

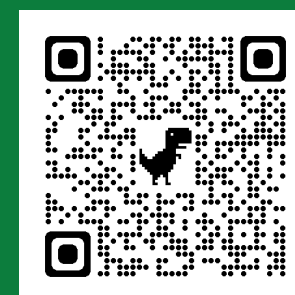
WE HEAR YOU. WE SEE YOU.

Reach out and connect,
you are NOT alone.
For many the holiday time of
year is more heavy than happy....

Dee Dee's Cry

Reach support at (617) 410-8693

<http://www.deedeescry.com/>



Cory Johnson Programs &

Roxbury Pres Social Impact Center:

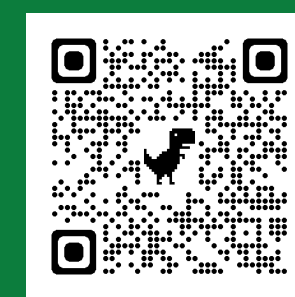
<https://rpcsocialimpactctr.org/programs/>



Breastfeeding Warmline:

Reach support at (857) 301-8259

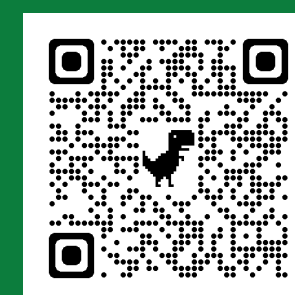
<https://bostonbreastfeeding.weebly.com/support-groups.html>



Crisis Text Line

Reach support by texting HOME to 741741

<https://www.crisistextline.org/>

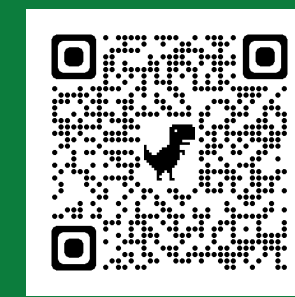


Samaritans

Reach support by calling or texting

(877) 870-4673

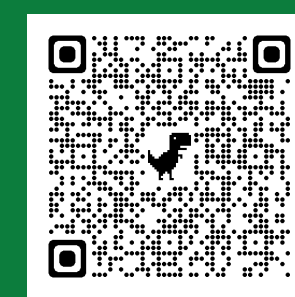
<https://samaritanshope.org/>



Boston Neighborhood Trauma Team

Reach support at (617) 431-0125

<https://bphc.org/whatwedo/mental-emotional-health/trauma-response-and-recovery/Pages/Trauma-Response-and-Recovery.aspx>



Resources compiled by The Mental Health Committee at Vital Village