

Thank for your participating in Families for Depression Awareness' Addressing Family Stress and Depression workshop. This handout provides a central location for resources mentioned throughout the training. Contact us at info@familyaware.org if you have any questions about the information provided.

Your feedback is important to us. Please remember to complete the post-event survey at your earliest convenience. Link to survey, <http://familyaware.org/afs-survey/>

Families for Depression Awareness

Fact Sheets

- Coping with Stress Fact Sheet: <https://bit.ly/CWSNewtonFactSheet>
- Reframing Negative Thoughts Sheet: <https://bit.ly/ReframingNewtonSheet>
- Family Action Plan Video and Template: <https://familyaware.org/actionplan/>

Website and Additional Resources

- Free Mental Health Webinars: <http://www.familyaware.org/register-for-a-free-education-training/>
- Teen Depression Programming for School and Community Partners: familyaware.org/schools
- Take the Caregiver Stress Test to Receive Self-Care Tips: familyaware.org/stress-test
- Download a copy of the self-care wheel: <https://bit.ly/scwheeel>

Local Resources

- **City of Newton Health and Human Services, Social Services Department**, provides case management, guidance, outreach, and prevention to Newton residents: Call 1 (617) 796-1420
- **Samaritans 24/7 Helpline**, Free, confidential, and anonymous helpline:
 - Call or Text 1 (877) 870 4673 (HOPE)
 - To learn more, visit <https://samaritanshope.org/>
- **William James College INTERFACE Referral Service**, free mental health and wellness referral Helpline available Monday through Friday, 9 AM – 5 PM: Call 1 (888) 244-6843
- **Riverside Emergency Services Program**, psychiatric evaluations, intervention, and stabilization for any crisis (available 24/7): Call 1 (800) 529-5077
- **Riverside Outpatient Referrals**, Call 1 (617) 969-4925
- **Parents Helping Parents of Massachusetts Stress Line**: Call 1 (800) 632-8188
- **Call2Talk**, find community resources and crisis support: www.mass211.org or call 2-1-1
- **Innopsych**, therapist directory for people of color: www.innopsych.com
- **Crisis Text Line**: Text "hello" to 741 741