

MENTAL HEALTH RESOURCES

Town of Westborough

- **Westborough Youth and Family Services** – Free counseling, clinical consultation and resource and referral services for Westborough residents of all ages. Call 508-366-3090. Free, live language interpretation available.
- **On-Line Mental Health Screening** – Free, anonymous, on-line mental health screening for adults and parents, hosted by Westborough Youth & Family Services at <https://screening.mentalhealthscreening.org/westboroughyfs>. Multiple screening options; available in English and Spanish.
- **Interface Helpline** – Free referral service matches Westborough residents with outpatient mental health services. Call 1-888-244-6843. Helpline counselors speak multiple languages, and language interpretation is available.

Westborough Public Schools

- **Guidance Counselors** are available to help determine the right mental health supports for any student within the schools. Students may seek out their assigned counselors directly, or parents/guardians may call the school's main office and ask to speak to the student's guidance counselor.
 - **Westborough High School** 508-836-7720
 - **Gibbons Middle School** 508-836-7740
 - **Mill Pond** 508-836-7780
 - **Armstrong School** 508-836-7760
 - **Hastings School** 508-836-7750
 - **Fales School** 508-836-7770



Regional Resources

- **Metrowest Care Connection and Care Navigation** – Search the website for local mental health, substance use, healthcare and social services to match individualized needs. Go to <https://mwcareconnection.info/>. Website navigation is available in multiple languages. For free live support, call the Care Navigation line at 884-528-6800. Care navigators speak multiple languages, and free language interpretation is available.
- **Psychiatric Emergency Services (PES) and Mobile Crisis Intervention** – Adults and children experiencing a mental health crisis may access immediate evaluations and referrals to services. Call 800-640-5432, 24/7.
- **211 Helpline** – Call 2-1-1 or go to <https://www.211.org/> for information regarding social services, essential needs, crisis help and more. Helpline services are offered in multiple languages.
- **Parental Stress Line**, 800-632-8188. Trained counselors offer non-judgmental support 24/7 to parents and guardians struggling with parenting.
- **SafeLink**, 877-785-2020. This is a free, statewide domestic violence hotline and resource for anyone affected by domestic violence or partner abuse. Trained counselors are available 24/7 to offer support, information and connections to services. Advocates speak English and Spanish; interpretation available for over 100 languages.

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National Resources

- **Call2Talk & Crisis Text Line** – Confidential, compassionate listening, 24/7. Website and hotline are accessible in multiple languages. Call 508-532-2255 or text “C2T” or “HOME” to 741741.
- **The Trevor Project** – This free, non-judgmental hotline is staffed by LGBTQ-sensitive, trained counselors to aid callers in mental health crisis or with suicidal thoughts. Call 866-488-7386 or text “TREVOR” to 1-202-304-1200, 24/7. TrevorText is available Thursday and Friday, 4:00-8:00 PM
- **National Suicide Prevention Lifeline** – Counselors are trained to help those experiencing suicidal thoughts and other types of emotional distress. Call 1-800-273-TALK (8255), 24/7. Go to <https://suicidepreventionlifeline.org/>.
- **SAMHSA** – This helpline from the Substance Abuse and Mental Health Services Administration provides 24-hour free and confidential referrals to treatment and information about mental and/or substance use disorders, prevention, and recovery. Call 1-800-662-HELP (4357); TTY: 1-800-487-4889, or Text your zip code to: 435748 (HELP4U); <https://www.samhsa.gov/find-help/national-helpline>; available in English and Spanish

Additional Resources for Support

- **Pediatricians** offer information, treatment and referrals tailored to a child’s needs.
- **Employee Assistance Programs (EAP)** – Many employers offer access for employees and their family members to EAP services, which include free, confidential short-term mental health counseling and referrals.

College Resources

- **Counseling centers or student health services** at most colleges and universities offer free, on-campus, short-term outpatient mental health counseling to students. For longer-term counseling and other types of mental health treatment, college counseling centers will assist with referrals, as needed. Students over 18 will need to sign forms for parents/guardians to be involved.

Suggested Reading

- **Community Wellness Guides** – A periodic publication from Westborough Public Schools and Westborough Youth and Family Services with curated articles, videos, information and resources related to mental health, racial justice and equity. Past guides may be viewed on the WPS website at <http://www.westboroughk12.org/>: go to Physical Education Health & Wellness » PE News » Community Wellness Guides.



Square One is a collaborative partnership between Westborough Public Schools, Westborough Youth and Family Services, the Rotary Club of Westborough, Westborough Public Library and Westborough Connects. It offers free programming and resources designed to support community education and resilience around substance use and Mental health. This resource list was created for May 2022 Mental Health Awareness Month.