





Well-Being Resources for Families



In an effort to support our Renaissance families, we have created this document of resources that may be helpful during this difficult time. We recognize that even the most exhaustive list of supports may not fully address the unique challenges families are facing, and as a whole school community, we are united to promote the well-being of our students and their families.

Please note that this is not a comprehensive list of all available resources and information is subject to change. For assistance, contact family engagement coordinator, Tamairi Rivera at (617) 357-0900 ext. 1124 or Mental Health Team at 617-910-1273.

Local and National Mental Health Crisis Resources 	Behavior Supports for at Home Learning 
<p>If you or a loved one are experiencing an urgent mental health emergency, please call 911 or go to the nearest emergency room.</p> <ul style="list-style-type: none"> ● Boston Emergency Services Team (BEST) Call 1-800-981-4357 - Mobile Emergency Service Program that provides assessment, intervention, and stabilization services 24/7 ● National Suicide Prevention Lifeline Call 1-800-273-8255 ● SAMHSA's Disaster Distress Helpline Call 1-800-985-5990 or text TalkWithUs to 66746 - Get support regarding your anxiety or stress by speaking to a trained counselor ● TrevorLifeline (LGBTQ+) Call 1-866-488-7386 	<p>Research has shown many benefits to providing structure and routine throughout a child's day with the use of visual supports, schedules, consistency.</p> <ul style="list-style-type: none"> ● Create or maintain routines for your student at home through daily or weekly work schedules ● If possible, create a designated workspace for your student to separate work time from play time. Here is an article with helpful tips. It can be a fun and collaborative activity! ● Encourage movement breaks and mindfulness breaks, below are a few ideas to try! <ul style="list-style-type: none"> ○ GoNoodle - website with many different kinds of guided movement breaks ○ Mindfulness apps - list of some of free and paid mindfulness apps available



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Accessing Behavioral Health/Ongoing Mental Health Services 	Family and Community Resources 
<p>Listed below are Massachusetts based organizations for families in need of guidance or information around accessing Outpatient Mental/Behavioral Health Services.</p> <ul style="list-style-type: none"> • MassHealth Children's Behavioral Health Initiative - The Children's Behavioral Health Initiative (CBHI) community-based system of behavioral health services available to children. Guide for how to use the site, click here. • The Multicultural Mental Health Resource Directory contains information about organizations in Massachusetts that offer services for communities of color, LGBTQ community, deaf and hard of hearing community, immigrants, and refugees. • Mayor's Health Line: Provides advocacy and help getting health insurance or finding a doctor. (617) 635-5050 • Boston-Suffolk County Family Resource Center or call 617-469-8501 - Family Resource Centers (FRCs) provide services by connecting families to resources and programming within their communities. • Massachusetts Behavioral Health Partnership - Assists MassHealth Members with accessing high quality health care for medical and behavioral health conditions. Call 1-800-495-0086 with questions or for more information. 	<p>The resource list below includes links to accessing or locating food assistance and housing stabilization resources.</p> <ul style="list-style-type: none"> • COVID-19 Public Resources Map MA - This map shows the location of resources available during COVID-19 pandemic, such as food banks and Project Bread locations. • Massachusetts 2-1-1 Call 211 or toll-free at 1-877-211-MASS (6277) - Mass 211 connects callers to information about health, human services, and basic needs available. <p>Food Assistance</p> <ul style="list-style-type: none"> • Boston Food Resources Map - Interactive map of the locations of food pantries and soup kitchens in the city of Boston. • Project Bread COVID-19 Food Resources - List of food resources for anyone in Massachusetts seeking food assistance during the COVID-19 pandemic. <p>Housing Stabilization</p> <ul style="list-style-type: none"> • City Life Vida Urbana - Housing Assistance Hotline 617-934-5006 (English) or 617-397-3773 (Espanol), housing rights and resources during COVID-19 crisis. • Residential Assistance for Families in Transition - RAFT Program, residents can apply for rent relief using the form attached to this link. • HomeStart - Multi-service organization working to prevent homelessness and eviction in the Greater Boston Area. For their Eviction Prevention Hotline, call 857-415-2900.