

# WE'RE ALL IN THIS TOGETHER



It's a stressful time.  
It's ok to ask for help.



## Need to Talk to Someone?

If you are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- For non-emergency calls to connect with resources, dial 211 for [Massachusetts 211](#)
- Visit the [Crisis Text Line](#) or text HOME to 741741
- Visit the [Disaster Distress Helpline](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [Elizabeth Freeman Center](#) or call (866) 401-2425
- Visit the [National Alliance on Mental Illness](#) (NAMI) or call 1-800-950-6264
- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224
- Visit the [Suicide Prevention Hotline](#) or call 1-800-273-8255

## BERKSHIRE RESOURCES

### Elizabeth Freeman Center

While social isolation is helpful in limiting the spread of COVID-19, it can be detrimental to those who face abuse and domestic violence. The Elizabeth Freeman center offers a toll-free, bilingual hotline, available 24/7, to assist victims of domestic or sexual violence and their families. The hotline number is (866) 401-2425.

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



### The Brien Center

The Brien Center welcomes new clients who may need help coping with the serious new challenges presented by COVID-19. They encourage anyone who needs such help to contact them at (413) 499-0412. Furthermore, the center offers strategies for maintaining one's mental health and resilience during these times.

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



### **Going Outside**

According to the [Mayo Clinic](#) "[r]egular physical activity and exercise can help reduce anxiety and improve mood." Physical activity, whether indoors or outdoors can be of great psychological benefit. Please remain conscious of social distancing (minimum of 6 feet between you and others) when participating in such activities outdoors.



## **STATE RESOURCES**

### **Massachusetts 211**

The Massachusetts 211 line connects callers to information about critical health and human services available in the caller's community. Calls are always confidential, and the line is open 24/7. Simply call 2-1-1. If you are unable to reach 211 due to your telephone or cell phone carrier, a toll-free number is available 1-877-211-MASS (6277).

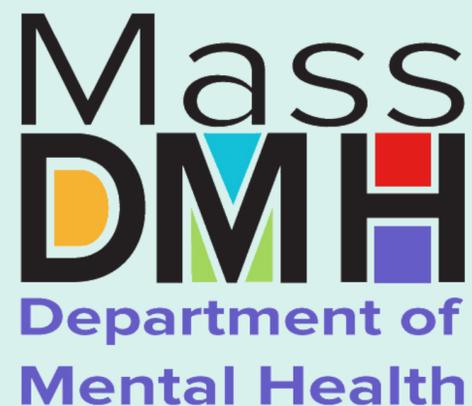


<https://mass211.org/>

### **Massachusetts Department of Mental Health**

This site provides a number of resources for maintaining your emotional health and well-being, addressing everything from isolation and loneliness to tips and activities for children. It also contains valuable peer support contacts and crisis support options.

<https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak>

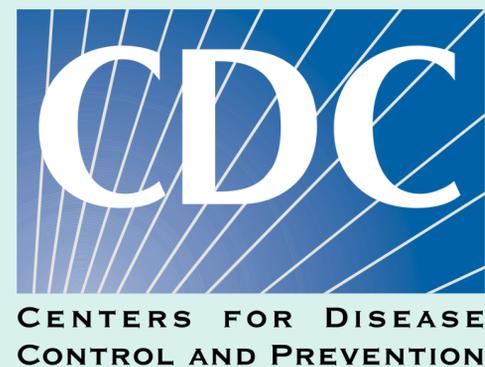


## **NATIONAL RESOURCES**

### **Centers for Disease Control and Prevention**

Besides information regarding the impact of COVID-19 on mental health, this CDC page offers strategies for how you can help lower your anxiety levels, and help your friends and family cope with stress.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



### **National Institutes of Health**

This blog post by NIH's director, Dr. Francis Collins, explores ways through which individuals can address stress and tension during COVID-19, in a conversation with Dr. Joshua Gordon, Director of NIH's National Institute of Mental Health.

<https://directorsblog.nih.gov/2020/04/07/dealing-with-stress-anxiety-and-grief-during-covid-19/>



National Institutes  
of Health