

Concerned about yourself or a loved one?

Natick 180 is here for you.



www.natick180.org



Education

Prevention



We are Natick 180

Natick 180 is deeply invested in empowering our community to be proactive in addressing behavioral health crises. We provide **support and resources to address mental health and substance use challenges** through comprehensive programming and committed partnerships. Natick 180's addiction education, prevention, and recovery work reflects our belief in the power of community action in saving lives. Together we're building a stronger, safer Natick.

Treatment



Recovery



Watch our Narcan & Harm Reduction Video



>1300

Middle & high school students educated annually through interactive classroom discussions.

"One of my favorite parts about NATI is our emphasis on educating our peers in the Natick middle and high schools to prevent substance misuse and facilitate positive mental health. Through leading educational games, equity-focused workshops, and presentations in health classes, it's been wonderful to engage with the community and see how enthusiastic youth are about promoting wellness."

- Julia
Natick Above the Influence (NATI) Youth Leader



>300

People trained to use Narcan to reverse an opioid overdose.

"Natick Fire strongly supports community members having access to Narcan and Narcan training."

Narcan is a vital tool in combating the opioid epidemic and plays an important role in the chain of survival with helping our loved ones who are struggling with combating this disease."

- Chief Jason Ferschke
Natick Fire Department



>30

Annual community events at which Natick 180 provides recovery resources.

"I know now, thanks to Natick 180, how many folks out there want to help. Natick 180 connected me to financial assistance through Natick Rotary and SOAR Natick, which helped me stay housed and helped me be more productive. Natick 180 realizes that the recovering individual faces a second set of challenges after detox that requires support, like employment, medical care, relationships, and housing."

- Patrick
Natick Community Member in Recovery



Free Trainings Offered by Natick 180

Mental Health First Aid

These 7-hour trainings teach adults to identify, understand, and respond to signs of mental illness and substance use disorder in both young people (ages 12-18) and adults (18+).

"QPR" Suicide Prevention Training (Question, Persuade, Refer)

This 2-hour training teaches participants to recognize the signs/symptoms of suicidal behaviors and learn how to assist somebody in crisis.

Naloxone (Narcan) Training

This 1-hour training provides an overview of the signs/symptoms of an overdose and how to administer Narcan, an opioid overdose reversal medication. Free Narcan is provided.

To schedule a free training: natick180@natickma.org | www.natick180.org | 508-647-6623

Natick 180 by the Numbers:

Natick 180: One community, together.



Natick 180's coalition members include parents, youth, businesses and community organizations such as:



Town of Natick
13 East Central Street
Natick, MA 01760

PSRST STD
U.S. POSTAGE
PAID
Natick, MA 01760
PERMIT #35

Postal Patron
Natick, MA 01760

Learn more about Natick 180 & Get Involved:

Join

our community coalition and/or attend our trainings & educational events.



Follow

us on social media

@natick180



Subscribe

to our monthly newsletter.



Scan me



natick180@natickma.org

www.natick180.org

508-647-6623

At Natick 180, we CARE.

By demonstrating CARE, you can help delay or prevent the onset of substance misuse and address mental health concerns. The Natick 180 team has developed some tips you can follow to promote healthy relationship-building in your household or community:



Communicate in an honest & supportive manner.



Affirm good choices & foster self-confidence.



Respect opinions & perspectives without judgment.



Express encouragement & empathy.

Did you know?

Research shows that youth who have a caring adult present in their lives experience improved mental health and well-being.

This person could be a parent, other trusted family member, teacher, faith leader or coach. The important thing is for a young person to feel connected and supported by that individual.

71%

of youth report having at least one teacher or other adult at school to talk to if they have a problem.

In Natick

89%

of youth report having a parent or other adult outside of school to talk to about things that are important to them.

Cut here & save.

Health & Wellness Knowledge 'HAWK' Card



Scan me

Natick180.org/hawk-card

SIGNS & SYMPTOMS of SUBSTANCE MISUSE

Recognizing the signs of substance misuse is an important step in making an assessment and seeking support. Sudden or simultaneous changes in your own, or a loved one's mood, appearance, and/or behaviors, could indicate that there is a reason for concern, and may include:

Behavior:

- Withdrawn
- Increased nervousness and/or anger
- Extreme low/high energy or mood swings
- Breaking rules/laws

Physical:

- Impaired coordination and slurred speech
- Change in pupil size/bloodshot eyes
- Flushed skin
- Poor hygiene

Other:

- Loss of interest in relationships & activities
- Missing valuables at home
- Finding hidden substances
- Absenteeism

Updated 5/24

24/7 Help

911 Call for medical emergencies & dangerous situations. Natick's first responders and mental health clinicians are here to help.*

988 Call/text for urgent mental health & substance use crises. National Suicide and Crisis Lifeline - 988lifeline.org.*

MA Behavioral Health Help Line Call/text for immediate crisis support. **833-773-2445** masshelpline.com

Psychiatric Emergency Services Call for help during a mental health crisis. **800-640-5432** advocates.org

MA Overdose Prevention Helpline Call during active drug use to prevent fatal overdose. **800-972-0590** safe-spot.me

Ongoing Help

Behavioral Health Partners Metrowest For free mental health & social service referrals. M-F: 9am-5pm **844-528-6800** bhpmw.info/metrowesthub

INTERFACE Referral Service Helpline For free mental health referral services. M,W,F: 9am-5pm | T,Th: 8am-6pm **888-244-6843** interface.williamjames.edu

Natick Information & Referral Line For free referral assistance to local services & programs. M-W: 8am-5pm | Th: 8am-7pm | F: 8am-2:30pm **508-647-6519**

JRI's Program RISE Overdose Prevention For free harm reduction services and referral assistance. M,F: 8am-4pm | T-Th: 8am-7pm **508-935-2960** jri.org

www.natick180.org **508-647-6623**

*The Good Samaritan Law protects those who call emergency services to save a life.