Social & Emotional Support
Resources & Hotlines

We hope that this resource page is helpful to the students and families of Wayland. Although there are a number of wonderful resources and hotlines below, please remember that in an emergency, you should call the Wayland Police Department directly by dialing 911. Their office contact information is below as well.

Wayland Police Department:
38 Cochituate Road
Wayland, MA 01778
Office: 508-358-4721
Emergency: 911
Wayland Police Department Anonymous Hotline: 508-358-1726

Counseling for All Wayland Residents
Wayland Youth and Family Services:
Wayland Youth and Family Services (WYFS) provides counseling, consultation, individual and family therapy, parent education, as well as prevention and outreach resources to the community of Wayland. Counseling is confidential and free for Wayland residents. WYFS is located at the Wayland Town Building at 41 Cochituate Road. http://www.wayland.ma.us/Pages/WaylandMA_Youth/index
Phone: 508-358-4293
Office open: Monday – Friday 8:30-4:30pm

Resources and Hotlines

• Suicide Depression

- Suicide and Crisis Hotlines
  Toll-Free/24 Hours/7 Days a Week
  1.800.SUICIDE (784-2433)
  1.800.273.TALK (8255)
  http://www.suicidehotlines.com

- Samariteens – Boston
  3pm – 9pm on weekdays and 9am – 9pm on weekends
  (Teen to Teen) All other hours: calls are answered by an adult.
  1.800.252.TEEN (8336)
  http://www.samaritanschop.org

• Bullying/Cyberbullying

- http://www.elizabethenglander.com
- [http://www.webhost.bridgew.edu/marc/marc_research.html](http://www.webhost.bridgew.edu/marc/marc_research.html)

**Sexual Assault**

- Beth Israel Hospital Rape Crisis Service, Boston  
  617.667.8141  

- Boston Area Rape Crisis Center, Cambridge  
  1.800.841.8371 (24 hour hotline)

- MGH Rape Emergency Unit, Boston  
  617.726.2000

- Center for Sexual Abuse Counseling, Wellesley  
  781.237.9110

- Rape Crisis Hotline  
  800.870.5905 or 800.223.5001 (Spanish)  
  Both Provide counseling for sexual assault survivors and referrals as needed.  
  [http://www.rapecrisiscenter.org](http://www.rapecrisiscenter.org)

**Domestic Violence**

- Waltham Battered Women’s Support Committee, Waltham  
  617.899.8676

- Women’s Protective Services, Metrowest  
  800.593.1125 or 805.626.8686  
  Rape crisis and domestic violence issues  

- Bridge Over Troubled Waters, Boston  
  617.423.9575  
  M-F daytime only for non-emergency services.  
  Emergency assistance 24/7  
  [http://www.bridgeotw.org](http://www.bridgeotw.org)

**Teen Dating Violence**

- REACH – Beyond Domestic Violence  
  Hotline: 800.899.4000

- Violence Against Violence  
  508.626.8686
http://www.smoc.org/index.asp?pgid=45

- Teen Dating Violence DOVE Youth Hotline, Boston
  617.773.4878
  http://www.doveinc.info/ourservices.html

**Substance Abuse**

- Wayland Youth and Family Services
  http://www.wayland.ma.us/Pages/WaylandMA_Youth/index
  508-358-4293
  Monday – Friday 8:30-4:30pm

- Al-Anon/Alateen
  999.425.2666
  For more information for meeting schedule: 508.366.0556
  Monday – Friday, 9:00am – 4:00pm
  http://www.al-anon.alateen.org

- Drug and Teen Alcohol, National 24-Hour Hotline
  800.252.6465

- Statewide Substance Abuse Information Line
  800.ALCOHOL
  800.COCAINEx
  http://www.800alcohol.com

**Eating Disorders**

- MEDA
  http://www.medainc.org

- Walden Behavioral Care, Waltham
  781.647.6727
  Inpatient, residential, partial hospitalization and outpatient care
  http://www.waldenbehavioralcare.com

