

Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

Resource list:

If you are in a situation where you feel that someone is at immediate risk of hurting him or herself, take him or her to the nearest emergency room.

National hotlines- Talk with someone anonymously

National lifeline: 800-273-TALK

Samaritans: 877-870-HOPE

Local hotlines- Talk with someone anonymously

Boston: 617-247-0220

Framingham: 508-875-4500

Merrimack Valley: 866-912-4673

Samariteen (Teen line): 800-252-TEEN

Fenway Community Health Center (for gay, lesbian, bisexual and transgendered teens):
800-399-7337

Boston Area Rape Crisis Center: 800-841-8371

State funded mental health emergency services- 24-hour emergency numbers

Wakefield/Melrose/Malden -Tri-City Mental Health: 800-988-1111

Lexington/Woburn/Burlington-Edenburg Center: 781-860-0570

South & West Suburban (incl. Needham) -Riverside Community Care: 800-529-5077

Blackstone Valley -Riverside Community Care: 508-634-3420/ 800-294-4665

Riverside Outpatient Counseling Sites-Make an appointment to meet with a counselor:

Dedham/Newton: 617-969-4925

Norwood: 781-769-8670

Upton/Bellingham: 508-529-7000

Wakefield: 781-246-2010

Websites with resources and information on suicide and depression:

<http://www.samaritansofboston.org/>

<http://www.suicidology.org>

<http://www.sprc.org/>

<http://www.mentalhealthscreening.org/>

<http://www.nimh.nih.gov/HealthInformation/depressionmenu.cfm>

Do they complain of

- Loss of energy and drive—so they seem “slowed down”?
- Trouble falling asleep, staying asleep, or getting up?
- Appetite problems; are they losing or gaining weight?
- Headaches, stomach aches, or backaches?
- Chronic aches and pains in joints and muscles?

Has their behavior changed suddenly so that

- They are restless or more irritable?
- They want to be alone most of the time?
- They've started cutting classes or dropped hobbies and activities?
- You think they may be drinking heavily or taking drugs?

Have they talked about

- Death?
- Suicide—or have they attempted suicide?

...Find Someone Who Can Help

If you checked several of the boxes, a friend may need help. Don't assume that someone else is taking care of the problem. Negative thinking, inappropriate behavior or physical changes need to be reversed as quickly as possible. Not only does treatment lessen the severity of depression, treatment also may reduce the length of time (duration) your friend is depressed and may prevent additional bouts of depression.

If a friend shows many symptoms of depression, you can listen and encourage him or her to ask a parent or teacher about treatments. If your friend doesn't seek help quickly, talk to an adult you trust and respect—especially if your friend mentions death or suicide.

There are many places in the community where people with depressive disorders can be diagnosed and treated. Help is available from family doctors, mental health specialists in community mental health centers or private clinics, and from other health professionals.

For Additional Information About Depression Write To:

6001 Executive Boulevard, Room
8184, MSC 9663
Bethesda, MD 20892-9663

For free brochures on depression and its treatment, call: 1-800-421-4211.

For More Information About NIMH

The Office of Communications and Public Liaison carries out educational activities and publishes and distributes research reports, press releases, fact sheets, and publications intended for researchers, health care providers, and the general public. A publications list may be obtained by contacting:

Office of Communications and Public
Liaison, NIMH
Information Resources and Inquiries
Branch
6001 Executive Blvd., Room 8184,
MSC 9663
Bethesda, MD 20892-9663
Phone: 301-443-4513
TTY: 301-443-8431
FAX: 301-443-4279
Mental Health FAX 4U: 301-443-5158
E-mail: nimhinfo@nih.gov
Web site: <http://www.nimh.nih.gov>

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