

# Accessing Mental Health Services During School Closures

Cambridge Public Schools & the Cambridge School Committee recognize the challenge of this pandemic on everyone's mental health. Below are suggestions for supporting your child.



## CONTACT YOUR CHILD / STUDENT'S COUNSELOR OR LEARNING COMMUNITY DEAN (CRLS):

- School professionals can help you develop plans for supporting your child's mental health while schools are closed.
- If your child has an IEP, you can also contact Jean Spera, Director of OSS at [jspera@cpsd.us](mailto:jspera@cpsd.us).

## GO TO A CLINIC OR HOSPITAL:

Please call before going!

- Cambridge Hospital  
1493 Cambridge St.  
617.665.1560 or 911.
- Boston Children's Hospital  
300 Longwood Ave.  
Boston, 617.355.6000

## CONTACT YOUR CHILD / STUDENT'S DOCTOR:

- Your pediatrician's office also can help you identify supports via phone or video conferencing.

## FOR URGENT SITUATIONS, PHONE / TEXT OPTIONS INCLUDE:

- BEST Team (Boston Emergency Services Team)  
800.981.4357 (800.981.HELP)
- Suicide Prevention Lifeline  
800.273.TALK
- National Alliance on Mental Illness Massachusetts  
617.580.8541
- Crisis Text Line Text  
HOME to 741741

## RESOURCES FOR NON-URGENT CARE:

- Child/Adolescent Outpatient Services  
[https://bit.ly/cha\\_psychiatry](https://bit.ly/cha_psychiatry)  
617.665.3458
- Riverside Outpatient Center also offers support throughout our community.  
617.354.2275.