

Robert Adams Middle School

Emergency Services	Description
<u>988</u>	Suicide & Crisis Lifeline-Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, caring counselors are here for you. Text or call 988 anytime.
<u>Advocates</u>	Advocates champions people who face developmental, mental health, or other life challenges. We partner with individuals and families to shape creative solutions to even the greatest obstacles. First, we listen. Then, together, we do what it takes to help people thrive. 24-Hour Crisis Support (800) 640-5432
<u>Holliston Police Department</u>	911
Counseling Resources	Description
<u>See Something Say Something - Sandy Hook Promise</u>	It's easy and completely confidential to report safety concerns to help prevent violence and tragedies. Use the link on the school website or call 911 immediately if you believe you are experiencing an emergency.
<u>OutMetroWest</u>	OUT MetroWest builds communities where LGBTQ+ youth thrive. Free programs connect LGBTQ+ youth with supportive peers and LGBTQ+ adult role models. Call 508-875-2122 or check out their website.
<u>Holliston Youth & Family Services (HYFS)</u>	Offers free short-term therapeutic support for Holliston students and residents. Call 508-429-0620.

<u>Massachusetts Behavioral Health Helpline</u>	Call or text with professionals who can help connect you with clinical support based on your needs. Non-emergency line 833-773-2445.
<u>Care Solace</u>	Helps people who live in Holliston find a therapist. Call 888-515-0595.
<u>Youth & young adult services - MA Helpline</u>	If you are looking for substance use resources in Massachusetts you can call 800-327-5050.
<u>ChrisWalsh Center for Educators and Families at Framingham State</u>	Offers programming and support for people and parents with unmet needs. Call for assistance 508-215-5630.
<u>Boston Children's Hospital Adolescent Substance Abuse and Addiction Program</u>	will assist in preventing substance use disorders and related behaviors in teens. Call 617-355-2727.

In School Resources and Staff

Mrs. Duggan (SAC)	<u>dugganl@holliston.k12.ma.us</u>	Room 102
Mrs. Gavan (8th Grade Counselor)	<u>gavana@holliston.k12.ma.us</u>	Room 215
Mrs. Smith (7th Grade Counselor)	<u>smithk@holliston.k12.ma.us</u>	Room 108
Mr. Almeida (6th Grade Counselor)	<u>almeidat@holliston.k12.ma.us</u>	Room 202A
Dr. Morganelli (School Psychologist)	<u>morganellij@holliston.k12.ma.us</u>	Main Office

Officer Woods (Resource Officer- SRO)	<u>woodsm@holliston.k12.ma.us</u>	Campus
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