

## Watertown Area Resources and Emergency Phone Numbers

### Government and local agencies

Arlington DSS 781 -641-8500; Child-at-Risk 1-800 792-5200

Area Crisis Team: 781-860-0570

Department of Mental Health: 781 -641-8100

Watertown Police Department 617 -972-6500

Waltham District Court: 781-894-4500/Juvenile Probation 781 -894-4500 x3

Watertown Middle School Guidance Department 617 -926-7786

Watertown High School Guidance Department 617 -927-7736

### Hospitals

Mt Auburn Hospital: 617-492-3500 Pediatric Medicine

McLean's Hospital: 617-855-2300 Alcohol and Drug treatment, group therapy, eating disorders, Attention Deficit and Hyperactivity Disorder

Children's Hospital: 617 -355-6000 pediatric psychiatry, inpatient consult

### Information and crisis hotlines

Alcoholics Anonymous 617-426-9444

Alateen and Narcotics Anonymous 508-366-0556

Youth Hotline (for dating violence) 617 -773-4878 or 773-HURT (24 hours)

Emerge (Counseling for Boys & Men who are abusive) 617 -547-9870

Boston Area Rape Crisis Center 617 -492-7273 or for Spanish 1-800-223-5001

Gay, Lesbian, Bisexual and Transgender Hotline 617 -267-9001

Samariteens (for teens who are feeling, depressed or suicidal) 617-247-8050

Project Literacy: 617-924-8797

Regional Center for Healthy Communities: 617 -441-0700

Medical Foundation: Youth Development: 617-451-0049

### Counseling and prevention

Wayside Multi-Service Center (for short term or long term counseling) 617 -926-3600; Outpatient counseling: 888-5wayside

Colony Care behavioral Health: 781 -431-1177

Community Legal Services and Counseling Center/Cambridge, very low cost services: 617-661-1010

WHS Peer Mediation: contact Donna Ruseckas 617-926-7760

WMS Peer Mediation: contact 617-926-7783

Activities

**Boys and Girls Club: 617-926-0968**

**Watertown Youth Coalition Peer Leadership Program 617-926-3600x302**

**Watertown Free Public Library: Teen Advisory Board: 617-972-6431**

**Watertown Park and Recreation Department: 617-972-6494**

**Arsenal Center for the Arts: drama and art classes: 617-923-7631 [arsenalarts.net](http://arsenalarts.net)**

*Remember, it is your right to talk about anything that makes you uncomfortable or that you have questions about. You don't have to figure things out by yourself!*