



NORTH READING PUBLIC SCHOOLS

“Pursuit of Excellence”

Appendix B

STUDENT/FAMILY RESOURCES

Emergency Services, Crisis Hotlines, and Helplines

Local Emergency Services: 911

Eliot Community Human Services: 1-800-988-1111

- Available 24/7
- Eliot’s Emergency Psychiatric Services can be contacted anytime using the above-noted telephone number.
- Eliot provides mobile (including in-home) psychiatric evaluation, crisis intervention, stabilization, and follow up for those in acute psychiatric distress
- Mobile crisis may be able to come to you (including in home) or see individuals for same-day evaluations at the Lynn location - 95 Pleasant Street Lynn, MA 01902.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

- Available 24/7
- The National Suicide Prevention Lifeline is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress.

The Trevor Project: 1-866-488-7386

- Available 24/7
- The TrevorLifeline (phone number above) is for young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Samaritans: 1-877-870-HOPE (4673) (call or text)

- Available 24/7
- The Samaritans helpline offers free, confidential, anonymous assistance to anyone feeling suicidal, lonely, depressed or who is seeking nonjudgmental support.

Local Hospitals

Winchester Hospital 41 Highland Avenue Winchester, MA 01890 (781) 756-2000	Salem Hospital (North Shore Medical Center) 81 Highland Avenue Salem, MA 01970 (978) 741-1200	Lahey Hospital and Medical Center 41 Burlington Mall Road Burlington, MA 01805 (781) 744-5100
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Other Resources

North Reading Mental Health/Substance Abuse Clinician (**Limited to NR Town Hours*)

Laura Miranda - (978) 357-5038

Please see the reverse side for information on means restriction.

Information on Means Restriction
(excerpted from meansmatter.org)

Recommendations for Families

If you're concerned that a member of your household may be suicidal, there are steps you can take to help keep them safe.

1. On the reverse side of this document there are several resources that can be contacted. Many of these resources are available 24/7. Remember, you can call the National Suicide Prevention Lifeline, 1-800-273-TALK (1-800-273-8255) for support and to find out about resources in your area.

2. Reduce easy access to dangerous objects/substances at home. This includes:

- Firearms – Because firearms are the most lethal among suicide methods, it is particularly important that you remove them until things improve at home, or, second best, lock them very securely. Potential options for storing firearms include the local police department, gun shops, shooting ranges. Call your local police department to get information on policies and procedures. Do not show up at the police department with a firearm without having first contacted the department.
- Medications – Don't keep lethal doses at home. Your doctor, pharmacist, or the poison control center (1-800-222-1222) may be able to help you determine safe quantities for the medicines you need to keep on hand. Dispose of excess medications safely. Be particularly aware of keeping prescription painkillers under lock and key both because of their lethality and their potential for abuse.
- Alcohol – Alcohol can lower inhibitions and can increase risk taking behavior, like attempting suicide, and increase the lethality of a drug overdose. Consider ridding your home of alcohol or restricting access by locking up alcohol.
- Other objects/substances - Are there other objects or substances to which your child has access that should be removed or for which access should be restricted? These may be objects or substances that should be removed or for which access should be restricted at least until your child has been further evaluated by a behavioral health or medical professional.