



TOWN OF IPSWICH

POLICE DEPARTMENT

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Chief of Police

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Lt. Jonathan M. Hubbard
Executive Officer

VIRTUAL SOCIAL SERVICES

In spite of the public health crisis, social service agencies are doing their best to continue to provide critical services to those who need them. Many of these organizations are offering online and phone support as many of their in-person services have been suspended.

National Alliance on Mental Illness (NAMI) continues to run support groups via telephone. The number for all meetings is 508-206-8720 and no password is required. For more information, email jmaguire@namimass.org. Meetings are Monday (6:30PM), Wednesday (7:30PM) and Saturday (10AM). You can find information on these critical programs here: <https://namimass.org/online-and-phone-support-options/>

Well Connection is a program available for those who have Blue Cross/Blue Shield Health Insurance. Users can speak live with medical professionals for both medical and psychiatric concerns. Meetings are confidential and secure, and doctors are available 24/7. Users can sign up here: <https://wellconnection.com/landing.htm>

Eliot Community Human Services offers a variety of services including mental health, children, youth and family services; emergency psychiatric services, homelessness services, and brain injury services. <http://www.eliotchs.org/>

Depression and Bipolar Support Alliance offers online support groups for those living with depression and bipolar disorder. These groups are peer-led and are available for young adults, friends, and family members. You can find more information here: <https://www.dbsalliance.org/.../chapte.../online-support-groups/>

With many AA and NA groups unable to meet in person, many organizations have begun to hold meetings virtually with apps such as Zoom and GoToMeeting. For more information:

<http://aa-intergroup.org/directory.php>

<https://newperspectivesfl.com/blog/sobriety-apps/>

https://www.aa.org/pages/en_US/options-for-meeting-online

To help support individuals in recovery from substance use disorder, **Addiction Policy Forum** has partnered with **CHESS Health** to launch the Connections App, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.

<https://www.addictionpolicy.org/connections-app>

National Suicide Prevention Lifeline is available 24/7 for those either in distress or who have a family member or friend who is struggling by calling 1-800-273-8255 <https://suicidepreventionlifeline.org/>

Turn 2 Me hosts free online support groups for anxiety, suicidal thoughts, depression, stress management, and general mental health issues <https://www.turn2me.ie/>

7 Cups has online forums for mental health concerns. Volunteers are available to speak 24/7 either online or with a licensed therapist. <https://www.7cups.com/>

Please continue to practice social distancing and keep safe.
We will all get through this difficult time together.

Sincerely,

A handwritten signature in black ink that reads "Paul A. Nikas". The signature is written in a cursive style with a long horizontal stroke at the end.

Chief Paul A. Nikas