

## 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](mailto: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](http://www.liveandworkwell.com)

**SYMETRA-** (888) 327-9573 or (800) 697-0353

[www.Guidanceresources.com](http://www.Guidanceresources.com)

**YouTurn-** (888) 520-1868

<https://youturnhealth.com/>

### Uniformed Services Treatment Programs

**Balanced Recovery Center** (413) 331– 7810

[www.balancedrecoverycenter.com](http://www.balancedrecoverycenter.com)

**Banyan Recovery Center Clearbrook 1st Responder Program** (781) 857-8564 or (877) 997– 3274

[www.banyantreatmentcenter.com](http://www.banyantreatmentcenter.com)

**Bedrock Recovery Center** (855) 516-0094

[www.bedrockrecoverycenter.com](http://www.bedrockrecoverycenter.com)

**Brattleboro Retreat Uniformed Services Program**

[www.brattlebororetreat.org](http://www.brattlebororetreat.org)

**Compass Recovery** (844) 844-2988

[www.compassrecoverytreatment.com](http://www.compassrecoverytreatment.com)

**FHE Health SHATTERPROOF (FL)**

(833) 548-0308

[www.fherehab.com/services/first-responders](http://www.fherehab.com/services/first-responders)

**Forge VFR** (888) 224-7312

[www.forgehealth.com/vfr](http://www.forgehealth.com/vfr)

**Granite Recovery Center** (866) 957-3125

[www.graniterecoverycenter.com](http://www.graniterecoverycenter.com)

**Marworth (PA)-** (800) 442-7722

[www.marworth.org](http://www.marworth.org)

**McLean Hospital –** (617) 855-3141

[www.mcleanhospital.org/programs/mclean-leader](http://www.mcleanhospital.org/programs/mclean-leader)

**On-Site Academy-** (978) 874-0177

[www.onsiteacademy.org](http://www.onsiteacademy.org)

**Recovery Centers of America RESCU** (844) 214-4672

<https://recoverycentersofamerica.com/>

**Riverside Trauma Center-** (781) 433-0672

[www.riversidecc.org](http://www.riversidecc.org)

**Swift River Addiction Campuses-** (413) 471-8881

[www.swiftriver.com](http://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](http://www.Crisistextline.org)

**National Suicide Prevention Lifeline-** 988 (call or text)

[www.988lifeline.org](http://www.988lifeline.org)

**Samaritans-** (877 call or text)

(877) 870-4673(HOPE)

[www.samaritanshope.org](http://www.samaritanshope.org)

**988 Lifeline–** call or text 988

[www.988lifeline.org](http://www.988lifeline.org)

## **Online Therapists**

**Mass4you MA State EAP-** (844) 263-1982  
[Liveandworkwell.com](http://Liveandworkwell.com)

**Massmen-**  
[www.massmen.org](http://www.massmen.org)

**Psychology Today –**  
[www.psychologytoday.com](http://www.psychologytoday.com)

**ZOCDOC –**  
[www.zocdoc.com](http://www.zocdoc.com)

## **Veterans Services**

**Veterans Crisis Line Dial 988**

**Clearpath New England** (978) 384-8800  
[www.clearpathne.org](http://www.clearpathne.org)

**Home Base Veteran and Family Care**  
(617) 724-5202  
[www.homebase.org](http://www.homebase.org)

**Mass Vets Advisor**  
[www.massvetsadvisor.com](http://www.massvetsadvisor.com)

**Montachusett Veterans Outreach Center**  
(978) 632-9601  
[www.veterans-outreach.org](http://www.veterans-outreach.org)

**Nathan Hale Veteran Outreach Center**  
(508) 244-0100  
[www.thenathanhaleveteransoutreachcenterplymouthma.com](http://www.thenathanhaleveteransoutreachcenterplymouthma.com)

**Statewide Advocacy Veterans Empowerment Save**  
(617) 210-5743  
[www.mass.gov/service-details/statewide-advocacy-for-veterans-empowerment-save-program](http://www.mass.gov/service-details/statewide-advocacy-for-veterans-empowerment-save-program)

**US Department of Veterans Affairs**  
[www.va.gov](http://www.va.gov)

**US Veterans Outreach Center**  
[www.veteransoutreachcenter.org](http://www.veteransoutreachcenter.org)

**Veterans Crisis Line – 988**  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## **Family Resources**

**Codependents Anonymous** (888) 444-2359  
[www.coda.org](http://www.coda.org)

**Concerns of Police Survivors (COPS)**  
[www.concernsofpolicesurvivors.org/new-england](http://www.concernsofpolicesurvivors.org/new-england)  
(617) 799-9130

**First Responder Children’s Foundation**  
(646) 822-4236 [www.1strcf.org](http://www.1strcf.org)

**First Responder Support Network** (415) 721-9789  
[www.Frsn.org](http://www.Frsn.org)

**Fraternal Order of Police Auxiliary** (800) 451-2711  
[www.Fop.net/about-the-fop/fop-auxiliary](http://www.Fop.net/about-the-fop/fop-auxiliary)

**Gottman Institute for Relationships**  
[www.gottman.com](http://www.gottman.com)

**HOPE Beyond the Badge** (781) 817-3357  
Hope Beyond the Badge Facebook Page

**IACP Family Resources**  
[www.theiacp.org/ICPRLawenforcementfamily](http://www.theiacp.org/ICPRLawenforcementfamily)

**National Police Wives Association**  
[www.Nationalpolicewivesofficial.org](http://www.Nationalpolicewivesofficial.org)

