

Helpful Services Available During the COVID-19 Outbreak Reading, MA



In this document we have compiled a list of various resources available to our community to support people who are facing unprecedented hardships due to the COVID-19 outbreak. Please check this document regularly as we will continue to update it as the services available change.

If you have questions or need to access a type of service that is not included in this document, please contact Samantha Salkin, Outreach Coordinator, [Reading Coalition for Prevention & Support](#) at ssalkin@ci.reading.ma.us and we will assist you in accessing the services you need.

Thank you to our partners in the [Mystic Valley Public Health Coalition](#) for helping us compile this resource list.

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Stay Informed

For the most up-to-date information on how the Town of Reading is responding to the COVID-19 outbreak, please consult the following websites:

Town of Reading: [Website](#) and [Facebook Page](#)

Reading Police Department: [Facebook Page](#)

Reading Public Schools: [Website](#) and [Twitter Page](#)

Substance Use Disorder Treatment and Support Resources

Find Treatment Options:

- [Massachusetts Substance Use Helpline](#): 800-327-5050
 - Public resource for finding substance use treatment and recovery services. Helpline services are free and confidential
 - Hours of operation: Monday-Friday 8AM-10PM, Saturday-Sunday 8AM-6PM
- [SAMHSA 24-Hour Treatment Referral Helpline](#): 800-662-4357
 - Free, confidential, treatment referral and information service (in English and Spanish) for individuals and families dealing with substance use disorders
 - Hours of operation: 24/7
- [Massachusetts Behavioral Health Access](#)
 - Resource that helps both providers and members locate openings in mental health and substance use disorder services
 - **To find detox beds:**
 - i. Under Substance Use Disorder Services click on “find provider openings”
 - ii. Use drop down menu to search for available services, for detox beds select “ATS”
 - iii. *For more information on detox beds, please contact Samantha Salkin, Outreach Coordinator, Reading Coalition for Prevention & Support at ssalkin@ci.reading.ma.us*
- [Massachusetts Network of Care](#)
 - A directory of over 5,000 programs and organizations across the Commonwealth, searchable by keyword and zip code
 - *Does NOT match with individual providers, provides information on programs*
- [Column Health](#)
 - “We facilitate full recovery from mental illness and substance use disorders; enabling stability and self-actualization for our patients and team members. We restore hope to individuals and families suffering from these debilitating illnesses through evidence-based world-class treatment and education, while conducting industry-leading research and analysis to continuously improve the efficacy of treatment and service delivery.”
 - Options for same-day appointments when an individual calls seeking services
 - Locations in Arlington, Somerville, Lowell, Lawrence, Brighton, Attleboro, Stoughton, Norton
- Online Tobacco Cessation Support: [Become An Ex](#)
 - Expert support and community support with building motivation, quit planning, and maintaining cessation

Virtual AA, NA, and Addiction Support Meetings:

- [Bridge Recovery Center](#)
 - Peer support recovery center located in Malden, MA. Offering a variety of virtual programming during the COVID-19 pandemic.
- [Online Intergroup: Alcoholics Anonymous](#)
 - Directory a multitude of online/phone AA meetings
- [In The Rooms: Global Online Recovery](#)
 - Free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. Embraces multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.
- [Herren Project Recovery Group](#)
 - Peer support based live online recovery meeting regardless of your pathway to recovery. Whether you attend AA, NA, Refuge Recovery or any other type of addiction support program, all are welcome. The meetings will start with a speaker followed by fellowship and sharing. All meetings are confidential.
 - Meeting held every night at 7:30PM EST
- [Unity Recovery](#)
 - Online recovery support groups which will be available five times daily at 9AM, 12PM, 3PM, 6PM, and 9PM EST
- [Pause a While, Inc](#)
 - Free conference-call AA meeting hosted at 2PM EST daily
 - Dial in number: 425-436-6360, Access Code: 422932
- [Staying Cyber](#)
 - Online series of weekly Alcoholics Anonymous meetings
- [Narcotics Anonymous World Services](#)
 - Narcotics Anonymous meeting using various platforms, multiple times available
- [Virtual NA](#)
 - Narcotics Anonymous meetings online and by phone, multiple times available
- [Never Alone Club](#)
 - A group of Narcotics Anonymous with daily online meetings where those seeking recovery can chat 24/7 for support and fellowship
- [Cocaine Anonymous](#)
 - Email and phone-based meetings, multiple times available
- [Gamblers Anonymous](#)
 - Virtual meetings held every night from 9-11PM EST, information to how to join meetings listed on website
- [Marijuana Anonymous](#)
 - Virtual and phone-based meetings, multiple times available
- [Nicotine Anonymous](#)
 - Virtual and phone-based meetings, multiple times available
- [Recovery Speakers](#)
 - Listen to recovery speakers from many different 12 step groups
 - Pre-recorded audio, available anytime

