

I am a PARENT Seeking Resources for..

HOUSING / FOOD

Start Here

- 1. Massachusetts 211**
Mass 211 is a centralized hub for local social support services. Simply dial 2-1-1 or visit the link below:
www.helpsteps.com/hs/home/#/
- 2. Methuen Cares Center**
Any resident needing assistance can contact the center at (978) 609-1866. For more information visit the link below:
www.cityofmethuen.net/health-division/pages/methuen-cares-center
- 3. Massachusetts COVID-19 Relief Fund**
The Massachusetts COVID-19 Relief Fund supports those across the state most impacted by the COVID-19 health crisis, focusing on essential frontline workers and vulnerable populations including the homeless, immigrant populations, people with disabilities and those facing food insecurity.
www.macovid19relieffund.org

MENTAL HEALTH

Start Here

- 1. MPS Counseling Department**
MPS school counselors and school psychologists provide mental health services and supports for all students. If you have concerns about your child, contacting their school counselor / school psychologist is a great place to start. Below are the contacts for each school:
www.methuen.k12.ma.us/departments/special-education/guidance
- 2. Massachusetts Behavioral Health Partnership**
MBHP provides a full range of services to help with medical, mental health, and substance use disorder conditions.
<https://www.masspartnership.com/>
- 3. MPS Mental Health and Well-Being Website**
MPS has created a webpage dedicated solely to supporting mental health and well-being for our educators, families, and students.
<https://schoolcounselingtech.com/health/#page-content>

PHYSICAL HEALTH

Start Here

- 1. Massachusetts 211**
Mass 211 is a centralized hub for local social support services. Simply dial 2-1-1 or visit the link below for information about health insurance, finding community health centers/free clinics, and more.
www.helpsteps.com/hs/home/#/
- 2. City of Methuen - COVID-19 Webpage**
The link below lists information regarding Coronavirus testing and resources in the Methuen community.
<https://www.cityofmethuen.net/coronavirus>

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UNEMPLOYMENT RESOURCES



1. Massachusetts 211

Mass 211 is a centralized hub for local social support services. Simply dial 2-1-1 or visit the link below about unemployment support and resources.

www.helpsteps.com/hs/home/#/

2. MA Dept. of Unemployment Assistance

For more information about Massachusetts and unemployment support, click the link below.

<https://www.mass.gov/orgs/departments-of-unemployment-assistance>

3. Massachusetts COVID-19 Relief Fund

The Massachusetts COVID-19 Relief Fund supports those across the state most impacted by the COVID-19 health crisis, focusing on essential frontline workers and vulnerable populations including the homeless, immigrant populations, people with disabilities and those facing food insecurity.

www.macovid19relieffund.org

GRIEF AND LOSS



1. The Dougy Center

The Dougy Center is to provide support in a safe place where children, teens, young adults and their families grieving a death can share their experiences.

www.dougy.org/grief-resources/

2. Care Dimensions

Care Dimensions helps families in Massachusetts understand what they've been going through, identify resources and provide options for learning more about grief and feelings, individually and in groups.

www.caredimensions.org

3. MPS Counseling Department

MPS School Counselors are a great resource and first step in talking about grief and loss. You can find your child's counselor listed below.

www.methuen.k12.ma.us/departments/special-education/guidance

SUBSTANCE USE



1. SAMSHA

SAMSHA provides education about substance abuse and treatment options. You can locate quality treatment in the link below.

www.findtreatment.gov/

2. Learn to Cope

Learn to Cope is a non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

www.learn2cope.org

3. MPS Counseling Department

MPS provides preventative screening, education, and services for students. If you have concerns about your child, contacting their counselor is a great place to start. Below are the contacts for each school.

www.methuen.k12.ma.us/departments/special-education/guidance