

# MAY NEWS

From Newton HHS

**TOGETHER**  
for Mental Health

#Together4MH

**May is Mental  
Health  
Awareness  
Month**

May is Mental Health Awareness Month. Mental health is an incredibly important part of overall health. More than 51 million adults in the US face the reality of managing a mental illness every day. One in six young people (ages 6-17) experience a mental health condition each year. Taking on the challenges of mental health conditions and erasing stigma around mental illness takes all of us!

See below for resources on how to navigate a mental health crisis and access long-term support. If you have questions about these resources please contact the Health & Human Services Department at 617-796-1420 and ask to speak with Social Services.

**To talk with someone, call:**

- [Samaritan Helpline](#) - Suicide Prevention
  - 1-877-870-HOPE (4673)
- [National Suicide Prevention Lifeline](#)
  - 1-800-273-TALK (8255)
  - TTY: 1-800-799-4889

**Call 911 for emergencies**

- [Riverside Emergency Services](#) - Mental Health & Substance Use
  - 800-529-5077
- [Newton-Wellesley Hospital](#) - Mental Health
  - 617-243-6006

**For resource information and/or provider referrals from a mental health**

professional:

- [INTERFACE Referral Service](#)
  - 1-888-244-6843
- [Behavioral Health Treatment Services Locator](#)
- [Online Anonymous & Confidential Mental Health Screening](#) - After answering a few questions, the user will receive feedback, educational materials, and treatment resources if necessary.

[Visit our Website](#)

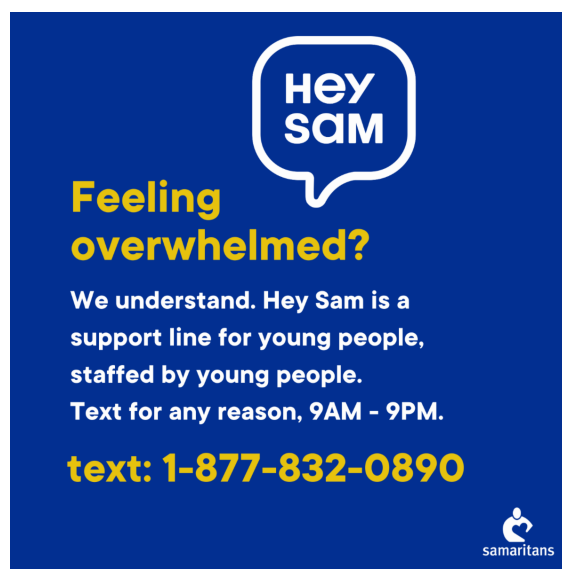
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## Youth Resources

May 1st - May 7th was **Children's Mental Health Awareness Week** ! Below are resources to support youth and families:

- Families for Depression Awareness: [Tween and Teen Depression Resources](#)
- Families for Depression Awareness: [Resources for Addressing Family Stress](#)
- [BeMe](#) is a mobile mental health platform made for and With Teens In Mind to improve teen well-being by bringing together the best aspects of social, gaming and streaming engagement along with human coaching and clinical care.

**Samaritans, Inc.** has launched "**Hey Sam,**" a **dedicated peer-to-peer texting service** for people up to 24 years old. Designed for and staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are struggling, need someone to talk to, or need support. Volunteers ages 15-24 will be responding to the messages that come in through this line, available from 9am-9pm every day. Text us at **1-877-832-0890** and check us out online at:

A blue rectangular graphic with white and yellow text. At the top right is a white speech bubble containing the text 'HEY SAM'. Below it, the text reads: 'Feeling overwhelmed?' in yellow, 'We understand. Hey Sam is a support line for young people, staffed by young people.' in white, 'Text for any reason, 9AM - 9PM.' in white, and 'text: 1-877-832-0890' in yellow. In the bottom right corner is the Samaritans logo, which consists of a white icon of two people and the word 'samaritans' in white lowercase letters.


**HEY SAM**

**Feeling overwhelmed?**

We understand. Hey Sam is a support line for young people, staffed by young people.

Text for any reason, 9AM - 9PM.