Family Support Groups:

- [Herren Project Spousal Support Group](#)
 - For spouses of those struggling with addiction
 - Meets Tuesdays at 7:30PM EST
- [Herren Project Family Support Group](#)
 - For family members, and friends struggling with a loved ones substance use
 - Meets Mondays at 8:00PM EST
- [Herren Project Parent Support Group](#)
 - For parents struggling with their adolescent or adult child's substance use
 - Meets Mondays at 12:00PM EST
- [Unity Recovery](#)
 - One daily family and loved one recovery support meeting at 8:00PM EST
- [Al-Anon](#)
 - Offers help and hope to anyone who is affected by alcoholism in a family member or friend, multiple times available

Mental Health Treatment and Support Resources

Mental Health Support Hotlines:

- [Samaritans Hotline](#): 800-252-8336
 - “Preventing suicide, providing hope”
 - Hours of operation: 24/7, available by phone or text message
- [Crisis Text Line](#): Text “HOME” to 741741
 - Serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text
 - Hours of operation: 24/7
- [National Suicide Prevention Lifeline](#): 800-273-8255
 - Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals
 - Hours of operation: 24/7
- [Disaster Distress Helpline](#): 800-985-5990, text “Talk With Us” to 66746
 - National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.
 - Hours of operation: 24/7

Find Treatment Options:

- [INTERFACE Referral Service](#): 888-244-6843
 - Callers will work with a Resource and Referral Counselor who will help them navigate the challenges of finding mental health services. Each caller will be assigned a lead counselor who will provide matches to services, as well as provide information and resources about mental health and wellness
 - *Matches callers with individual providers who are currently accepting new patients*
 - Hours of operation: Monday-Friday 9AM-5PM
- [Eliot Community Services](#): 800-988-1111
 - Provides mobile psychiatric evaluation, crisis intervention, stabilization, and follow up for those in acute psychiatric distress
- [Massachusetts Network of Care](#)
 - A directory of over 5,000 programs and organizations across the Commonwealth, searchable by keyword and zip code
 - *Does NOT match with individual providers, provides information on programs*

Mental Health Support Groups:

- [National Alliance on Mental Illness Connection Recovery Support Group](#)
 - NAMI Connection is a free, peer-led support group for people who are concerned about their mental health. Groups are led by NAMI-trained facilitators who've been there. NAMI Connection groups allow you to talk about your experiences in a safe and confidential setting. The groups encourage empathy, productive discussion, and a sense of community.
 - Groups will meet via phone, times listed on website
- [National Alliance on Mental Illness Family Support Group](#)
 - NAMI Family Support Groups are free groups for family members, friends, and other caregivers of people diagnosed with mental health conditions. Family Support Groups provide a nonjudgmental environment where caregivers can discuss concerns, learn about local resources, and benefit from one another's collective knowledge and experience. Led by NAMI-trained facilitators who are also family members, they provide comfort, hope, and a sense of community.
 - Groups will meet via phone, times listed on website
- [7Chairs](#)
 - 7Chairs is committed to ensuring that no one remains alone while battling a health condition. Online groups are facilitated by a licensed psychotherapist.

