

June 17, 2021

Dear Weston School Community,

After a long and difficult year, we want to offer some resources for the summer should the need arise for you or someone in your family. Please feel free to take advantage of any of these services. Many of you are aware that there is a shortage of mental health providers with availability at this time, so I am encouraging you to be persistent in your search and reach out for help if needed.

A good starting place is with your pediatrician or with your current outpatient team. The local community mental health center serving our town is the **Human Relations Service (HRS)** in Wellesley. They can be reached on the intake line at 781-235-4950.

For non-urgent matters and school-related matters, you are welcome to contact our school district's Office of Student Services (781-786-5240) and your call will be directed.

→ **Finding Providers/Informational Guides:** [Interface - William James](#) ○ [Handhold MA](#)

→ **Emergency Services:** If this is an emergency that requires immediate attention, please call 911 or head to your local Emergency Room.

If you need urgent help, you can also contact:

- [Riverside Community Care](#) - 800-529-5077

→ **Crisis Help Lines:**

- [Call To Talk](#) - 508-532-2255 - Calling is available 24 hours per day, 7 days/week
- [Crisis Text Line](#) - Text "CONNECT" to 741741
 - Crisis Text Line serves anyone, in any type of crisis, providing free, 24/7 support and information via the medium people already use and trust: text.
- [Samaritans](#) - 877-870-4673 - Call/text is available 24 hours per day, 7 days/week

Thank you for your ongoing attention to mental health and wellness. I hope you all enjoy a healthy and relaxing summer vacation and I look forward to seeing you in the fall.

Best regards,

Maddy Steinberg, Psy.D.
District Psychologist