

## When To Seek Additional Help...

If you are anxious about a health risk or your emotions about the storms and flooding in March 2010, talk to someone you know who can help. This may be your doctor, a friend, clergy/spiritual care member, teacher or a mental health clinician.

If you or someone you know is having difficulty managing his or her feelings, seek help from a medical or mental health professional.

If you, or someone you know talks about or is considering suicide, contact the National Suicide Prevention Hotline at 800-273-TALK (8255) or Samaritans: Massachusetts, 24 hour Crisis Intervention/Suicide Hotlines:

- Teen Hotline: 800-252-8336 (statewide)
- Statewide: 877-870-4673 or web site-  
<http://www.samaritanshope.org>

*Hope is the enemy of despair, if you have lost yours, we are here to listen and to help.*

## The MassSupport Network can help:

For assistance in Bristol and Plymouth Counties, call the outreach team at:

*Community Counseling of Bristol County,  
Inc. (CCBC)  
1 Washington Street, Taunton, MA 02780  
508-977-4011*

For assistance in Suffolk and Middlesex Counties, call the outreach team at:

*Boston University-Boston Medical Center,  
Center for Multicultural Mental Health  
85 East Newton Street, Room 912  
Boston, MA 02118  
617-414-4646*

For assistance in Worcester, Essex and Norfolk Counties, call the outreach team at:

*Riverside Trauma Center  
255 Highland Avenue, Needham, MA 02494  
781-433-0672 ext: 5637*

Massachusetts Department of Mental Health — CCP Program

August 2, 2010—May 1, 2011  
25 Staniford Street. Boston, MA 02114  
617-626-8000

The MassSupport Network is a behavioral health outreach program funded through a collaborative agreement between FEMA and CMCS/SAMHSA. Crisis Counseling funds are made available to the Commonwealth of Massachusetts after a disaster event receives a Presidential Declaration.



## MassSupport Network

*When times are tough,  
it's OK to ask for help.*



*Helping You To Cope With Your  
Emotions After A Disaster*



## Signs that you or a loved one needs emotional support and/or stress management assistance

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- Difficulty communicating thoughts
- Difficulty sleeping
- Gets easily frustrated or limited attention span
- Increased use of drugs/alcohol
- Difficulty focusing
- Poor or decreased work performance
- Headaches/digestive problems
- Reluctance to leave home
- Signs of depression, sadness, cries easily
- Frequent mood swings
- Overwhelming guilt or self-doubt
- Fear of reminders of the event

## Things to remember when trying to understand disaster events

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- No one who sees a disaster is untouched by it
- It is normal to feel anxious
- Profound sadness, grief and anger are normal reactions to a disaster
- Acknowledging our feelings helps us recover faster
- Focusing on our strengths and abilities helps us to heal
- Accepting help from community programs and resources is healthy
- We each have different needs and different ways of coping
- It is common to get upset at what has happened to us; it is good to utilize positive coping skills to manage our strong emotions about the event

*REMEMBER, it is OK to ask for assistance if you are having trouble. Crisis counselors can help you build coping skills, understand your reactions, connect you to agencies that can help, host groups counseling sessions in your community, provide public and individual education, referrals and resource linkages.*

## What is the MassSupport Network?

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The MassSupport Network is a disaster crisis counseling outreach program to assist with coping skills, stress management and to provide education for individuals, families and groups most affected by the three storms in March 2010. This event is being called the “storm of a hundred years” because of the impact it had on the State. The disaster caused damage to cities and towns from the North and South Shores, down to Plymouth and out past Worcester. The MassSupport Network is a FEMA program managed by the Massachusetts Department of Mental Health in collaboration with three provider agencies: Riverside Community Care/Trauma Center, Boston Medical Center’s Center for Multicultural Mental Health and Community Counseling of Bristol County. The program will be providing support and assistance in seven counties.

The MassSupport Network embodies the concept of citizens’ coping, recovery from the disaster event, supported by a caring group of outreach workers. The program provides short-term help for individuals and their families. To speak to a crisis counseling team member, call Mass-2-1-1 or see the contact information on the front of this brochure.