

Where can I get help?

If you would like to speak with someone privately and confidentially, call our Behavioral Health Navigator:

Phone: 781-599-0110
Toll free: 1-800-594-5164

E-mail: info@glss.net
Website: www.glss.net

Other resources:

Samaritans 24-Hour Telephone
Befriending Helpline:
617-247-0220 (Boston area)
1-877-870-4673 (toll free)

MA Behavioral Health 24-hour Help Line
call or text: 833-773-2445

Executive Office of Aging & Independence
24-hour elder abuse hotline:
1-800-922-2275

For more information about aging services in Massachusetts, call 1-800-243-4636 or visit www.massoptions.org.

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion, or gender.

Support for this program is made possible through Beth Israel Lahey Health Behavioral Health Navigator grant funding.

Other GLSS services:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help for older adults with personal care, chores, and more...to help you maintain your independence.
- **Long-Term Services and Supports.** Help with healthcare needs and activities of daily living for people of all ages living with disabilities.
- **Food security.** Access to healthy foods and support for healthy eating for all.
- **Transportation.** We help you find and navigate the options in your community, so you can safely get to the places you need to go.
- **Counseling and support.** We're here to lend an ear and offer some advice and support in a safe, judgment-free setting.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home to protect patients' rights.
- **Healthy living programs.** We offer a variety of programs to help you feel better and stay connected.

Call GLSS at **781-599-0110** for more information and program eligibility requirements.

Behavioral Health Navigator Program



Connecting Lynn residents with behavioral health services

Do you struggle with excessive stress, anxiety, or depression? Are you facing challenges related to housing, food security, family dynamics or even managing daily routines effectively? Are you unsure where to go to get help? We can help you address many of your immediate concerns and point you in the right direction for longer-term assistance.

Serving Lynn residents of all ages



Mental health challenges, such as depression and anxiety, and substance use issues are treatable conditions that affect many people. Often, quality-of-life issues—like safe and adequate housing, getting enough healthy food for you and your family, organizing complicated daily routines, or finding and accessing the right resources—can make these challenges more intense and harder to manage.

The Behavioral Health Navigator Program provides compassionate, personalized guidance by connecting people with behavioral health care and substance use care services. Our Navigator can help you begin to solve some of your most difficult immediate challenges while also providing connections to other programs and services that can offer long-term solutions.

This is a free service for any Lynn resident who needs it.

How do I know if I need help?

Some of the signs could include:

- Sadness
- Loss of interest in activities you used to enjoy
- Changes in weight
- Loss of energy
- Difficulty sleeping or oversleeping
- Using too much alcohol, drugs or medications
- Feelings of loneliness, isolation, or worthlessness
- Excessive worry, fear, or anxiety
- Intense feelings of grief and loss
- Thoughts of death or suicide.

What kinds of services and referrals does the program provide?

Our program provides a range of helpful services to meet your individual needs:

- Individual assessment
- Help with problem solving
- Supportive telephone calls and monthly check ins by an experienced social work professional
- Referrals to behavioral health providers
- Referrals to individual and family counseling
- Referrals to substance abuse counseling
- Referrals to wrap-around services like long-term support services coordination and home care
- Emergency behavioral health interventions.

We also provide resources to help you address other health-related, quality-of-life social needs that might be making your situation worse. We can help:

- If you are experiencing issues related to finding or keeping housing
- If you are struggling to get enough healthy food to eat
- If you are having difficulty finding or keeping a job
- If you need help finding transportation.

Who is eligible?

This free service is available to anyone of any age living in Lynn who is currently experiencing depression, anxiety, or other mental health or substance abuse issues.

Referrals

Referrals are welcome from health care providers and from individuals making a self-referral.



Use the QR code or visit www.phoenixfoodhub.org/For-Providers