

A. END OF MODULE HOTLINE LIST (FOR SELECT MODULES)

Section 6. Impact of COVID-19 on Mental Health

If you or anyone you know is feeling depressed or considering suicide, they can get help on the phone by calling the **National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)**. To talk to someone through the online chat function or to find a therapist in your area, visit <https://suicidepreventionlifeline.org/>.

Section 7. Impact of COVID-19 on Substance Use

To talk with a Helpline Specialist about accessing resources and support for people who may be using substances, for people in recovery, or for their loved ones, please call **800-327-5050** or visit <https://helplinema.org/covid-19-resources-for-ma/>.

If you or a family member are experiencing a mental health or substance use disorder crisis, you can call **Emergency Services Program/Mobile Crisis Intervention at 1 (877) 382-1609**.

Section 8 Adult (Section 9 Youth). Impact of COVID-19 on Employment and Income

If you would like to report an unsafe working condition related to COVID-19, such as a lack of social distancing, personal protective equipment (PPE), hygiene protocols or cleaning and disinfection, please file a COVID-19-Related Workplace Health and Safety complaint with the Office of Attorney General Maura Healey. Your employer cannot retaliate against you for making a complaint about an unsafe working condition: <https://www.mass.gov/forms/report-unsafe-working-conditions-during-covid-19>

[Spanish link: <https://www.mass.gov/forms/reporte-condiciones-inseguras-en-el-trabajo-durante-covid-19>]

Section 9 Adult (Section 11 Youth). Impact of COVID-19 on Safety/Violence

We realize that this topic may bring up past experiences that some people may wish to talk about. If you or someone you know needs information, support, or assistance because of unwanted sexual experiences or because of violence in a relationship, you can call the **SafeLink Hotline at 877-785-2020**.

B. END OF SURVEY RESOURCE LIST

Thank you for completing the survey. Listed below are resources addressing some of the topics included in the survey. For more information and updates on COVID-19 in Massachusetts:

- Visit www.mass.gov/covid
- **Sign up for text message alerts**
 - Send COVIDMA to 888-777
 - Envíe COVIDMAESP al 888-777
- **Email** the Governor's Office or call **(617) 725-4005**

General Resources

- Massachusetts | To find health and human services available in your community, [visit Mass 211](#), [call 2-1-1](#) or use [live chat](#).
- Massachusetts | Visit [Mass.gov COVID-19 Updates and Information](#) to connect with resources related to:
 - Unemployment insurance
 - Food and economic assistance
 - Business loans and support
 - Childcare providers
 - Renters and homeowners
 - Mental health and well-being
 - Rights related to COVID-19
 - Resources for abuse and neglect
 - Substance use help and prevention
 - Homeless support

COVID-19 Test Locations

- Massachusetts | For more information about COVID-19 testing and to find a testing site near you, visit <https://www.mass.gov/info-details/covid-19-testing>.

Applying for Health Insurance

- Massachusetts | To apply for or learn more about MassHealth insurance, contact MassHealth Customer Service at **(800) 841-2900**; TTY: **(800) 497-4648**; or visit <https://www.mass.gov/coronavirus-disease-covid-19-and-masshealth>.

Reporting Unsafe Work Conditions:

- To report an unsafe working condition related to COVID-19, please file a COVID-19-Related Workplace Health and Safety complaint with the Office of Attorney General Maura Healey. Your employer cannot retaliate against you for making a complaint about an unsafe working condition: <https://www.mass.gov/forms/report-unsafe-working-conditions-during-covid-19>

Mental Health

- If you feel sad, lonely, hopeless, or suicidal:

- Massachusetts | Call or text the 24/7 Samaritans Statewide Helpline at **(877) 870-4673** or visit <https://samaritanshope.org/>.
- National | Call the National Suicide Prevention Lifeline at **1-800-273-8255** or visit <https://suicidepreventionlifeline.org/> to chat online or find a therapist in your area.