**National Stepfamily Resource Center**  
[www.stepfamilies.info](http://www.stepfamilies.info)

**Police Wives of America**  
[www.policewivesofamerica.org](http://www.policewivesofamerica.org)

**XO Marriage**  
[www.xomarriage.com](http://www.xomarriage.com)

## **Financial / Legal**

**American Credit Counseling Service** (800) 729-0551  
[www.accs.org](http://www.accs.org)

**American Consumer Credit Counseling Services**  
(800) 769-3571 [www.consumercredit.com](http://www.consumercredit.com)

**Financialcop** (214) 473-4797 [www.financialcop.com](http://www.financialcop.com)

**Mass Bar Association Lawyer Referral Service**  
(617) 654-0400 [www.masslawhelp.com](http://www.masslawhelp.com)

**Office of Economic Empowerment** (617) 367-6900  
[www.mass.gov/orgs/office-of-economic-empowerment](http://www.mass.gov/orgs/office-of-economic-empowerment)

## **Addiction Resources for Families**

**Adcare** (325) 335-7940  
[www.adcare.com](http://www.adcare.com)

**Al-Anon Family Groups** (888) 4AL-ANON  
[www.Al-Anon.org](http://www.Al-Anon.org)

**Alcoholics Anonymous** (617)426-9444  
[www.AA.org](http://www.AA.org)

**Drug Free— Empowering People to Live Drug Free**  
(855) 378-4373  
[www.drugfree.com](http://www.drugfree.com)

**MA Council on Gaming and Health**  
(800) 426-1234  
[www.macgh.org/contact/](http://www.macgh.org/contact/)

**Gosnold Behavioral Health** (800) 444-1554  
[www.Gosnold.org](http://www.Gosnold.org)

**Learn To Cope** (508) 738-5148  
[www.learn2cope.org](http://www.learn2cope.org)

**Massachusetts Substance Abuse Helpline**  
(800) 327-5050 or text HELP  
[www.Helplinema.org](http://www.Helplinema.org)

**Narcotics Anonymous** (866) NA-HELP-U  
[www.na.org](http://www.na.org)

## **Resources for Families**

**Baystate Health Bereavement/ Grief Support**  
[www.baystatehealth.org/patients-and-visitors/support-services/ bereavement-support](http://www.baystatehealth.org/patients-and-visitors/support-services/bereavement-support)

**Diosese of Springfield**  
[www.diospringfield.org](http://www.diospringfield.org)

**Drug Free— Empowering People to Live Drug Free**  
(855) 378-4373  
[www.drugfree.com](http://www.drugfree.com)

**Eluna** (267) 687-7724  
[www.elunanetwork.org](http://www.elunanetwork.org)

**Find Help—Free or Reduced Cost Resources**  
[www.findhelp.org](http://www.findhelp.org)

**GRASP— Grief Recovery After a Substance Abuse  
Passing** (302) 492-7717  
[www.grasphelp.org](http://www.grasphelp.org)

## **Uniformed Services Organizations**

**1<sup>st</sup> Help**  
[www.1stHelp.org](http://www.1stHelp.org)

**Badge of Life**  
[www.badgeoflife.org](http://www.badgeoflife.org)

**Blue H.E.L.P.**  
[www.bluehelp.org](http://www.bluehelp.org)

**Code 9 Project** (844) 467-3247  
[www.thecode9project.org](http://www.thecode9project.org)

**Code Green Campaign**  
[Codegreencampaign.org](http://Codegreencampaign.org)

**Cop 2 Cop Hotline** (866) COP2COP (267-2267)  
[www.njcop2cop.com](http://www.njcop2cop.com)

**Copline** (800) 267-5463  
[www.copline.org](http://www.copline.org)

**Desert Waters Corrections Outreach**  
(710) 784-4727  
[www.desertwaters.com](http://www.desertwaters.com)

**K9 First Responders** (203) 951-1494  
[www.k9fr.org](http://www.k9fr.org)

**Massachusetts Peer Support Network**  
(508) 820-2000  
[www.mspsn.org](http://www.mspsn.org)

**Safe Call Now**  
[www.safecallnowusa.org](http://www.safecallnowusa.org)  
(206) 459-3020

**Serve & Protect**  
[www.serveprotect.org](http://www.serveprotect.org)  
(206) 459-3020

**Watch Wellness Group**  
[www.thewatchwellness.com](http://www.thewatchwellness.com)  
(413) 610-0500

## **Domestic Violence/Sexual Assault**

**Alianza** (877) 536-1628

Help is available 24/7

[www.alianzadv.org](http://www.alianzadv.org)

**Jane Doe Inc.** (617) 248-0922

[www.janedoe.org](http://www.janedoe.org)

**National Domestic Violence Hotline**

[www.thehotline.org](http://www.thehotline.org)

Text "start" to 88788

**MA Safelink Hotline-** (877) 785-2020

[www.mass.gov/info-details/massachusetts-safelink-resources](http://www.mass.gov/info-details/massachusetts-safelink-resources)

**Pathways For Change** (800) 870-5905

[www.pathwaysforchange.help](http://www.pathwaysforchange.help)

**RAINN National Sexual Assault Hotline**

(800) 656-HOPE

[www.rainn.org/resources](http://www.rainn.org/resources)

**Victim Rights Law Center** (617) 399-6720

<https://victimrights.org>

**YWCA of Western Massachusetts**

(413) 733-7100 [www.yvworks.org](http://www.yvworks.org)