**text: 1-877-832-0890**

samaritans

[Hey Sam](#)

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## Upcoming Programs

May is Mental Health Awareness Month and we are hosting a series of programs to support the mental health of our community.

On Wednesday, May 25th, 6:00pm-8:00pm at Newton North High School, we are partnering with Samaritans, Inc., Riverside Community Care, NWH: The Resilience Project, and Families for Depression Awareness to provide information about mental health and mental illness, resources on how to respond and support our families and neighbors, and an opportunity to connect directly with local mental health agencies



**WEDNESDAY MAY 25TH 6:00 PM - 8:00 PM**

Registration and light refreshments from 6:00 pm - 6:25 pm

**NEWTON NORTH HIGH SCHOOL CAFETERIA**

Join the City of Newton Health & Human Services Department, Riverside Community Care, Samaritans Inc., Families for Depression Awareness, and The Resilience Project at Newton-Wellesley Hospital to learn about mental health and mental illness, how to respond and support family, friends, and neighbors experiencing a mental health crisis, and connect directly with local mental health agencies.



**Public Health**  
Prevent. Promote. Protect.

**REGISTER AT: [www.newtonma.gov/socialservices](http://www.newtonma.gov/socialservices)**



**Riverside Community Care**  
Leading the Way in Behavioral Healthcare & Human Services

**Families for  
Depression Awareness**

Health & Human Services | 617-796-1420

**Register**

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**Save the Date!**

**Mental Health: Crisis Intervention Panel**  
Wednesday June 1 at 6:30 PM on Zoom

**Mental Health: Teens & Parents**  
Wednesday June 15 at 6:00 PM at Newton North High School

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**Let's Get to Work!**  
*Join Youth Services for a Virtual Workshop Series*



**Mon. May 16 - PART I**

- How to apply for a job
- Cover letter and resume review
- Preparing for an interview

**Mon. May 23 - PART II**

- Onboarding documents
- Work permit application

**6:00 PM - 7:00 PM on Zoom**

**Register**

# Newton Celebrates Pride Month

## Pride Flag Raising Ceremony

### Honoring The Newton South High School GSA

Join us for the Pride Flag raising ceremony and stay to enjoy some ice cream!



**Wednesday June 1, 2022**  
**6:00 PM - 7:00 PM**



**City Hall South Lawn**  
**1000 Commonwealth Ave**

**NEWTON HUMAN  
RIGHTS  
COMMISSION**

Show your **#NewtonPride**  
by hanging a rainbow or pride  
flag in your window!

**[www.newtonma.gov/hrc](http://www.newtonma.gov/hrc)**

## May is Hepatitis Awareness Month

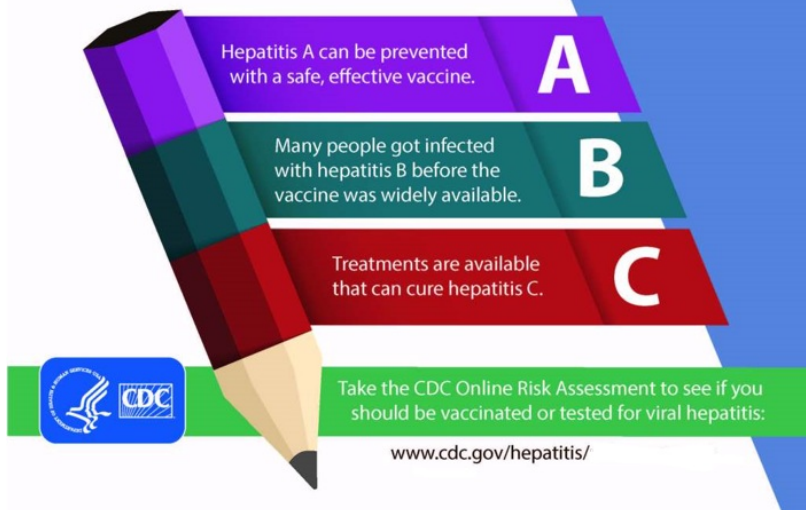
May is Hepatitis Awareness Month and with Hepatitis [in the news](#) lately, you may be wondering - what is hepatitis? Here are some key facts to know:

- Hepatitis means inflammation of the liver. Hepatitis is often caused by a virus.
- The most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C.
- Chronic hepatitis B and hepatitis C are leading causes of liver cancer in the United States.
- Both hepatitis A and hepatitis B are preventable with safe and effective vaccines, and hepatitis C is curable with prescribed treatment.
- About 66% of people with hepatitis B are unaware of their infection and about 40% of people living with hepatitis C do not know they are infected.
- Getting tested is the only way to know if you have hepatitis A, hepatitis B or hepatitis C.

