



SALISBURY
SCHOOL

Mental Health and Substance-Related Resources

- **Disaster Distress Helpline:** offers crisis counseling and support to people experiencing emotional distress related to disasters and infectious disease outbreaks. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357) free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **Child Mind Institute:** daily Facebook video chats with clinicians, remote evaluations and telemedicine, comprehensive resources for parents, and a coronavirus resource center. <https://Childmind.org/coping-during-covid-19-resources-for-parents>
- **Anxiety and Depression Association of America:** dedicated to the prevention and treatment of anxiety and depression. Information, resources, webinars. <https://adaa.org/>
- **Mental Health America:** mental health information and tools resources for immediate support, webinars and workshops. <https://mhanational.org/covid19>
- **SMART Recovery:** addiction recovery program for adolescents ages 15-19. www.smartrecovery.org. Support group available on Zoom Tuesdays and Thursdays from 4:30-5:30 pm with the following link: <https://us04web.zoom.us/j/5939803338>. Meeting ID: 593 980 3338