

# Wayland Public Schools MetroWest Adolescent Health Survey Resource List (Updated Fall 2021)

Wayland High School and Wayland Middle School's Counseling Departments are always available to discuss personal issues and provide referrals for additional support. The following list includes a number of these valuable resources. Please see your counselor or an administrator for more information.

## **Police Department:**

Should you or someone you know find yourself in immediate danger please call 911 to access the appropriate public safety resources.

## **Wayland Police Department:**

Office: 508-358-4721

Emergency: 911

Wayland Police Department Anonymous Hotline: 508-358-1726

## **Boston Police Department:**

Office: 617-343-4633

Emergency: 911

CrimeStoppers Tip Line at 1-800-494-TIPS

## **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.

508-358-4293

[Wayland Youth & Family Services | Wayland MA](#)

## **Boston Centers for Youth and Families**

Located in: Tobin Community Center

Address: 1483 Tremont St. Boston, MA 02120

Hours: Open 24 hours

Phone: 617-635-4920

<https://www.boston.gov/departments/boston-centers-youth-families>

## **Human Relations Services (HRS):**

HRS provides mental health treatment – regardless of ability to pay – to residents of Wayland. HRS helps families and children overcome problems and lead fuller and richer lives. HRS seeks to deepen the relationships and broaden the skills that keep children, families and a community healthy.

11 Chapel Place, Wellesley, MA 02481

781.235.4950

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

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## **Anxiety/Stress:**

Anxiety Disorders Association of America [www.adaa.org](http://www.adaa.org)

Family Education <http://life.familyeducation.com>

TeensHealth [www.kidshealth.org/teen/your\\_mind/mental\\_health/anxiety.html](http://www.kidshealth.org/teen/your_mind/mental_health/anxiety.html)

Wholistic Stress Control Institute <http://www.wholistic1.com>

## **Bullying/Peer Victimization:**

Stop Bullying.gov [StopBullying.gov](http://StopBullying.gov)

## **Depression:**

National Institute of Mental Health - Teen Depression [National Institute of Mental Health - Teen Depression](http://NationalInstituteofMentalHealth-TeenDepression).

Family First Aid [www.familyfirstaid.org/depression.html](http://www.familyfirstaid.org/depression.html)

Teen Depression [www.teendepression.org](http://www.teendepression.org)

## **Domestic Violence/Abuse/Sexual Assault:**

Boston Area Rape Crisis Center [www.barcc.org](http://www.barcc.org) 800.841.8371

Casa Myrna Vasquez [www.casamyrna.org](http://www.casamyrna.org) 877.785.2020

Dating Violence Youth Hotline 617.773.4878

GLBTQ Domestic Violence Hotline 800.832.1901

Voices Against Violence (508) 820-0834, (SMOC: South Middlesex Opportunity Council [www.smoc.org](http://www.smoc.org))

Reach Beyond Domestic Violence [www.reachma.org](http://www.reachma.org)

## **Eating Disorders:**

Eating Disorder Referral & Information Center [www.edreferral.com](http://www.edreferral.com)

Multi-service Eating Disorder Association [www.medainc.org](http://www.medainc.org)

National Eating Disorders Association [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Cambridge Eating Disorder Center [www.eatingdisordercenter.org](http://www.eatingdisordercenter.org)

Walden Behavioral Care [www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.com)

## **Gay, Lesbian, Bisexual & Transgender Youth Resources:**

Boston Alliance of Gay, Lesbian, Bisexual & Transgender Youth [www.bagly.org](http://www.bagly.org) 617.227.4313

Gay, Lesbian, Bisexual & Transgender Helpline 617.267.9001

The Network (abuse hotline) 617.423.7233

Parents, Family & Friends of Lesbians & Gays [www.gbpflag.org](http://www.gbpflag.org) 781.891.5966

## **Internet Safety:**

Cyberbullying information <http://www.cyberbullying.org>

Microsoft [www.microsoft.com/athome/security/children/parentsguide.msp](http://www.microsoft.com/athome/security/children/parentsguide.msp)

U. S. Computer Readiness Team <http://www.onguardonline.gov>

Web Aware [www.bewebaware.ca/english/default.aspx](http://www.bewebaware.ca/english/default.aspx)

## **Learning Disabilities:**

All Kinds of Minds <http://www.allkindsofminds.org>

LD Online <http://www.ldonline.org>

## **Mental Health (general):**

American Academy of Child & Adolescent Psychiatry [www.aacap.org](http://www.aacap.org)

HelpPRO [www.helppro.com](http://www.helppro.com)

National Alliance on Mental Illness [www.nami.org](http://www.nami.org)

National Institute of Mental Health <http://www.nimh.nih.gov>

American Psychological Association <http://www.apa.org>

Clinicians of Color:

- <https://www.cliniciansofcolor.org/>
- <https://www.innopsych.com/>

### **Self-Injury:**

Advocates Psychological Emergency Services, available 24/7 (508)872-3333

HelpGuide.org [www.helpguide.org/mental/self\\_injury.htm](http://www.helpguide.org/mental/self_injury.htm)

S.A.F.E. Alternatives [www.selfinjury.com](http://www.selfinjury.com)

BMC Emergency Services Program (Boston Emergency Services Team)

Located in: BUSM Campus

Address: 85 E. Newton St. Boston, MA 02118

Hours: Open 24 hours

Phone: (800)981-4357

<https://www.bmc.org/emergency-services-program>

### **Sexual Behavior/Birth Control/Pregnancy:**

Planned Parenthood 617.616.1600 CDC Teen Pregnancy Resources

<http://www.cdc.gov/teenpregnancy/Teens.html>

### **Substance Use/Abuse:**

Alcohol & Drug Abuse Helpline 800.327.5050

Sameem Associates, Inc. <https://www.sosdrugs.org> 617.964.1060

U.S. Department of Health & Human Services & SAMHSA's National Clearinghouse for Alcohol & Drug Information <http://www.samhsa.gov/>

Web of Addictions [www.well.com/user/woa/facts.htm](http://www.well.com/user/woa/facts.htm)

### **Suicide Prevention:**

Advocates: Psychological Emergency Services, available 24/7 (508)872-3333

American Foundation of Suicide Prevention 617.439.0940

National Suicide Prevention Lifeline [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) 800.273.8255

Samariteens <http://www.samaritansusa.org/boston.php> 800.252.8336

**Samaritans maintains a 24/7 suicide hotline at (877)870-4673. Here is more information about their services.** <https://samaritanshope.org/our-services/24-7-helpline/>

American Academy of Child & Adolescent Psychiatry <http://www.aacap.org>