

WELLNESS WEDNESDAY

No/Low Cost Health and Wellness Resources



In Crisis?
Call: Dial 988
Online: 988lifeline.org



Hingham Schools & Care Solace Partner for 24/7 Mental Health Support

Hingham Public Schools has partnered with Care Solace, an organization that supports mental health care coordination and expanded access to community mental health and substance use treatment providers. Students, family members and HPS staff looking for help with mental health or substance use issues can find treatment options matched to their needs regardless of the circumstance, quickly and confidentially. Call 888-515-0595 24/7/365 or click [here](#) to learn more.

New National Maternal Mental Health Hotline

A new national mental health hotline is available for 24/7 free, confidential support, resources and referrals for pregnant women or postpartum mothers facing mental health challenges. These resources are also available to the family members of pregnant women and postpartum mothers.

Those in need of assistance can **call or text** 1-888-943-5746 (1-888-9-HELP4MOMS) to connect with counselors at the National Maternal Mental Health Hotline. Learn more [here](#).

New Maternal Mental Health HOTLINE

Phone or Text · English or Spanish
1-833-9-HELP4MOMS
1-833-943-5746

Resources to Remember for Seniors

**Friday, Feb. 17, at 10 a.m. at the Hingham Senior Center
224 Central st.**

A range of senior-focused service providers will take part in a breakfast and an informative discussion about resources for seniors related to adult day health, assisted living, elder law, memory care, scam prevention and more. This event is free, but advance registration is required by calling 781-741-1458 or signing up online [here](#). *Snow date: March 3 at 10 a.m.*

Free Fitness Room From the Rec Department

The Recreation Department is hoping to help residents keep up with their new years resolutions by inviting those who are not already members to join the Hingham Striders Fitness Room for free in February. The fitness room offers a variety of fitness options, including cardio, aerobic and weight-training equipment.

To learn more about the fitness room and free fitness options, visit the Recreation Department's [website](#).