### General Hepatitis Information

## KNOW THE ABC'S OF VIRAL HEPATITIS

More than 4 million people in the US are living with viral hepatitis. Most don't know it!



Hep A

Hep B

Hep C

### Are You a Nurse Looking to Join a GREAT Team?

Our School Health Services division is hiring full time and substitute school nurses for the upcoming school year. Find a rewarding career and excellent benefits with our School Health Services team!

[Find Out More!](#)

**GRAB & GO ENDING ON FRI MAY 27TH - Call Social Services to be connected to food resources at 617-796-1420**

MAY 2022

| SUN | MON                | TUE                              | WED   | THU | FRI  | SAT                                  |
|-----|--------------------|----------------------------------|---|-----|--|--------------------------------------|
| 1   | 2                  | 3<br>1-6 Centre St. Food Pantry  | 4<br>10-12 Grab & Go<br>12 -7 Newton Food Pantry  | 5   | 6<br>10-12 Grab & Go   | 7<br>11:30- 2 Centre St. Food Pantry |
| 8   | 9                  | 10<br>1-6 Centre St. Food Pantry | 11<br>10-12 Grab & Go<br>12 -7 Newton Food Pantry | 12  | 13<br>10-12 Grab & Go<br>10-1 Arabic Baptist Food Pantry                         | 14                                   |
| 15  | 16                 | 17<br>1-6 Centre St. Food Pantry | 18<br>10-12 Grab & Go<br>12 -7 Newton Food Pantry | 19  | 20<br>1-2 CSFP (Senior Ctr)<br>10-12 Grab & Go<br>10-11 Mobile Market (Post 440) | 21                                   |
| 22  | 23                 | 24<br>1-6 Centre St. Food Pantry | 25<br>10-12 Grab & Go<br>12 -7 Newton Food Pantry | 26  | 27<br>10-12 Grab & Go<br>10-1 Arabic Baptist Food Pantry                         | 28                                   |
| 29  | 30<br>MEMORIAL DAY | 31<br>1-6 Centre St. Food Pantry |   |     |  |                                      |

**CSFP (Commodity Supplemental Food Program) - APPT ONLY**  
Residents age 60+ Income guidelines  
Call Emily Kuhl for info: 617-796-1672

**Mobile Market - Post 440 (295 California St.)**  
10 - 11 AM on the third Friday of every month  
To register, call Ken Poirier at (617) 244-0440.

**Grab & Go Details:**  
WED & FRI 10AM - 12 NOON  
Wed- 2 day bag & Fri - 5 day bag  
at **Newton North (theater entrance)**

**Newton Community Freege -**  
Open 24/7

**420 Watertown St.** (parking lot of Central Drapery & Dry Cleaning)

**Newton Food Pantry** 1000 Comm. Ave. 617-796-1233  
newtonfoodpantry@gmail.com (shop 2x/month)  
12 PM - 3 PM By Appointment Only  
3 PM - 7 PM Walk-Ins

**Centre St. Food Pantry** 11 Homer St. 617-340-9554  
info@centrestfoodpantry.org (shop 1x/month)  
1 PM - 2 PM Senior Hour, 2:30 PM - 6 PM All Ages

**Arabic Baptist Food Pantry** 187 Church St. 617-723-9766  
arabicbaptistboston@gmail.com (shop 2x/month)

**Grab & Go Food Program**

Health and Human Services  
1000 Commonwealth Ave  
Room 107A  
Newton, MA 02459  
[health@newtonma.gov](mailto:health@newtonma.gov)  
(617) 796-1420

City of Newton, MA



**Public Health**  
Prevent. Promote. Protect.



City of Newton | 1000 Commonwealth Avenue, Newton, MA 02459

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