



# Mental Health Awareness Month

**MORE THAN**  
*enough*

[nami.org/mentalhealthmonth](http://nami.org/mentalhealthmonth)

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In 1949, Mental Health Awareness Month was established to increase awareness regarding the importance of mental wellbeing and as a celebration of recovery from mental illness. 1 in 5 adults and 1 in 6 youth experience mental illness each year. To learn more about Mental Health Awareness Month visit the [National Alliance on Mental Illness \(NAMI\)'s website](http://nami.org).

Below are local resources that can help residents struggling with mental health or substance use. The City of Newton's Social Services Division can help you navigate these services. Call 617-796-1420 to connect with us.

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## Mental Health Resources

**Riverside Emergency Services** - Riverside is a local resource that offers mobile crisis intervention. Call 800-529-5077 for support.

**988 Crisis Support** – If you or someone you know is experiencing a mental health crisis, help is available. Call or text 988 to talk with a trained counselor or [chat online](#).

**Behavioral Health Help Line (BHHL)** – If you are struggling with mental health or substance use, the new behavioral health helpline connects Massachusetts residents directly to clinical support where and when they need it. It's free, available 24/7, and offers real-time interpretation in over 200 languages. Call or text 833-773-2445 or [chat online](#).

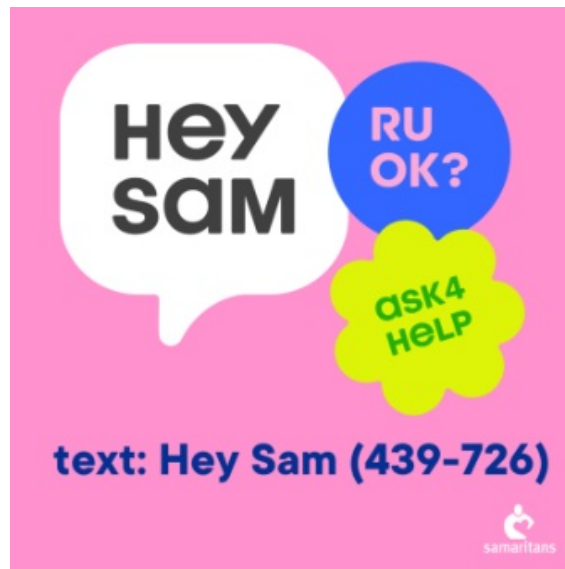
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## Support for Kids & Teens

May 7<sup>th</sup> – 13<sup>th</sup> is Children's Mental Health Week. Youth and young adults can access the mental health resources above, as well as youth-centered support

below.

**"Hey Sam," by Samaritans, Inc.** - a dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, Hey Sam allows youth 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 9 am-9 pm every day. Text 439-726 and check them out at [Hey Sam](#).



**[The Trevor Project](#)** - Provides information & support to LGBTQ+ young people 24/7, all year round. Connect with a crisis counselor for free, confidential support by calling 866-488-7386 or texting 678-678.

## Upcoming Events



**WEDNESDAY | MAY 10TH | 6PM-8PM**

Check-in and light refreshments from 5:30pm-5:55pm

**NEWTON FREE PUBLIC LIBRARY  
DRUKER AUDITORIUM**

The City of Newton Health & Human Services Department invites parents, caregivers, and their teens to attend this workshop led by Samaritans, Inc.

Join us for an evening to support healthy communication by exploring feelings and learning how to express them, practicing honest talk, active listening, and learning how to access resources and support.

**[REGISTER HERE!](#)**

SCAN THE QR CODE  
OR  
VISIT THE [NEWTON SOCIAL SERVICES EVENTS PAGE](#).



Health & Human Services | 617-796-1420

[Click Here to Register](#)

### **Supporting Communication: A Mental Health Workshop for Teens & Parents**

*Date: Wednesday, May 10, 6:00-8:00 p.m. (check in/refreshments 5:30 p.m.)*

*Location: Newton Free Library, Druker Auditorium*

The City of Newton Health & Human Services Department in partnership with the Newton Youth Commission, invites teens, parents and caregivers to a workshop led by Samaritans Inc. Join us for an evening to support healthy communication by exploring feelings and learning how to express them, practice honest talk and active listening, and how to access resources and support.

