



Office of the Ombudsman

Independent COVID-19 Oversight to
MA Department of Correction

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MAY IS MENTAL HEALTH AWARENESS MONTH

Mental health is critically important to the overall health and wellbeing of all. As Americans experience increasing stress and pressure today, many are experiencing mental health symptoms. We must join together to advocate for improving our mental health awareness.

If you are having symptoms or concerns about your mental health, please reach out to your primary care doctor, your family, and friends, or to one of the below resources available to you. If a loved one or someone else in your life is exhibiting symptoms of mental health, please reach out and provide support to that person!

Be a friend to yourself and to others - make mental health for all a priority!

NATIONAL RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE
800-273-8255

CRISIS TEXT LINE
Text *HOME* to 741741

VETERANS CRISIS LINE
800-273-8255 Press 1 or Text 838255

DESERT WATERS CORRECTIONAL OUTREACH (desertwaters.com)
Email the Ventline: ventline@desertwaters.com

MASSACHUSETTS-SPECIFIC RESOURCES

SAMARITANS STATEWIDE HELPLINE
877-870-4673 (Call or Text)

EMPLOYEE ASSISTANCE SERVICES UNIT
508-422-3481

NEW HAMPSHIRE SPECIFIC RESOURCE

NH RAPID RESPONSE ACCESS POINT
833-710-6477

RHODE ISLAND SPECIFIC RESOURCE

SAMARITANS STATEWIDE HELPLINE
800-365-4044 or 401-272-4044

FIRST RESPONDER-SPECIFIC RESOURCE

ON-SITE ACADEMY AT WINDY HILL FARM (onsiteacademy.org)
978-874-0177

An organization dedicated to assisting first responders dealing with trauma, stress, etc.