



Pandemic got you down? Feeling stressed?

We are the MassSupport Network and we provide services to ALL Massachusetts residents during the COVID-19 pandemic. Our anonymous, confidential, and free program is for individuals (including youth), families, schools, organizations, businesses and communities. We provide emotional support, coping strategies, resources, and up-to-date, factual information. We also deliver presentations and coping groups around how to support ourselves and each other during the pandemic.

How does it work? Leave us a message at 888-215-4920 or email us at MassSupport@riversidecc.org. We respond Monday through Saturday, 8am to 8pm, typically within a few hours.

Hours: Monday-Saturday, 8am-8pm

Call **888-215-4920**

Email **MassSupport@riversidecc.org**

www.masssupport.org

Is your need urgent? For 24/7 support, call the Disaster Distress Helpline at 800-985-5990

Riverside Trauma Center
A SERVICE OF RIVERSIDE COMMUNITY CARE

The MassSupport Network is funded by the Federal Emergency Management Agency (FEMA) and managed in partnership between the Massachusetts Department of Mental Health and Riverside Trauma Center, a program of Riverside Community Care.



¿Cómo ha afectado la pandemia su vida?

COVID-19 es una crisis de salud pública que afecta todo el mundo. MassSupport es un programa que ofrece apoyo, consejería y recursos gratuitos y confidenciales a todos los residentes de Massachusetts. Por favor llamee al 888-215-4920 y deje un mensaje con su información o envíe un correo electrónico a MassSupport@riversidecc.org. Visítenos por el internet: <https://www.masssupport.org>. Para asistencia 24 horas al día, 7 días a la semana, llame a la línea de ayuda para casos de desastre al 800-985-5990.

Como você está sendo afetado pela pandemia?

COVID-19 é uma crise de saúde pública sem precedentes que afeta a todo mundo. MassSupport Network está aqui para ajudar pessoas de todas as idades em Massachusetts, oferecendo aconselhamento gratuito e confidencial, suporte e referências de recursos. Ligue para 888-215-4920, envie um e-mail para MassSupport@riversidecc.org ou visite [masssupport.org](https://www.masssupport.org). Funcionamos de Segunda a Sábado, das 8 da manhã às 8 da noite. Para suporte 24 horas por dia, 7 dias por semana, ligue para a Linha de Ajuda de Emergência em Desastres pelo telefone 800-985-5990.

Kòman pandemi a afekte'w?

COVID-19 se yon kriz sante piblik san parèy ki afekte tout moun. Rezo MassSupport la pou moun tout laj ki nan Massachusetts pou li ofri konsèy, sipò, ak referans resous ki gratis e konfidansyèl. Rele 888-251-4920, imèl MassSupport@riversidecc.org, oubyen vizite [Masssupport.org](https://www.masssupport.org). Nou ouvri de Lendi-Samdi de 8am a 8pm. Pou sipò 24/7, rele Liy Èd pou Detrès ak Dezas nan 800-985-5990.

Vous êtes affecté(e) par la pandémie?

La COVID-19 est une crise sanitaire sans précédent qui nous concerne tous. MassSupport Network offre gratuitement aux personnes de tout âge résidant dans le Massachusetts, des conseils, une assistance et une réorientation vers des services spécialisés, et ce en toute confidentialité. Appelez le 888-251-4920, contactez-nous par e-mail à l'adresse MassSupport@riversidecc.org, ou consultez le site [Masssupport.org](https://www.masssupport.org). Nous sommes ouverts du lundi au samedi, de 8h à 20h. Pour obtenir de l'aide 24h/24, 7j/7, appelez le numéro d'assistance de Disaster Distress au 800-985-5990.

Quý vị hiện đang bị ảnh hưởng do đại dịch như thế nào?

COVID-19 là một cuộc khủng hoảng y tế công cộng chưa từng có ảnh hưởng đến mọi người. MassSupport Network có mặt ở đây cung cấp tham vấn miễn phí và bí mật, hỗ trợ và giới thiệu nguồn lực cho nhiều người thuộc mọi độ tuổi ở MA. Gọi 888-251-4920, gửi email MassSupport@riversidecc.org, hoặc vào trang mạng [Masssupport.org](https://www.masssupport.org). Chúng tôi mở cửa từ thứ Hai-thứ Sáu, 8 giờ sáng đến 8 giờ tối. Để được hỗ trợ 24/7, hãy gọi Disaster Distress Helpline (Đường Dây Trợ Giúp về Căng Thẳng Do Thảm Họa) theo số 800-985-5990.

तपाईंलाई महामारीले कस्तो प्रभाव पारिरहेको छ?

COVID-19 अद्वितीय सार्वजनिक स्वास्थ्य संकटकालीन हो जसले भनेको सबैजनालाई प्रभाव पारिरहेको छ। MassSupport Network ले यहाँ MA मा सबै उमेरका मानिसहरूलाई निःशुल्क र गोप्य परामर्श, सहायता र स्रोतका सिफारिसहरू प्रस्ताव गरिरहेको छ। 888-251-4920 मा कल गर्नुहोस्, MassSupport@riversidecc.org मा ईमेल पठाउनुहोस् वा [Masssupport.org](https://www.masssupport.org) मा जानुहोस्। हामी सोमबारदेखि शनिबार, बिहान 8 बजेबाट राती 8 बजेसम्म उपलब्ध छौं। 24/7 सहायताको लागि, प्रकोप संकट हेल्पलाइन 800-985-5990 मा कल गर्नुहोस्।