Mental Health & Substance Use

- Massachusetts | If you or a family member are experiencing a mental health or substance use disorder crisis, call Emergency Services Program/Mobile Crisis Intervention at **1 (877) 382-1609** or visit <https://www.mass.gov/emergencycrisis-services>.
- National | If you or someone you know is in need of mental health and/or substance use services, search for treatment facilities using the Behavioral Health Treatment Services Locator: <https://findtreatment.samhsa.gov/> or call the National Helpline at **1-800-662-4357**.

Substance Use and Tobacco Use

- Massachusetts | To access resources and support for people who maybe be using substances, for people in recovery, or for their loved ones, call the Massachusetts Substance Use Helpline at **800-327-5050** or visit <https://helplinema.org/covid-19-resources-for-ma/>.
- Massachusetts | To access resources and support for people who are using tobacco and who want to quit or stay quit, or for their loved ones, call the Massachusetts Smokers' Helpline at **1-800-784-8669** or visit <http://www.makesmokinghistory.org> or <http://www.mass.gov/quitvaping>

Sexual and/or Domestic Violence

- Massachusetts | If you or someone you know needs information, support or assistance because of unwanted sexual experiences or because of violence or abuse in a romantic or sexual relationship: **Call SafeLink** at **(877) 785-2020** or access **SafeLink live chat**. For deaf and hard-of-hearing call **(877) 785-2020**, or by TTY at **(877) 521-2601**.
- National | Call Domestic Violence 24/7 Hotline at **800-799-7233** or visit <https://www.thehotline.org/help> for the online chat option.
- National | Call Sexual Assault 24/7 Crisis Hotline at **(800) 656-4673** or visit www.rainn.org for the online chat option.
- Massachusetts | If you are concerned about how you are treating people in your life, including the person you are dating/seeing, we invite you to reach out to talk to someone about how to navigate your current and past relationships. Call **2-1-1** or visit: <https://mass211.org/resources/resources-for-being-a-safe-dating-relationship-partner/> for resources in your area.
- National | For confidential support, guidance, or more information about addressing sexually worrisome behavior in yourself or someone you care about, contact Stop It NOW Helpline through chat, email or a phone at **1-888-773-8368** or <http://www.stopitnow.org/help-guidance>.

Racism/Discrimination

- Massachusetts | To file a complaint about discrimination occurring in the workplace, housing, public places, access to education, lending, or credit, call the Massachusetts Commission Against Discrimination at [\(617\) 994-6000](tel:6179946000); TTY [\(617\) 994-6196](tel:6179946196); [\(617\) 994-6071](tel:6179946071) (Español, 中文, Kreyòl Ayisyen, русский, Português, etc.) or visit <https://www.mass.gov/orgs/massachusetts-commission-against-discrimination>.

Parenting/Parental Stress

- Massachusetts | To talk to someone about parental stress or connect with local parenting resources in your area, call the 24/7 Parental Stress Line: [1-800-632-8188](tel:18006328188).

Older Adult Services

- Massachusetts | To access services or for information about aging-related issues, visit <https://www.mass.gov/orgs/executive-office-of-elder-affairs>. To connect to a local elder service agency, call [\(800\) 243-4636](tel:8002434636).

Reporting Abuse

- Massachusetts | To report child abuse or neglect: contact the MA Department of Children and Families (DCF) Office; for instructions on reporting, visit: <https://www.mass.gov/how-to/report-child-abuse-or-neglect>.
- Massachusetts | To report abuse of a person age 60 or older who lives in the community: Call the MA Executive Office of Elder Affairs at [\(800\) 922-2275](tel:8009222275) or visit <https://www.mass.gov/how-to/report-elder-abuse>.
- Massachusetts | To report abuse of a person with a disability who is aged 18 to 59: call the MA Disabled Persons Protection Commission at [\(800\) 426-9009](tel:8004269009), TTY: [1-888-822-0350](tel:18888220350).
- Massachusetts | To report abuse of a person by nursing home or hospital: call the MA Department of Public Health at [\(800\) 462-5540](tel:8004625540).