



Office of the Ombudsman

Independent Health and Wellness Advisor
to the MA Department of Correction



MENTAL HEALTH RESOURCES

NEED SUPPORT?

IF YOU WANT TO TALK WITH SOMEONE TODAY, CALL:

- **Suicide and Crisis Lifeline: Dial 988**
- **EASU: 1-508-422-3481**
- **Community Mental Health Services: 1-833-773-2445**

OTHER RESOURCES

- ON Site Academy: 1-978-874-0177
- Spring Hill Recovery Center: 1-888-603-2860
- Veterans Northeast Outreach Center: 1-978-521-9668
- RCA's First Responder Program: 1-888-732-6837
- McLean LEADER Program: 1-877-322-2749
- Shatterproof: 1-978-874-0177



How can I contact the Office of the Ombudsman?

Email them at ombudsman@umassmed.edu. You can also send in a question or an anonymous inquiry through the website: <https://covidombudsman-madoc.org> or call 833-662-8410.

