



Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow

Mental Health Resources available during COVID-19

Find Mental Health Services:

Interface Referral Service:

INTERFACE is a mental health resource and referral Helpline that subscribing communities have contracted with to help children, adults and families become connected to mental health and wellness resources. Below, please find some information about what you can expect when you call the INTERFACE referral Helpline and are working through the referral process.

HELPLINE 888-244-6843 (toll free)

Mon – Fri, 9am – 5pm

<https://interface.williamjames.edu/community/reading>

Eliot Community Services:

Eliot provides an integrated and comprehensive network of community-based services to more than 50,000 individuals and families throughout Massachusetts. Provides mobile psychiatric evaluation, crisis intervention, stabilization, and follow up for those in acute psychiatric distress.

Psychiatric Emergency Services: 24hrs/7 days a week.

Phone: (800) 988-1111

<http://www.eliotchs.org/>

Massachusetts Behavioral Health Access (MABHA)

A website helps both providers and members locate openings in mental health and substance use disorder services. We welcome everyone to search for services that they can access directly from their community. Administered by the Massachusetts Behavioral Health Partnership (MBHP)

Phone: (800) 495-0086 | Boston Office: (617) 790-4000

<https://www.mabhaccess.com/CBHI.aspx>

Available Counseling Services:

Child and Family Services:

Multiple locations offering Outreach Services Including: Empowering Families for Success (EFS), In-Home Therapy (IHT), Therapeutic Mentoring (TM) & Parents as Teachers (PAT)

<https://child-familyservices.org/>

Phone: 508-742-1040

Counseling Services of Greater Boston

77 Lincoln St, Wakefield, MA 01880

<http://www.csqboston.com/>

Phone: 781-328-1904

General Psychological Associates

3 Dundee Park, Ste 203 Andover, MA 01810

<https://www.generalpsychologicalassociates.com/>

Phone: 978-475-3590

Psychotherapy Associates

58 Concord Street, North Reading, MA 01864

<https://www.panr.net/>

Phone: 978-664-2566

***Adult referrals only, can support with parenting needs. **

Mental Health Support Hotlines:

Samaritans Hotline: 1-800-252-8336

“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 Hotline: 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

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 \(A parent resource\)](#)

PBS: [How to talk to your children about COVID-19](#)

Other Parent Resources:

Child Mind Institute

“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.”

<https://childmind.org/>

Parents helping Parents of Massachusetts

Parents or guardians with problems relating to their children do not hesitate to call us. Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental along with being sympathetic. We offer support to anyone seeking it no matter how big or small.

Hours of operation: 24/7, support available in all languages.

Parental Stress Line: 800-632-8188

<https://www.parentshelpingparents.org/parental-stress-line>

The National Child Traumatic Stress Network:

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease](#)

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.

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 [Town Facebook Page](#)

Reading Police Department: [website](#) and [Reading PD Facebook Page](#)

Reading Public Schools: [Reading Schools Facebook](#) and [Reading Schools Twitter](#)