### **Teen Truth: Youth Mental Health, Managing Success & Achievement, and**

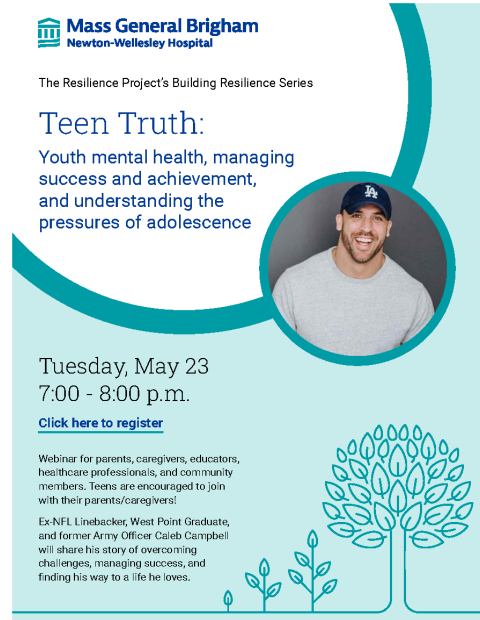


# Understanding the Pressures of Adolescence

*Date: Tuesday, May 23, 7:00 p.m.*

The NWH Resilience Project will be hosting a FREE webinar for parents, caregivers, educators, healthcare professionals and community members, as well as teens!! Ex-NFL Linebacker, West Point Graduate, and former Army Officer Caleb Campbell will share history of overcoming challenges, managing success and finding his way to a life he loves.

[Register in Advance](#)




**Mass General Brigham**  
Newton-Wellesley Hospital

The Resilience Project's Building Resilience Series

### Teen Truth:

Youth mental health, managing success and achievement, and understanding the pressures of adolescence



Tuesday, May 23  
7:00 - 8:00 p.m.

[Click here to register](#)

Webinar for parents, caregivers, educators, healthcare professionals, and community members. Teens are encouraged to join with their parents/caregivers!

Ex-NFL Linebacker, West Point Graduate, and former Army Officer Caleb Campbell will share his story of overcoming challenges, managing success, and finding his way to a life he loves.

## **FREE Classical Concert!**



THE NEWTON COMMISSION ON DISABILITY AND ELLIOT HOUSE PROUDLY PRESENT A FREE CONCERT BY:

### CLASSICAL MUSIC FOR MENTAL HEALTH

Featuring works by Dvorak and Beethoven

The location of this event is wheelchair accessible and reasonable accommodations will be provided to persons with disabilities requiring assistance. ASL Interpretation will be provided. If you need a reasonable accommodation, please contact Newton's ADA Coordinator, Greg Felling, at least two business days in advance of this event: [felling@newtonma.gov or (617) 796-1253]. For Telecommunications Relay Service, please dial 711 or call the TTY/TDD line at (617) 796-1089.

## THE ME/2 ORCHESTRA



You are entering a stigma-free zone.

Four members of the Me/2 Orchestra pose with their instruments, smiling. The conductor stands in front and holds a sign that reads "You are entering a stigma-free zone."

**SUNDAY, MAY 7, 2023, 3 PM**

Newton North High School  
457 Walnut Street, Newtonville, MA

Park in lot off Walnut St. and enter via "Theater Entrance" off Elm and Walnut

In honor of Mental Health Awareness Month, the Newton Commission on Disability (COD) and the Eliot Clubhouse are celebrating with a free concert by the Me/2 Orchestra on Sunday, May 7<sup>th</sup> at 3:00pm at Newton North High School. Listen and learn from musicians who live with mental illness and from those who love and support them. Everyone is welcome for this afternoon of beautiful music!

## **The Baker SuperK:**

### **Walk, Roll, & Fun Run, benefitting the Baker Center**

*Date: Saturday, May 6, 8:00 a.m.*

*Location: Fiedler Field, Charles River Esplanade*

Now is the time to be a mental health hero and to break stigmas and boundaries for kids in need by participating in the Baker SuperK Walk, Roll & Fun Run, a family-friendly 1K/5K, and kick-off to Children's Mental Health Awareness Week on the Charles River Esplanade. Together we can save the day for children's mental health. To learn more and register, please visit [BakerSuperK.com](http://BakerSuperK.com). If you are interested in volunteering for the event, please register at

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## **Setting Boundaries for Healthy Relationships and Caregiver Self-Care**

Thursday, May 25, 2023, from 7:00 to  
8:30 PM ET

Families for Depression Awareness is hosting a free webinar presented by Jenny Woodworth, LISW. Jenny Woodworth will define boundaries as they relate to familial relationships. Participants will learn why boundaries are necessary when supporting a loved one with a mood disorder and how to apply boundaries as a form of self-care. **Register** for the live webinar discussion or watch on demand after it airs.



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## **Find Support & Resources**

Our Social Services Division is here to help support you, connect you to resources, and more! **Visit their website** for more information or call 617-796-1420 to connect with their team.

**Meghan Kennedy**, LICSW, Director of Social Services

**Jenna Bancroft**, LICSW, Assistant Director of Social Services

**Meghan Murtagh**, M.Ed, Assistant Director of Youth Services

**Helayne Jobson**, BSW, Bilingual Case Manager (*se habla español*)

**Corrie Houser**, Bilingual Case Manager Assistant (*se habla español*)

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City of Newton, MA



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