

HCSO Employee Assistance Resources Guide



This resource guide is to assist HCSO employees who are working through life's personal and professional challenges that may adversely impact their work performance, health and well-being.

Suicide Prevention/Crisis lines

MassHealth- Behavioral Health Help Line-
(833) 773-2445
<https://www.mass.gov/info-details/mental-health-crisis-support>

Crisis Text Line- Text HOME or 741741
www.Crisistextline.org

National Suicide Prevention Lifeline- 988
(call or text)
www.988lifeline.org

Pathways For Change- (800) 870-5905
www.pathwaysforchange.help

Samaritans- (877 call or text)
(877) 870-4673(HOPE)
www.samaritanshope.org

Employee Assistance Programs

Concern- (413) 534-2625
<https://www.rvccinc.org/services-specialities/concern-eap/locations-hours-directions/>

Mass4you- (844) 263-1982
www.liveandworkwell.com

SYMETRA- (888) 327-9573 or (800) 697-0353
www.Guidanceresources.com

YouTurn-
<https://youturnhealth.com/>

Uniformed Services Treatment Programs

Brattleboro Retreat- Uniformed Services Program
www.brattlebororetreat.org

Boulder Crest Foundation- (540) 554-2727
www.bouldercrest.org

Forge VFR – (Veterans + 1st responders)
(888) 224-7312
www.forgehealth.com/vfr

FHE Health SHATTERPROOF (FL)-
(833) 591-1578
www.fherehab.com/services/first-responders

McLean Hospital – LEADER (Mass General)-
(617) 855-3141
www.mcleanhospital.org/programs/mclean-leader

On-Site Academy- (978) 874-0177
www.onsiteacademy.org

Marworth (PA)- (800) 442-7722
www.marworth.org

Recovery Centers of America- (800) RECOVERY
<https://recoverycentersofamerica.com/substance-abuse-treatment/first-responders/>

Riverside Trauma Center- (781) 433-0672
www.riversidetraumacenter.org

Swift River Addiction Campuses- (888) 451-5895
www.swiftriver.com

Online Therapists

Mass4you MA State EAP- (844) 263-1982

Liveandworkwell.com

Massmen-

www.massmen.org

Psychology Today –

www.psychologytoday.com

ZOCDOC –

www.zocdoc.com

Veterans Services

Veterans Crisis Line Dial 988

Clearpath New England- (978) 384-8800

www.clearpathne.org

Home Base Veteran and Family Care- (617) 724-5202

www.homebase.org

Mass Vets Advisor-

www.massvetsadvisor.com

Montachusett Veterans Outreach Center-

(978) 632-9601

www.veterans-outreach.org

Nathan Hale Veteran Outreach Center-

(508) 923-0900

www.thenathanhaleveteransoutreachcenterplymouthma.com

Statewide Advocacy Veterans Empowerment Save-

(617) 210-5743

www.mass.gov/service-details/statewide-advocacy-for-veterans-empowerment-save-program

US Department of Veterans Affairs –

www.va.gov

US Veterans Outreach Center –

www.veteransoutreachcenter.org

Veterans Crisis Line – 988

www.veteranscrisisline.net

Family

Codependents Anonymous- (888) 444-2359

www.coda.org

C.O.P.S Concerns of Police Survivors-

www.concernsofpolicesurvivors.org/new-england

(617) 799-9130

First Responder Children’s Foundation-

(646) 822-4236 www.1strcf.org

First Responder Support Network- (415) 721-9789

www.Frsn.org

Fraternal Order of Police Auxiliary- (800) 399-0900

www.Fop.net/about-the-fop/fop-auxiliary

Gottman Institute for Relationships-

www.gottman.com

IACP Family Resources-

www.theiacp.org/ICPRLawenforcementfamily

National Police Wives Association-

www.Nationalpolicewivesofficial.org

National Stepfamily Resource Center-

www.stepfamilies.info

Police Wives of America-

www.policewivesofamerica.org

XO Marriage-

www.xomarriage.com

Financial / Legal

American Credit Counseling Service- (800) 729-0551

www.accs.org

American Consumer Credit Counseling Services-

(800) 769-3571 www.consumercredit.com

Financialcop- (214) 473-4797 www.financialcop.com

Mass4You MA State EAP- (844) 263-1982

Liveandworkwell.com

Mass Bar Association Lawyer Referral Service-

(617) 654-0400 www.masslawhelp.com

Office of Economic Empowerment- (617)367-6900

www.mass.gov/orgs/office-of-economic-empowerment

Wills For Heroes- www.Willsforheroes.org

Addiction Resources for Families

Adcare- (325) 335-6521
www.adcare.com

Al-Anon- (888) 4AI-ANON (425-2666)
www.Al-Anon.org

Alcoholics Anonymous- (617)426-9444
www.AA.org

MA Council on Gaming and Health-
(800) 426-1234
www.macgh.org/contact/

Gosnold.org- (800) 444-1554
www.Gosnold.org

Learn To Cope- (413) 203-1264
www.learn2cope.org

Massachusetts Substance Abuse Helpline-
(800) 327-5050 or text HELP
www.Helplinema.org

Narcotics Anonymous- (800) 773-9999
Western Ma Area- (866) 684-9578
www.NA.org

Domestic Violence/Sexual Assault

YWCA of Western Massachusetts- (413) 733-7100
www.ywworks.org

Jane Doe Inc.- (617) 248-0902
www.janedoe.org

Rape,Abuse,& Incest National Network (RAINN)
(800) 656-4673
www.rainn.org/resources

MA Safelink Hotline- (877) 785-2020
www.mass.gov/info-details/massachusetts-safelink-resources

Victim Rights Law Center- (413) 842-4020
<https://victimrights.org>

Uniformed Services Organizations

1st Help-
www.1stHelp.net

Badge of Life-
www.badgeoflife.com

Blue H.E.L.P.-
www.bluehelp.org

Desert Waters Corrections Outreach-
(718) 784-4727
www.desertwaters.com

Code 9 Project- (929) 244-9911
www.code9project.org

Code Green Campaign-
Codegreencampaign.org/resources

Cop 2 Cop Hotline- (866) COP2COP (267-2267)
www.njcop2cop.com

Copline- (800) 267-5463
www.copline.org

K9 First Responders- (203) 951-1494
www.k9fr.org

Massachusetts Peer Support Network-
(508) 820-2000
www.mspsn.org

Safe Call Now-
www.safecallnowusa.org
(206) 459-3020

Serve & Protect-
www.serveprotect.org
(206) 459-3020

Watch Wellness Group-
www.thewatchwellness.com
(413) 610-0500

Grief Resources for Families

GRASP– Grief Recovery After a Substance Abuse

Passing- (302) 492-7717

www.grasphelp.org

Drug Free- (855) 378-4373

www.drugfree.com

Eluna- (267) 687-7724

www.elunanetwork.org