



## How We Can Help

MassSupport Network provides free community outreach and support services to residents of all ages across the state in response to the unprecedented public health crisis, COVID-19. This Crisis Counseling Program (CCP) is funded by the Federal Emergency Management Administration (FEMA) and managed in partnership between the MA Department of Mental Health and Riverside Trauma Center, a program of Riverside Community Care.

MassSupport's anonymous, confidential, and free program features:

- One-to-one, short-term, confidential support for individuals (all ages) and families.
- Psycho-educational presentations on a range of topics including: common reactions to highly stressful events, helping children manage in hard times, stress management and others upon request.
- Consultation and group support for schools, businesses, organizations and communities.

### What to Expect

- Receive fact-based, credible, up-to-date information to help inform decisions.
- Help with understanding your current situation and reactions.
- Your needs to be heard, options and resources presented.
- Stress reduction techniques.
- Assistance exploring and developing coping strategies.
- Connection with trained professionals who listen and care.

### Strategies to Help

- Focus on what you can control.
- Self-care activities: taking a walk, yoga, mindfulness, dancing, games, anything healthy that you find fun and/or relaxing.
- Connect regularly with loved ones and friends (keeping in mind health, safety and physical distancing).
- Set limits on media/social media.
- Focus on your and your family's strengths (or strengths of those around you).
- Limit caffeine and alcohol. They can impact sleep and increase anxiety.
- Engage in behaviors that promote good sleep: [www.sleepassociation.org/sleep-hygiene](http://www.sleepassociation.org/sleep-hygiene).

For statewide assistance call: **888 - 215 - 4920**

For additional information on how we can help, email: [MassSupport@riversidecc.org](mailto:MassSupport@riversidecc.org)

# Western Massachusetts Team

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## ADDITIONAL RESOURCES: 24/7

- National Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 for emotional support.
- National Suicide Prevention Lifeline: 1-800-273-TALK or text the Crisis Text Line at 741741 for emotional support.
- Mass211 offers a wide variety of support and referral services, just dial 2-1-1.

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**Riverside Trauma Center**  
A SERVICE OF RIVERSIDE COMMUNITY CARE

[www.riversidetraumacenter.org](http://www.riversidetraumacenter.org)



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