



## *Healing and Mental Wellness*

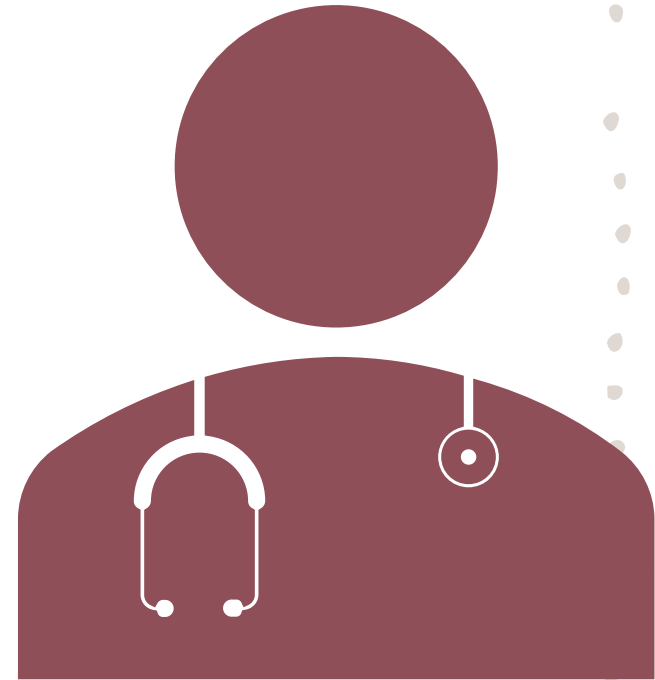
MENTAL WELLNESS RESOURCES

Abelard Psychotherapy Inc 781-344-0057



*Mental Wellness Resources*

*Find a therapist  
and or service  
provider in your  
area:*



<https://findtreatment.samhsa.gov/locator>

# Take a mental screen



<https://screening.mhanational.org/screening-tools/>

# Community Resources

- Elder Care, [Eldercare Locator \(acl.gov\)](https://www.eldercare.gov) A free national service that helps find local resources for seniors
- Veterans Crisis Hotline, [www.veteranscrisisline.net](https://www.veteranscrisisline.net), 1-800-273-8255
- Trevor Project, [www.thetrevorproject.org](https://www.thetrevorproject.org), 1-866-488-7386 LGBTQ community resource and advocacy for mental health awareness
- [The National Council on Aging \(NCOA\)](https://www.ncoa.org) Provides materials on social isolation and loneliness for older adults



# Behavioral Health Emergency

Call or Text

**988**

24 hours / 7  
days a week

**988 can be used anytime, anywhere you or a loved one is in emotional distress or having suicidal thoughts.**

# Select References Cited

**988 Mass. Gov**

<https://www.mass.gov/info-details/about-988-suicide-and-crisis-lifeline>

**Mental America Health Screen**

<https://screening.mhanational.org/screening-tools/>

**National Institute of Mental Health**

<https://www.nimh.nih.gov/health/statistics/mental-illness>

**National Survey of Drug Use and Health**

<https://www.samhsa.gov/data/release/2020-national-survey-drug-use-and-health-nsduh-releases>

**SAMSHA Treatment Locator**

<https://findtreatment.samhsa.gov/locator>