

Wellness and Safety Resources

The Wayland High School Guidance department is always available to discuss personal issues and provide referrals for additional supports. The following list includes a number of these valuable resources. Please see your guidance counselor for more information.

Wayland Police Department:

Should you or someone you know find yourself in immediate danger please call 911 to access the appropriate public safety resources.

Office: 508-358-4721

Emergency: 911

Wayland Police Department Anonymous Hotline: 508-358-1726

Wayland Youth and Family Services:

WYFS provides counseling, consultation, individual and family therapy, parent, education, as well as prevention and outreach resources to the community of Wayland. Counseling is confidential and free for Wayland residents.

508-358-4293

http://www.wayland.ma.us/Pages/WaylandMA_Youth/index

Human Relations Services (HRS):

HRS provides mental health treatment – regardless of ability to pay – to residents of Wayland. HRS helps families and children overcome problems and lead fuller and richer lives. HRS seeks to deepen the relationships and broaden the skills that keep children, families and a community healthy.

11 Chapel Place, Wellesley, MA 02481

781.235.4950

<http://www.hrshelps.org/>

Anxiety/Stress:

Anxiety Disorders Association of America

www.adaa.org

Family Education

<http://life.familyeducation.com>

TeensHealth

www.kidshealth.org/teen/your_mind/mental_health/anxiety.html

Wholistic Stress Control Institute

<http://www.wholistic1.com>

Bullying/Peer Victimization:

Bullying.org

www.bullying.org

Depression:

About Teen Depression

www.about-teen-depression.com

Family First Aid

www.familyfirstaid.org/depression.html

Teen Depression

www.teendepression.org

Domestic Violence/Abuse/Sexual Assault:

Boston Area Rape Crisis Center

www.barcc.org

800.841.8371

Casa Myrna Vasquez

www.casamyrna.org

877.785.2020

Dating Violence Youth Hotline

617.773.4878

GLBTQ Domestic Violence Hotline

800.832.1901

Voices Against Violence

www.smoc.org

800.593.1125

Reach Beyond Domestic Violence

www.reachma.org

Eating Disorders:

Eating Disorder Referral & Information Center www.edreferral.com
Multi-service Eating Disorder Association www.medainc.org
National Eating Disorders Association www.nationaleatingdisorders.org
Cambridge Eating Disorder Center www.eatingdisordercenter.org

Gay, Lesbian, Bisexual & Transgender Youth Resources:

Boston Alliance of Gay, Lesbian, Bisexual & Transgender Youth www.bagly.org 617.227.4313
Gay, Lesbian, Bisexual & Transgender Helpline 617.267.9001
The Network (abuse hotline) 617.423.7233
Parents, Family & Friends of Lesbians & Gays www.gbpflag.org 781.891.5966

Internet Safety:

Cyberbullying information <http://www.cyberbullying.org>
Microsoft www.microsoft.com/athome/security/children/parentsguide.mspx
U. S. Computer Readiness Team <http://www.onguardonline.gov>
Web Aware www.bewebaware.ca/english/default.aspx

Learning Disabilities:

All Kinds of Minds <http://www.allkindsofminds.org>
LD Online <http://www.ldonline.org>

Mental Health (general):

American Academy of Child & Adolescent Psychiatry www.aacap.org
HelpPRO www.helppro.com
National Alliance on Mental Illness www.nami.org
National Institute of Mental Health <http://www.nimh.nih.gov>
American Psychological Association <http://www.apa.org>

Self-Injury:

HelpGuide.org www.helpguide.org/mental/self_injury.htm
S.A.F.E. Alternatives www.selfinjury.com

Sexual Behavior/Birth Control/Pregnancy:

Planned Parenthood 617.616.1600
CDC Teen Pregnancy Resources <http://www.cdc.gov/teenpregnancy/Teens.html>

Substance Use/Abuse:

Alcohol & Drug Abuse Helpline 800.327.5050
Sameem Associates, Inc. www.sosdrugs.org 617.964.1060
U.S. Department of Health & Human Services & SAMHSA's National Clearinghouse
for Alcohol & Drug Information <http://www.samhsa.gov/>
Web of Addictions www.well.com/user/woa/facts.htm

Suicide Prevention:

American Foundation of Suicide Prevention 617.439.0940
National Suicide Prevention Lifeline www.suicidepreventionlifeline.org 800.273.8255
Samariteens <http://www.samaritansusa.org/boston.php> 800.252.8336
American Academy of Child & Adolescent Psychiatry <http://www.aacap.org>