

The Town of Duxbury wishes to express our heartfelt sympathies to the family, friends, first responders and those deeply impacted by the tragic events of Tuesday evening, January 24th. Our community has come together in an extraordinary way to support for each other. Continuing that connection to friends, family and neighbors will remain important in the days and weeks ahead. If you, or someone you know, needs help, please know the following resources are always available:

Online:

- [Postpartum Support International \(PSI\) of Massachusetts](#) (or call 866-472-1897)
- [Mass.gov - Postpartum Depression Support Resources](#)

- [Mass.gov - Finding Mental Health Support in Massachusetts](#) (or call/ text 833-773-2445)
- [National Suicide and Crisis Lifeline](#) (or call 988)
- [National Alliance on Mental Illness](#) (or call 800-370-9085)
- [Psychology Today's directory of mental health services providers](#)

- [How to Talk to Kids About Difficult Subjects](#) (Common Sense Media)
- [What to say to kids when the news is scary](#) (NPR)
- [Talking with children about difficult things in the news](#) (Fred Rogers Institute)
- [Helping Children with Tragic Events in the News](#) (PBS)
- [Helping Children Cope with Frightening News](#) (Child Mind Institute)
- [Talking with Your Children About Traumatic Events](#) (Riverside Trauma Center)
- [Grief and Support Resources](#) (Dougy Center)

Local:

South Shore Resource and Advocacy Center (SSRAC), a community-based program that provides safety and support following traumatic events, call 617/688-4474.

Hope Floats Healing & Wellness Center, a bereavement and educational center for adults, children, teens and families who are grieving, dealing with illness, or facing other life challenges, 4 Elm Street, P.O. Box 345, Kingston, MA 02364, call 781-585-4221 or email info@hopefloatswellness.org