

- **Emotional Health & Well Being Resources:** This is no doubt a stressful time for many. Whether you, a family member, or friend is struggling with unemployment, the stress which comes with the constant care of children and other loved ones, or the anxiety and isolation that COVID-19 has forced upon is, we want you to know that there is help available. Some of the available resources include the following:
 - National Suicide Prevention: 1-800-273-8255
 - Department of Children & Families: 1-800-792-5200
 - National Domestic Violence Hotline: 1-800-799-7233
 - The Parental Stress Line (“parents helping parents”) available 24/7 in all languages: 1-800-632-8188
 - SafeLink – Massachusetts statewide domestic violence support and resources 24/7 helpline: 877-785-2020
 - The Disaster Distress Helpline: 1-800-985-5990 (24/7/365)
 - Crisis Text line: text HOME to 741741
- **Meditation and emotional well-being (free apps and events)**
 - <https://www.headspace.com/covid-19>
 - <https://insighttimer.com/>
 - <https://blog.calm/take-a-deep-breath>
 - <https://www.coursera.org/learn/the-science-of-well-being> (Yale Happiness Lab)
 - http://events.si.edu/143846016/WorkshopMeditationandMindfulness?fbclid=IwAR3NU6Sq_tMiFeOUpcG8r3mg6t6jW_Mx05SgQHPDONik07IBhF-2cK7yPy0
 - <https://simplehabit.com/topic/5e5ff677e9621d0004cd3299>
- **Smoking and Vaping Resources:**
 - [Smoking, Vaping and COVID-19](https://www.mass.gov/doc/covid-vaping-advisory-english-and-spanish/download) from Attorney General Maura Healey
<https://www.mass.gov/doc/covid-vaping-advisory-english-and-spanish/download>
 - [Smoking, Vaping and COVID-19: the Connection and How to Quit](https://www.massgeneral.org/assets/MGH/pdf/children/adolescent-medicine-smoking-and-covid19.pdf) from MassGeneral Hospital
<https://www.massgeneral.org/assets/MGH/pdf/children/adolescent-medicine-smoking-and-covid19.pdf>
 - [Smoking and E-cigarette Use Put Individuals at Increased Risk of Coronavirus](http://www.wmpeds.com/wp-content/uploads/2020/04/Tobacco-and-COVID-19-Final.pdf) (COVID-19) from Westwood-Mansfield Pediatrics
<http://www.wmpeds.com/wp-content/uploads/2020/04/Tobacco-and-COVID-19-Final.pdf>

- **Support Groups:** (there are many options available for virtual support groups; below is a list to begin with)
 - https://drive.google.com/file/d/1CBbC5TYjUmlk1K2zhxQKjNj2h1H6Qdwx/view?fbclid=IwAR0CfdA5xjhVaoaRQWMszZRjI9Xr4dZ-iE_HbWOyRvEtc30e3FmyaC15Rk
Weekly community experts offer support and coping skills to manage the stress and anxiety associated with COVID-19. (April 2nd/ April 9 session with Gloria R. Deckro) New Zoom links will be sent out for new sessions weekly.
 - <https://www.jfcsboston.org/About/Upcoming-Events/Upcoming-Events/free-groups-for-parents-of-newborns?fbclid=IwAR0gOv1JfFIMzvXXsn6-9W8xYyCwINW96PxK96Rqbt5f7PW5eQILMkNlnB4>
Virtual weekly support groups on postpartum depression and for parents of newborns

In addition, you may be able to contact your behavioral health provider to see if they might be able to schedule a telehealth visit (virtual therapy session).

For additional information regarding emotional health and well-being, please visit the mass.gov website at: <https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak>

- **Websites: Resources on mental health and mindfulness with a focus on COVID-19**
 - <http://projectteachny.org/mmh/> Project TEACH, Maternal Mental health Initiative
 - <https://nami.org/> National Alliance on Mental Illness
 - <https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/mindfulness>
- **Nursing Home Resource Line:** The Baker-Polito Administration also announced the launch of a new Nursing Home Family Resource Line, a dedicated telephone line that will connect family members of nursing home and rest home residents with the information and resources they need. This resource was created so that family and community members have one central contact that they can reach out to if they have questions or concerns about the care their loved one is receiving during the COVID-19 outbreak. The line is staffed from 9 AM – 5 PM, seven days a week. Staff will coordinate across state agencies to help callers find answers to their questions. Families and community members can call the line at (617) 660-5399.