

# WELLNESS WEDNESDAY

## Resources for Residents Seeking Mental Health - Related Assistance



In Crisis?  
Call: Dial 988  
Online: [988lifeline.org](https://988lifeline.org)



### Are you or someone you care about struggling with mental health?

Suicide Crisis and Lifeline

Dial 988

Emergency?

Dial 911

Massachusetts Behavioral  
Help Hotline  
Call or Text  
833-773-2455

### Human Services Staff Contacts for the Town of Hingham



Veterans Director

Keith Jermy  
781-741-1440  
[veteransservices@hingham-ma.gov](mailto:veteransservices@hingham-ma.gov)

Hingham Police Department  
Crisis Clinician

Aileen Walsh  
781-804-2222  
[walsha@hpd.org](mailto:walsha@hpd.org)

Hingham Public Schools  
Counseling

Heather Rodriguez  
781-741-1560  
[hrodriguez@hinghamschools.org](mailto:hrodriguez@hinghamschools.org)

Executive Health Officer

Susan Sarni  
781-741-1466  
[sarnis@hingham-ma.gov](mailto:sarnis@hingham-ma.gov)

Town of Hingham  
Public Health Nurse

Teresa Flynn, RN  
781-804-2371  
[flynnt@hingham-ma.gov](mailto:flynnt@hingham-ma.gov)

Elder Services Outreach  
Coordinator

Mary Frugoli  
781-804-2357  
[frugolim@hingham-ma.gov](mailto:frugolim@hingham-ma.gov)

### Community Resources



- Hingham Food Pantry: (781) 740-8180, 9am-12pm alternating Tuesdays (**food insecurity**)
- Father Bill's & Mainspring: (617) 770-3314 [helpfbms.org](https://helpfbms.org) (**housing/homelessness**)
- Massachusetts Substance Abuse Helpline: (800) 327-5050 [helplinema.org](https://helplinema.org)
- DOVE-Domestic Violence Ended 24-hour hotline: (617) 471-1234 [dovema.org](https://dovema.org) (advocacy/prevention)
- South Shore Community Action Council Inc. (SSCAC): (877) 383-5243 [sscac.org](https://sscac.org) (fuel assistance)
- Interfaith Social Services: (617) 773-6203 [interfaithsocialservices.org](https://interfaithsocialservices.org)
- WellSpring Multi-Service Center: (781) 925-3211 [wellspringmultiservice.org](https://wellspringmultiservice.org) (community service agency)
- Trevor Project: (866) 488-7386, text "START" to 678-678, chat: [trvr.org/Help](https://trvr.org/Help), [trevorproject.org](https://trevorproject.org) (LGBTQ+ mental health/suicide prevention)

Additional resources can be found by contacting the Hingham Health Department (781) 741-1466