

WE WANT TO HELP.



Town of Hingham Health Department

There is no shame in seeking help and support, and you don't have to go through mental health challenges alone. We are here.

☎ (781) 741-1466

✉ healthdirector@hingham-ma.gov

🌐 <https://www.hingham-ma.gov/186/Health>

🌐 <https://www.hingham-ma.gov/905/Social-Work-Resources>

📍 210 Central Street, Hingham, MA
02043

Please remember
that its ok to ask for help
Taking care of your mental
health is essential, and
reaching out for support is
a sign of strength, not
weakness. Together, we
can navigate through these
difficult times and emerge
stronger as a community.



WE WOULD LIKE TO LET EVERYONE KNOW ABOUT THE MENTAL HEALTH AND WELLNESS RESOURCES THE TOWN HAS TO OFFER. OUR TOWN IS COMMITTED TO PROMOTING MENTAL HEALTH AND WELLNESS AND WE OFFER A RANGE OF RESOURCES AND SERVICES TO SUPPORT THOSE IN NEED. WHETHER YOU'RE STRUGGLING WITH GRIEF, ANXIETY OR SIMPLY NEED SOMEONE TO TALK TO, WE ENCOURAGE YOU TO REACH OUT FOR HELP.



*Mental Health and
Wellness Support*

SERVICES



Our Social Worker, Liz Miller, is available at both the Hingham Town Hall and the Hingham Public Library. Liz has open office hours at both locations to assist with resource connection, coordination of services, substance abuse prevention, treatment and recovery and supportive network building. Liz has a working list of available therapists in our community to help link residents to much needed services. She is full time at Hingham Town Hall or at the Hingham Public Library every Tuesday from 5-7 pm and Wednesday from 10 am-12 pm.

*Contact info: (781) 804-2370
For non-emergency concerns only, please call 911 with any emergency concerns.*

COMMUNITY WORKSHOPS

MAY 2 QPR: QUESTION, PERSUADE AND REFER TRAINING

Come to the Hingham Public Library's Whiton Room from 6-7:30 pm. QPR stands for Question, Persuade and Refer - the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR, and the Heimlich maneuver, help save thousands of lives a year, people trained in QPR learn how to recognize the warning signs of a suicidal crisis and how to question, persuade and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling or neighbor.

*For more information:
<https://www.qprinstitute.com/about-qpr>*

JUNE 6TH TALK SAVES LIVES

*Hingham Public Library, Whiton Room,
from 6-7:30 pm*

Talk Saves Lives is the American Foundation for Suicide Prevention's standardized, 45-60 minute education program, provided by Plymouth County Suicide Prevention Coalition, that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention and what they can do in their communities to save lives.

*For more information:
<https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/>*

