

MARCH NEWS

from Newton HHS

Behavioral Health Help Line

Going through a tough time? Are you or someone you care about struggling with mental health or substance use? In crisis, or working hard to prevent one? It can be difficult to know where to turn for help.

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, a trained staff member can help guide you.

It's free, confidential, and no health insurance is required.

Real-time interpretation in 200+ languages

Deaf or hard of hearing? Contact MassRelay at 711

Call or Text 24/7 at **833-773-2445** or chat online at <https://www.masshelpline.com>.

24/7 SUPPORT

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**



VISIT [MASSHELPLINE.COM](https://www.masshelpline.com) TO CHAT

UPCOMING PROGRAMS

Career Pathways Event

Newton Youth Services in partnership with Newton Public Schools and MassHire Metro South/West, is excited to host a Career Pathways Event on **Wednesday, March 15 from 6:30-8:00 p.m. at Newton South High School.**

The Career Pathways event will bring organizations, employers, and job training programs together, to share information about opportunities that lead to valuable careers! Participants include Trades Unions, Newton Fire, Newton Police, JobCorps, Year Up, Mass General Brigham, Village Bank, McGovern Auto Group, MassBioEd, American Academy of Personal Training, and so many more!

CAREER PATHWAYS EVENT
 March 15 6:30-8:00
 Newton South High School
 14 Brandeis Rd, Newton, MA 02459

EXPLORE, DISCOVER, PURSUE
 NEWTON'S YOUNG PEOPLE, AND THEIR FAMILIES, ARE WELCOME TO EXPLORE VARIOUS POST-SECONDARY PROGRAMS THAT CAN HELP STUDENTS GET READY FOR REWARDING CAREERS.

SCAN QR CODE
 FOR A LIST OF PARTICIPANTS, MORE INFORMATION, REGISTRATION, AND PRIZES!!

[Find a List of Participants & Register to Attend](#)

Career Exploration Event Series

CAREER EXPLORATION EVENT SERIES GRADES 7-12

Newton Youth Services and the Newton Free Library will be hosting four career exploration events in the following career industries: STEM, Medical, Trades, and Human Services.

All events will be held from 6:00-7:00 p.m. at the Newton Free Library!

- STEM Industry**
Thursday, February 16
 Explore various careers in the STEM industry from professionals working in information technology, engineering, architecture, and chemistry.
- Medical Industry**
Thursday, March 23
 Explore the many patient facing careers in the medical industry, while also learning about the different levels of education required. Careers include; doctor, nurse practitioner, nurse, and patient care assistant.
- Trades Industry**
Thursday, April 27
 Learn about the skilled trades industry and the different career pathways from trades unions to job training programs. Career exploration includes; automotive technology, electrical, carpentry, and more.
- Human Services**
Thursday, May 18
 Careers include; social work, education, child care, probation officer, mental health specialist, and more.

To register [CLICK HERE](#) or scan the QR code:

Join Newton Youth Services and the Newton Free Library for the second Career Exploration Speaker Series on **March 23 from 6:00 - 7:00 PM** where students will learn more about the medical industry through patient facing careers. Intended for students in grades 7-12.

Speakers include: Public Health, NICU Nurse, Nurse Educator, & an X – Ray Tech!

Future speaking events include Trades (April), and Human Services (May).

These events are intended for students in grades 7-12. Parents are welcome to join, but please note this is a student focused event.

For more information please contact:
 Megan Coffey, Newton Free Library at mcoffey.nfn@nflib.net
 Meghan Murtagh, Newton Youth Services at mmurtagh@newtonma.gov.

[Register to Attend](#)

Don't Test Your Luck with Binge Drinking!

St. Patrick's Day is a celebration of everything Irish! People dress in green and orange, parades float down city streets, and restaurants sell themed drinks and snacks. Unfortunately, this March holiday is almost synonymous with **binge drinking**, the most costly and lethal type of alcohol use in the US. Sadly, binge drinking often leads to poor decisions, like driving after one too many green beers.



Tips to Enjoy the Holiday Safely

If you're in recovery or just want to avoid alcohol, there are many different ways you can enjoy the holiday without turning to drinking. You can:

- **Enlist Support** from people you trust who will help keep you safe and accountable.
- **Celebrate Sober** and enjoy Irish food, music, movies, attend a sober party, or host one of your own!
- **Have a Mocktail/Non-Alcoholic Drink** to help curb the temptation.

If you decide to drink, make sure to:

- **Appoint a Designated Driver.** Or use a ride-sharing app to get home.
- **Pace Yourself.** Avoid drinking games and shots. Stick to one standard alcoholic beverage per hour with non-alcoholic drinks in between.
- **Set a Limit.** Have a number of drinks or spending amount decided before you go.
- **Eat and Stay Hydrated.** Having food and a steady flow of water in your system helps your body deal with alcohol better.

If you believe that you or someone you love is struggling with an [alcohol use disorder](#), don't wait to get the [support and treatment needed](#).

Adapted from ["Binge Drinking Isn't Lucky: Sobering St. Patrick's Day Statistics"](#) by *The Recovery Village*.

Information for Youth

**Fostering Teen Resilience Through
Community Connections: Healthy
Minds, Substance Use Prevention,
and Our Youth**

Tuesday, March 28, 2023
7-8:30pm
Free, Virtual Event



Explore the ways that community engagement can help your teen achieve and maintain optimal mental health and avoid the temptations and pressures of substance use.

Co-hosted by the NWH Resilience and Substance Use Services Councils

Fuel Assistance (LIHEAP) & Winter Moratorium

The winter moratorium on utility shut-offs will end March 31, 2023.

If National Grid is your heat provider, you can extend a shut-off notice by 30 days if you have a Fuel Assistance application in process. Call Newton Social Services at 617-796-1420 to schedule an appointment today!

FUEL ASSISTANCE



Need help paying for heat this winter?

Program runs November - April

[NEWTONMA.GOV/FUELASSISTANCE](https://newtonma.gov/fuelassistance)

Or call:

617-796-1420

March is Social Work Month!

Thank you to all of the social workers out there for all of the important work you do every day. A special thank you goes to the social workers in our own Newton Health & Human Services

Department!

Find Support and Resources



Did you know?

81% of Americans who interacted with a social worker say a member of the profession improved their situation or that of a family member

Source: Ipsos National Social Work Public Opinion Survey



Before you Throw Out "Expired" COVID Tests

Check to see if your COVID-19's tests' expiration dates have been extended.

Check Expiration Dates

Health and Human Services
1000 Commonwealth Ave
Room 107A
Newton, MA 02459
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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