- Newton-Wellesley Eating Disorders and Behavioral Medicine
  617.332.2700, x2
  Outpatient services for adolescents with eating disorders and their families
  http://www.nwedbmed.com

- Klarman Eating Disorders Center @ McLean Hospital
  617.855.3410
  http://www.mclean.harvard.edu/patient/child/edc.php

**Gay, Lesbian, Bisexual, Transgender**
- LGBT Helpline
  888.340.4528
  Get referrals to the services you need. Healthcare, housing, violence, recovery, HIV/AIDS, etc.
  http://www.glnh.org

- Boston Gay & Lesbian Adolescent Social Services, Boston
  617.266.3349
  Provide informal counseling, advocacy and referrals on everything from housing issues to health care.
  http://www.jri.org/glass

- Peer Listening Line, Boston
  617.267.2535 or 800.399.PEER (7337)
  Monday – Friday, 4:00pm – 10:00pm
  Trained GLBT youth volunteers can help you find a service, phone number or just be a friendly and nonjudgmental person to talk with.

- Same Sex Dating Violence, Fenway Community Health Violence Recovery Program
  800.834.3242
  http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_violence

- Grief/Beareavement

  - Jeff’s Place
    Jeff’s Place offers bimonthly open-ended peer support groups for children ages 3-19 and their caregivers who are coping with the death of a loved one. All groups are facilitated by professionally trained volunteers and monitored by a masters prepared clinician who completes intake evaluations on each family.
    http://www.jeffsplacemetrowest.org

  - Good Grief Program
    617.414.4005 or 617.921.4008
    For more than 20 years, the Good Grief Program has offered clinical, training and consultative services to families, educators and health providers and communities to help adults help children facing life’s speed bumps. When children and families face any of life’s stressors, they can feel overwhelmed, whether it’s acute or on-going, due to illness, a disruption in the family, a death or a divorce, a difficult diagnosis or any of life’s speed bumps. Based on the premise that with crisis comes an opportunity to develop, strengthen and master coping skills, our mission is to train adult professionals, support families and scaffold children so that they may become resilient in the face of loss. We can help in a number of ways.
    http://www.bmc.org/pediatrics-goodgrief.htm
• **Other Adolescent Services**

- Human Relations Services (HRS)
  11 Chapel Place, Wellesley, MA 02481
  781-235-4950

- Psychiatric Emergency Services:
  Psychiatric Emergency Services is a division of Advocates Inc. and serves as their 24-hour hot line service for adolescents in crisis.

  Framingham: 508.872.3333 / 800.640.5432 (24-hour)
  Waltham: 781.893.2003 / 800.540.5806 (24-hour)

- Advocates, Inc.
  Advocates is committed to meeting the needs of individuals facing diverse life challenges has given rise to a broad range of community based services, including:
  [http://www.advocatesinc.org/HowtoAccessServices](http://www.advocatesinc.org/HowtoAccessServices)
  One Clarks Hill, Suite 305
  Framingham, MA 01702
  508.628.6300  TTY 508.628.6303
  information@advocatesinc.org
  Outpatient Mental Health
  Outpatient Addiction
  Residential Supports
  Psychiatric Emergency Services
  Home-Based Services for Children and Families
  Community Justice
  Advocacy, Benefits and Legal Services
  Family Supports
  Employment and Vocational Services
  Day Habilitation

- Covenant House Nineline
  800.999.9999
  24-Hour, toll-free crisis hotline, which provides: crisis intervention, referral and information services to homeless, runaway and other troubled youth and their families.
  [http://www.nineline.org](http://www.nineline.org)

- Best Team
  800.981.4357
  24-Hour crisis team available to evaluate adults and children in a psychiatric emergency. Serves those in the Greater Boston area who are not insured
or have MassHealth. They are able to provide consultation and referrals to others calling in a crisis situation.

- National Alliance on Mental Illness, MA Branch
  781.938.4048
  Provides information about NAMI and links to numerous organization and groups that provide support to teen and families