

**Mobile crisis Unit/ North Essex**  
Call 24 hours day / 7 days a week  
1-866-523-121

**Department of Families and Children**  
Formerly DSS  
Protecting children from abuse and  
neglect and strengthening families.  
Child-at-Risk Hotline  
1-800-792-5200

**Massachusetts Dept. Mental Health**  
[www.mass.gov/dmh](http://www.mass.gov/dmh)  
Assures and provides access to  
services and supports to meet the  
mental health needs of individuals of  
all ages  
1-800 221-0053

**Department of Public Health**  
(DPH)  
[www.mass.gov/dds](http://www.mass.gov/dds)  
1-800-882-1435

**Turning Point**  
Supports mentally challenged individuals  
in residential settings  
978-462-8251

**Massachusetts Eating Disorder Assn.**  
MEDA  
1-617-558-1881/1-866-343-MEDA

**Jeanne Geiger Crisis Center**  
24 Hour hotline 978-388-1888  
SafeLink: 1-877-785-2020  
The National Domestic Violence  
**Hotline at 1-800-799-SAFE**  
Services and programs to victims of  
domestic violence, confidential  
counseling, legal assistance, children's  
support and empowerment programs

**Pettengill House**  
978-463-8801  
<http://www.pettengillhouse.org/home>  
To support and empower children and  
families by providing education  
coordinated services, emergency  
assistance and basic needs

**Health & Education Services**  
Haverhill area  
978-521-7777 / 800-281-3223  
Helping to build healthy individuals,  
families, and communities through the  
integration of quality health,  
behavioral health, education, and  
human service programs.

**Massachusetts Dept. of**  
**Health & Human Services (HHS)**  
1-617-573-1600  
[www.mass.gov/hhs](http://www.mass.gov/hhs)

# Newburyport Public Schools

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*A Community Guide  
To  
Behavioral Health*

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When a child or family is coping with mental health problems, particularly during an acute crisis, one of the biggest challenges can be finding appropriate support services. For parents, the key to handling mental disorders of children is to recognize the disorder and seek appropriate treatment.

Most disorders have specific diagnostic criteria and treatments, and a complete evaluation by a mental health provider can determine whether a child needs help, and what treatment is appropriate. When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and in the extreme, suicide.

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**Don't know where to start:**

- Call your family /child's physician. They are equipped to address the growing need of behavioral health services
- Ask your health insurance company for a list of covered providers.
- School Nurse
- School Guidance Counselor
- School Adjustment Counselor

**If your child is under 21 and doesn't have health insurance call Mass Health Customer Service  
1-800-841-2900**

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Despite the increase in publicity surrounding mental health and mental health issues, there is still a lack of understanding about mental health in general. One in every five Americans experiences mental illness at least once in a lifetime or experiences numerous or persistent episodes. The majority of psychiatric disorders can be effectively treated.

Newburyport High School is committed to ensuring that students have a safe, nurturing school environment and receive the supports and services necessary to remain safe and, maintain their health status. Health Services is helpful in providing assistance, and guidance to appropriate resources and services,

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## Symptoms of Depression

- No interest or pleasure in things you used to enjoy
  - Feeling sad or empty
  - Crying easily or crying for no reason
  - Feeling slowed down or feeling restless and unable to sit still
  - Feeling worthless or guilty
  - Weight gain or loss
  - Thoughts about death or suicide
  - Trouble thinking, recalling things or focusing on what you're doing
  - Trouble making everyday decisions
  - Problems sleeping, especially in the early morning, or wanting to sleep all of the time
  - Feeling tired all of the time
  - Feeling emotionally numb, perhaps even to the point of not being able to cry
  - School Avoidance
  - Drug or alcohol abuse
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