

**Town of Duxbury, Massachusetts**  
**OFFICE OF HUMAN RESOURCES**

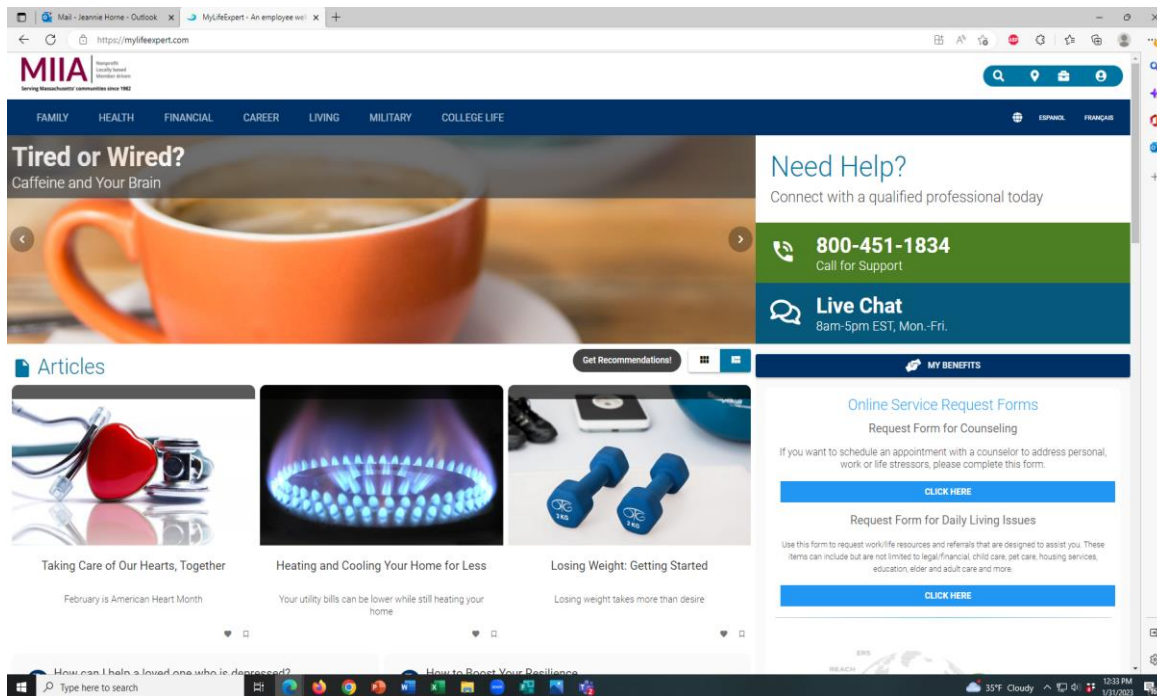


TO: All Town Staff  
FROM: Jeannie Horne, Human Resources Director  
DATE: January 31, 2023  
RE: Updated Available Resources

Our thoughts remain with the family, friends, public safety departments, medical personnel and others impacted by the tragic events in Duxbury the evening of Tuesday, January 24<sup>th</sup>. This community has come together in an extraordinary way to support for each other. Connections to friends, family and neighbors and self-care will remain important in the days and weeks ahead. **If you, or someone you know, needs help please remember the following resources are always available:**

### Online Resources

[MIIA Employee Assistance Program \(EAP\) Summary](#) for ALL Town employees and household members, call 800-451-1834 for assistance, to live chat, request services and access other resources, set up an account online at <https://mylifeexpert.com/> enter company code: miiaep, create and enter a user name, enter your email, then check your email for a 5 digit code from info@mylifeexpert.com, enter the 5 digit code, create and enter a password which will bring you to the following page:



[Blue Cross Blue Shield Mental and Behavioral Health Resource Center](#) for enrolled employees and their dependents, or for a faster service schedule a virtual appointment at <https://myblue.bluecrossma.com>, or download the MyBlue Member App from the App Store or Google Play. Sign in or create an account, then click My Care and Well Connection to find a therapist or easy-to-use tools, or call a BCBS Team Blue mental health support team at 888-389-7764 to coordinate care.

## Online resources continued

- [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 Resources

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, at 4 Elm Street, P.O. Box 345, Kingston, MA 02364, call 781-585-4221 or email [info@hopefloatswellness.org](mailto:info@hopefloatswellness.org)

As always, please contact me with any questions you may have.