

Peer 3 to 5 Support Team External Resource 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.

***Peer 3 to 5 Support Team
(413) 888- 8047**

*Non Crisis number
(If in a crisis call 988)

Or

Peer3to5.hcso@gmail.com

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- (888) 520-1868

<https://youturnhealth.com/>

Uniformed Services Treatment Programs

Banyan Recovery Center (978) 307-6964

www.banyantreatmentcenter.com

Bedrock Recovery Center (855) 516-0094

www.bedrockrecoverycenter.com

Boulder Crest Foundation- (540) 554-2727

www.bouldercrest.org

Brattleboro Retreat- Uniformed Services Program

www.brattlebororetreat.org

Compass Recovery (844) 844-2988

www.compassrecoverytreatment.com

FHE Health SHATTERPROOF (FL)-

(833) 591-1578

www.fherehab.com/services/first-responders

Forge VFR – (Veterans + 1st responders)

(888) 224-7312

www.forgehealth.com/vfr

Granite Recovery Center- (866) 957-3125

www.graniterecoverycenter.com

Marworth (PA)- (800) 442-7722

www.marworth.org

McLean Hospital – LEADER (Mass General)-

(617) 855-3141

www.mcleanhospital.org/programs/mclean-leader

On-Site Academy- (978) 874-0177

www.onsiteacademy.org

Recovery Centers of America- (800) RECOVERY

<https://recoverycentersofamerica.com/>

Riverside Trauma Center- (781) 433-0672

www.riversidetraumacenter.org

Swift River Addiction Campuses- (413) 471-8881

www.swiftriver.com

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 to 741741

www.Crisistextline.org

National Suicide Prevention Lifeline- 988 (call or text)

www.988lifeline.org

Samaritans- (877 call or text)

(877) 870-4673(HOPE)

www.samaritanshope.org

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) 244-0100
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 Resources

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) 451-2711
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- (866) 894-5795
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

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

Drug Free– Empowering People to Live Drug Free

(855) 378-4373

www.drugfree.com

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- (866) NA-HELP-U

www.NA.org

Domestic Violence/Sexual Assault

Jane Doe Inc.- (617) 248-0922

www.janedoe.org

MA Safelink Hotline- (877) 785-2020

www.mass.gov/info-details/massachusetts-safelink-resources

Pathways For Change- (800) 870-5905

www.pathwaysforchange.help

Rape,Abuse,& Incest National Network (RAINN)

(800) 656-4673

www.rainn.org/resources

Victim Rights Law Center- (413) 842-4020

<https://victimrights.org>

YWCA of Western Massachusetts-

(413) 733-7100 www.ywworks.org

Uniformed Services Organizations

1st Help-

www.1stHelp.net

Badge of Life-

www.badgeoflife.com

Blue H.E.L.P.-

www.bluehelp.org

Code 9 Project- (844) 467-3247

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

Desert Waters Corrections Outreach-

(710) 784-4727

www.desertwaters.com

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

Resources for Families

Baystate Health Bereavement/ Grief Support

www.baystatehealth.org/patients-and-visitors/support-services/bereavement-support

Diosese of Springfield

www.diospringfield.org

Drug Free– Empowering People to Live Drug Free

(855) 378-4373

www.drugfree.com

Eluna- (267) 687-7724

www.elunanetwork.org

Find Help—Free or Reduced Cost Resources

www.findhelp.org

GRASP– Grief Recovery After a Substance Abuse

Passing- (302) 492-7717

www.grasphelp.org