

# HOTLINE FOR THE HOLIDAYS

No need to create a Home Alone 5, check in with us during Christmas Eve and Christmas!

During this holiday season we encourage you to drop in and say hello, get some support, and be within a supportive community. Anxiety, loneliness, grief, and other feelings sometimes ramp up during this season and there are resources there are free options for you to not have to struggle through alone. Peer specialists and clinicians will be available during the below times.

**December 24<sup>th</sup> starting at 10pm until 2am**

**December 25<sup>th</sup> starting at 4am until 9am**

**Zoom Link:** <https://us02web.zoom.us/j/83845111072?pwd=eFhkQkdyeG5lNnFHd3FkT2Q4WGFSQT09>

**Meeting ID: 838 4511 1072**

**Passcode: 562732**

*Prefer calling? Call 646-558-8656*

## OTHER VALUABLE OPTIONS:

### Alcathon

December 24<sup>th</sup> @ 3pm until December 25<sup>th</sup> @ 6pm  
Tewksbury Knights of Columbus (2068 Main St.)

### Local 24/7 Crisis Support

Lahey – 800-830-5177  
Advocates – 781-893-2003

### 24/7 phone support

December 24<sup>th</sup> & 25<sup>th</sup>  
Call Mike @ 978-609-7970 or  
Samantha @ 978-447-2296 to be  
connected with a peer or clinician