Coping with Stress and Anxiety During a Crisis

Suggestions on Managing Mental Health During the COVID-19 Outbreak

- [MassSupport](#): 800-215-4920
 - Provides free community outreach and support services to people of all ages living in Massachusetts in response to the unprecedented public health crisis, COVID-19
 - Hours of operation: Monday-Friday, 8AM-8PM
- [Disaster Distress Helpline](#): 800-985-5990, text “Talk With Us” to 66746
 - National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.
 - Hours of operation: 24/7
- Open Sky: [Coping During COVID](#)
 - Series of videos recorded by clinicians with tips on managing stress, staying sober, and dealing with mental health challenges during COVID-19
- SAMHSA: [Coping With Stress During Infectious Disease Outbreaks](#)
- McLean Hospital: [Caring for Your Mental Health During Coronavirus](#)
- American Foundation for Suicide Prevention: [Taking Care of Your Mental Health During Uncertainty](#)
- Child Mind Institute: [How to Avoid Passing Anxiety on to Your Kids](#)

Talking with Children About a Crisis

Suggestions on Talking with Children About COVID-19

- National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- PBS: [Talking with Children About COVID-19](#)
- SAMHSA: [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
 - This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.
- Harvard Graduate School of Education: [Helping Children Cope with Coronavirus and Uncertainty](#)
- CapRadio: [A Comic Exploring the New Corona Virus](#)
- A short video story for young children on social-distancing: [Time to Come in, Bear](#)
- Child Life Disaster Relief: [Helping Children Cope with COVID-19](#)
 - A collection of resources to help children understand and process COVID-19

Resources for Parents

- [Child Mind Institute](#)
 - Various resources to help parents manage work, child care, and self-care
 - “We know parents are struggling to balance work, child care and self-care while keeping worries — both your children’s and your own — under control. You don’t have to do it alone.”
- [Parental Stress Line](#): 800-632-8188
 - Trained volunteer counselors provide non-judgmental and sympathetic support to manage the stress of parenthood.
 - Hours of operation: 24/7, support available in all languages
- The National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)
 - Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope.
- Zero to Three: [Tips for Families](#)
 - Age-appropriate (0-3 years old) responses to common questions, a guide to self-care, and activities for young children experiencing social distancing
- Child Life Disaster Relief: [Printable Resources for Parents and Caregivers to Support Children During a Crisis](#)

Coping with Stress Around Reopening

- [Operation Parent](#)
 - A collection of resources and webinars geared towards helping families manage stress during COVID-19 and plan for reopening
- [Mystic Valley Public Health Coalition](#)
 - [#ConnectAndCope](#): A collection of resources to support families during times of adversity
 - View the [webinar recording](#) on ethical decision making during reopening

Activities for Children and Teens

Suggestions for Physical Activity

- [Physical Activity Alliance](#)
 - List of free resources that make it possible for people of all ages to be active at home, updated regularly

At-Home Activities for Kids and Teens

- Jewish & Family Services: [Things to do at home with kids](#)
- Children's Mental Health Campaign: [Resources and Activities for Families at Home](#)

National Parks and Other "Travel"

- [5 Field Trips to Canada](#), Activities Included
- [National Parks](#) Google Earth is offering free virtual tours of 31 parks!
- [Yellowstone National Park](#), Featuring [Mud Volcano](#), [Mammoth Hot Springs](#), and so much more.
- [Explore the surface of Mars](#) on the Curiosity Rover.
- U.S. Space and Rocket Museum in Huntsville, AL, see the [Saturn 5 Rocket](#)
- Visit the Great Wall of China via this [Virtual Tour](#)
- This Canadian site [FarmFood 360](#) offers [11 Virtual Tours](#) of farms from minks, pigs, and cows, to apples and eggs

Museums

- Travel to Paris, France to see amazing works of art at [The Louvre](#)
- Walk through the [Boston Children's Museum](#) thanks to Google Maps! This virtual tour allows kids to explore 3 floors of fun.

