

## General Mental Health Resources

BHN Crisis

<https://www.bhninc.org/services-and-programs/emergency-services>

(413) 733-6661

*BHN's Crisis Program provides 24/7 front line response to individuals of all ages who are experiencing a behavioral health crisis, regardless of insurance. BHN provides services on a mobile basis, including home and community-based settings or in an emergency department when needed. Contact BHN Crisis Services 24 hours per day for help: Call (413) 733-6661 or walk in: 417 Liberty Street, Entrance B, Springfield MA*

Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

(800) 273-8255

DeafLEAD (24-hour crisis line for deaf or hard of hearing individuals available in ASL)

<https://www.deafinc.org/deaflead/index.html>

VP: 321-800-3323    Text HAND to 839863

CDC Article

[Mental health of children and parents —a strong connection](#)

## Parenting Resources (articles, videos, printable worksheets, and groups)

Confident Parents, Confident Kids

<https://confidentparentsconfidentkids.org/>

Operation Parent

<https://operationparent.org/>

Happily Family (helping parents communicate with their kids to avoid meltdowns and power struggle)


<https://www.happilyfamily.com/>

Simplicity Parenting

<https://www.simplicityparenting.com/>

Caregiver Workshop (2/2/22) Technology Safety

[Recording](#) from Event

 Protective software for laptops and computers

Protect Young eyes

[Apps](#)

[Parental Controls](#)

Additional Documents Related to Technology

[Social Media Safety](#)

[Smartphone Safety Document](#)

[Gaming Safely](#)

## **LGBTQ Specific Resources**

North SHore Alliance of LGBTQ Youth (zoom groups available)

<https://www.nagly.org/>

The Trevor Project (LGBTQ Support)

<https://www.thetrevorproject.org/>

(866) 488-7386

Text: START to 678-678

Live [CHAT](#)

OUT MetroWest

<https://outmetrowest.org/>

Supportive Families, Healthy Children

<https://drive.google.com/file/d/1Air5i0Vmrar0L7keavC-aYNNooCPyqxf/view>

The Stonewall Center

<https://www.umass.edu/stonewall/resources/western-massachusetts-trans-resource-guide>

## Substance Use Supports

South Hadley Drug and Alcohol Coalition

<http://www.southhadleyprevents.org/>

Youth Central Intake and Care Coordination (State-wide DPH Services for Youth):

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

(866) 705-2807

The Recover Project

<http://recoverproject.org/resources>

NIDA - National Institute on Drug Abuse - a wealth of information:

<https://teens.drugabuse.gov/parents>

A DEA Resource for parents, educators and caregivers - has information about all drugs:

[Get Smart About Drugs: Homepage | Get Smart About Drugs](#)

Help for talking with your teen about substance use: [Talk. They Hear You.](#)

“Natural High” - a website with advice to enjoy life without drugs:

<https://www.NaturalHigh.org>

Massachusetts Health Promotion ClearingHouse for free print resources

[Massachusetts Health Promotion Clearinghouse](#)

Partnership to end Addiction - for families impacted by addiction

[Partnership to End Addiction - Partnership to End Addiction](#)

Marijuana information from Partnership to End Addiction:

<https://drugfree.org/article/marijuana-what-you-need-to-know/>

Johnny's Ambassadors - Laura Stack's website to inform parents about the dangers of high-potency THC through stories and webinars [Johnny's Ambassadors](#)

Massachusetts Gov't website about tobacco and vaping - dangers and quitting resources: [Get Outraged!](#)

From the Surgeon General: [Talk with Your Teen About E-cigarettes: A Tip Sheet](#)

A series of podcasts from our sister Coalition up the road, the Northampton Prevention Coalition: [NPC in the 413](#)

Catch My Breath (education, prevention and training related to vaping)

<https://catch.org/program/vaping-prevention/>