

# **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 <a href="https://www.masshelpline.com">https://www.masshelpline.com</a>.

# **24/7 SUPPORT**





VISIT 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!



Find a List of Participants & Register to Attend

# **Career Exploration Event Series**



For more information please contact:

Megan Coffey, Newton Free Library at mcoffey.ntn@minlib.net

Meghan Murtagh, Newton Youth Services at mmurtagh@newtonma.gov

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).

**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<u>alcohol use</u> <u>disorder</u>, don't wait to get the <u>support and treatment needed</u>.

Adapted from <u>"Binge Drinking Isn't Lucky: Sobering St. Patrick's Day Statistics"</u> 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

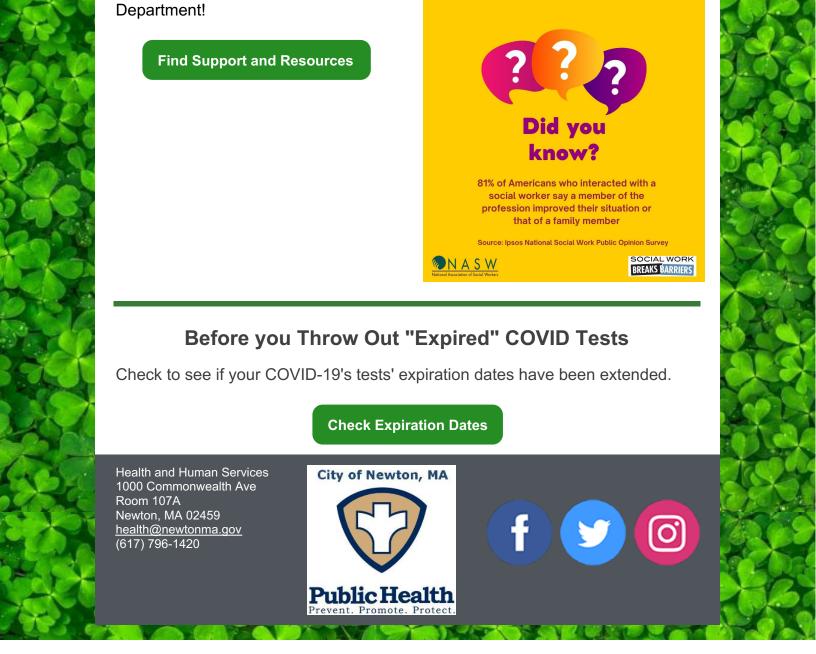
The winter moratorium on utility shut-offs will end March 31, 2023.

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!



# 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



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

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