

For friends and family members...



The Blue Hills Community Health Alliance (CHNA 20)

Envisioning optimal health and well-being for all

The mission of CHNA 20 is to empower our communities to achieve their best quality of health and wellness through education and information while improving access to care and services.

Serving the towns of Braintree, Canton, Cohasset, Hingham, Hull, Milton, Norwell, Norwood, Quincy Randolph, Scituate, Sharon and Walpole

Contact Us

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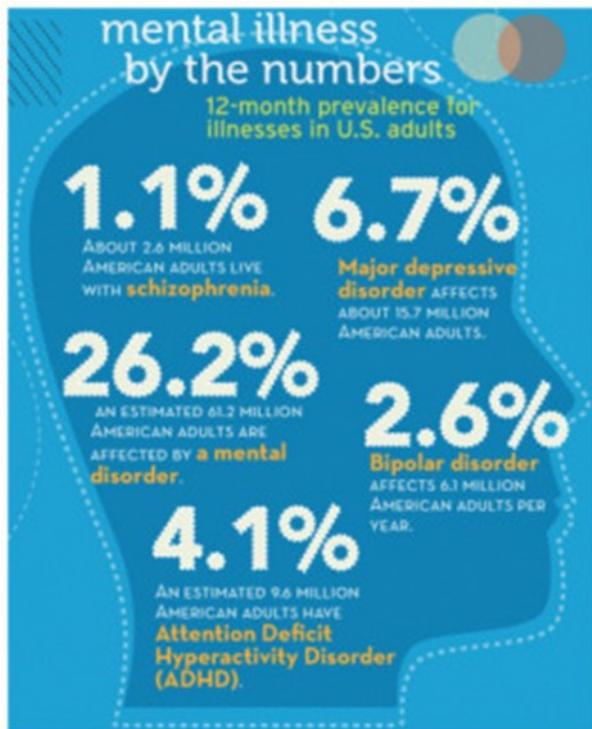
Visit us on the web:
www.chna20.org

CHNA 20 MENTAL HEALTH RESOURCE GUIDE for Young Adults 18-26



The Blue Hills Community Health Alliance CHNA 20

Suite 300
180 Old Colony Avenue
Quincy, MA 02170



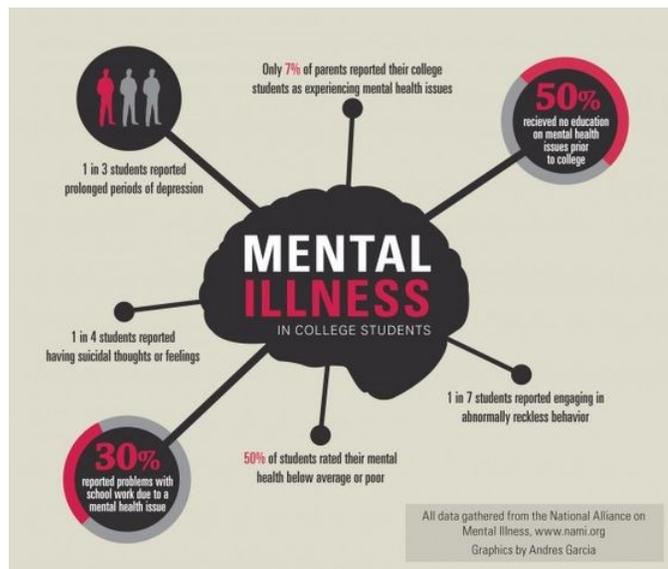
Mental Illness Warning Signs

- Excessive worrying or fear
- Feelings excessively sad or low
- Confused thinking or problems concentrating or learning
- Extreme mood swings, including uncontrollable highs and lows
- Avoiding friends or social activities
- Change in sex drive
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts
- Restlessness or irritability
- Abuse of substances like alcohol and drugs



• The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

• NAMI, educates, advocates, leads, and listens, to learn more about NAMI please visit their website :namimass.org



Local Resources

RIVERSIDE COMMUNITY CARE
781-321-0909
riversidecarecc.org

MASS BAY COUNSELING
617-786-0137
massbaycounseling.com

INTERFAITH SOCIAL SERVICES
617-773-6203
nterfaithsocialservices.org

BAY STATE COMMUNITY SERVICES
617-471-8400
baystatecs.org

SOUTH SHORE MENTAL HEALTH
617-847-1914
ssmh.org

SOUTH BAY MENTAL HEALTH CENTER
781-331-7866
southbaycommunityservices.com

If you are in crisis

- Call your doctor.
- Call 911 for emergency services.
- Go to the nearest hospital emergency room.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at (1-800-273-8255)
- TTY: 1-800-799-4TTY (4889) to be connected to a trained counselor at a suicide crisis center nearest you.