Zoos and Aquariums

- [Visit the New England Aquarium](#), activities included
- [Atlanta Aquarium](#)
- [Cincinnati Zoo Home Safari](#) -"Home Safaris" at 3pm EST, broadcast live on Facebook.
- The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games.
- [Panda Cam at Zoo Atlanta](#)

Art and Enrichment

- [Enrichment Activities](#) - a comprehensive list of over 250+ activities that can be done online and offline, table indicates the developmental level of each activity, plus the level of parent involvement needed
- [Art with Mo Willems](#) - Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. New episodes at 1PM every weekday.
- Discovery Education Virtual Field Trips, a few of the field trip topics include:
 - [Polar Bears and the Tundra](#)
 - [Social Emotional Skills](#)
 - [STEM](#)
 - [manufacturing](#)

Resources adapted from William James College. Visit their [website](#) for additional activities as well as screen-free activities and resources for children with disabilities.

Food Access Resources

- [Reading Food Pantry](#)
 - Please contact Kerry Valle, Senior Case Manager, with questions about how to access food services.
 - Phone: 781-942-6659, email: kvalle@ci.reading.ma.us
 - Information also available on the [Reading Food Pantry Facebook Page](#)
- [Project Bread](#)
 - Project Bread works to fully enroll individuals in state and federal nutrition programs as well as refer callers to local food resources.
 - **FoodSource Hotline:** 800-645-8333
 - Offers comprehensive statewide information and referral service in Massachusetts for people facing hunger. Can connect callers to food resources in their community.

Domestic Violence Resources

- [National Domestic Violence Hotline](#): 800-779-7233, text “love is” to 22522
 - Hours of operation: 24/7
- [RESPOND, Inc](#)
 - Hotline (Monday-Friday 8AM-8PM): 617-623-5900
 - Provides life-saving shelter, a crisis hotline, support services, individual and group counseling to domestic violence survivors
 - Services are free, confidential, and available to all survivors of domestic abuse—women, men, teens and children
- [The Network La Red](#)
 - 24 hour hotline: 617-742-4911, spanish language available
 - Survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, SM, polyamorous, and queer communities.

Elder Resources

- [Reading Elder and Human Services](#)
 - If you or a family member are in need of [Elder Services](#) or are looking for information on services being offered by the [Pleasant Street Senior Center](#), please contact:
 - Kerry Valle, Senior Case Manager
 - Phone: 781-942-6659
 - Email: kvalle@ci.reading.ma.us
 - Alyse Warren, Nurse Advocate
 - Phone: 781-942-6693
 - Email: awarren@ci.reading.ma.us

Veterans' Resources

- [Reading Veteran Services](#): Please contact Kevin Bohmiller, Veterans' Service Officer, if you are a Veteran in need of additional support.
 - Phone: 781-942-6652
 - Email: kbohmiller@ci.reading.ma.us
- [Veterans Crisis Line](#): 800-273-8255, select menu option #1
 - Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.
 - Text message and online chat options also available

Health Insurance Resources

- [Health Care For All Health Insurance Hotline](#): 800-272-4232
 - Statewide multilingual phone service that helps Massachusetts residents at all income levels with enrolling into health insurance coverage, answering questions about insurance, and troubleshooting cases.

Resources in Spanish/Recursos en español

- [Massachusetts Immigrant and Refugee Advocacy Coalition](#)
 - Información en español para ayudarle a proteger la salud de su familia; saber lo que necesita si es inmigrante; entender qué recursos están disponibles; y acceder a esos recursos.
- [Puerto Rico Public Health Trust](#)
 - Información en español sobre el coronavirus y actividades para niños