

# CHARLTON RESIDENT RESOURCES

## YOU ARE NOT ALONE!

---

### General Information and Community Assistance

#### Public Safety Emergency

Dial 9-1-1

#### State of Massachusetts Announcements and Information

Visit [www.mass.gov](http://www.mass.gov) or dial 2-1-1

#### Town of Charlton Announcements and Information

Visit <https://www.townofcharlton.net/450/COVID-19-Resources>

#### Charlton Board of Health

Visit <https://www.townofcharlton.net/274/Board-of-Health>

Call 508-248-2210

#### Charlton C.H.I.P. I.N.

Call 508-248-3292

#### Charlton Council on Aging

Visit <https://www.townofcharlton.net/297/Council-on-Aging-Senior-Center>

#### CodeRED e-Alert Emergency Communication Enrollment

Visit <https://www.townofcharlton.net/398/Code-Red>

### Mental Health Support & Social Service Resources

#### CDC Advice on Managing Stress and Anxiety

Visit <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

#### Maintaining Emotional Health & Well-Being During the COVID-19 Outbreak

Visit <https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak#combating-isolation-and-loneliness>

#### Housing

Visit <https://www.chapa.org/housing-courses/covid-19-immediate-assistance>

#### Unemployment

Visit <https://www.mass.gov/info-details/massachusetts-covid-19-unemployment-information>

#### Contact Samaritans 24/7 - Call or text 24/7 helpline any time at 1-877-870-4673

Visit <https://samaritanshope.org/our-services/247-crisis-services/>

#### Crisis Text Line - Text HOME to 741741

Visit <https://www.crisistextline.org/>

#### Behavioral Health Resources

Visit <https://massachusetts.networkofcare.org/mh/>

#### SAMHSA's Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

#### Massachusetts Emergency Services Program/Mobile Crisis Intervention (ESP/MCI)

Visit <https://www.mass.gov/emergencycrisis-services>

Call 1-877-382-1609