

-1-800-593-1125 – Sexual/Domestic Violence Hotline

### For Teens:

-[Mental Health | NIDA for Teens](#)

-[Mental Illness and Substance Use in Young Adults | SAMHSA](#)

### Mindfulness:

-[Mindfulness & Other Tools \(COVID-19\)](#)

- [Getting Started with Mindfulness](#)

-[Guided Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA](#)

### Other:

-DAET Tip-sheets- <https://ashlanddecisions.org/resources/tip-sheets/>

-Article “Mental health disorders & teen substance use”-  
<https://childmind.org/article/mental-health-disorders-and-substance-use/>

-Podcast- <https://flusterclux.com/>

### DAET Previous Mental Health Presentations:

**“Let’s Talk About Mental Health” Presented by:** Mental Health Collaborative (MHC). MHC is a non-profit mental health education and awareness organization based in Hopkinton.

This mental health literacy program gives parents, caregivers, and other adults an opportunity to explore mental health through an educational presentation on the importance of self-care; reducing stigma; the difference between mental health and mental illness; distinguishing between stress, anxiety and depression; coping strategies; and accessing local resources.

Powerpoint

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2022/01/Ashland-Parent-Training-January-2022.pdf>

Recorded Presentation

<https://drive.google.com/file/d/1IT8QCmlouoLtiB7wXyH2JSk3QPA9FAsO/view>

**“Mindful Parenting of K-12 Youth” Presented by:** Linda Price, M.Ed., CAGS, LEP, E-RYT, YACEP

An informative presentation to learn how to support your child to build resilience and shift from surviving to thriving. Receive practical strategies for managing family life including mindful parenting techniques, identifying and reducing your child’s stress and anxiety, and creating balance for your family.

Recorded Presentation

<https://vimeo.com/472744581/a06abc890d>

**“Surviving to Thriving: Supporting your Family’s Stress, Sadness, and Loss through Mindfulness” Presented by:** Linda Price, M.Ed., CAGS, LEP, E-RYT, YACEP

Linda discusses ambiguous loss, anticipatory anxiety, and the brain's role in stress & the stress response. Understanding these concepts is important to our own adult health, as well as the health of our children & teens. She then walks us through a series of simple body, visualization, art-based, and breathing strategies that we can use to reduce stress and anxiety through mindfulness.

Recorded Presentation

<https://event.webinarjam.com/login/8rxz1sl4fooi8xhoso>

**“Supporting Emotional Wellbeing During the Pandemic” Facilitated by:** DAET with presenters Mama Bear Consulting, Ashland Public Schools, Ashland Human Services, Wayside Youth & Family Support Network, and the Behavioral Health Partners of MetroWest

Local and regional experts answered questions, and offered information, strategies, & resources for supporting ourselves and our families as we entered the COVID-19 pandemic. The information is still relevant and useful as we emerge from the past 2 year.

Powerpoint

<https://www.ashlanddecisions.org/wp-content/uploads/2020/06/Supporting-Emotional-Wellbeing-PPT-for-Website-converted.pdf>

Recorded Presentation

<https://www.youtube.com/watch?v=WqOE6gWqjwM>