<u>Helping Hands:</u> *Written by*
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We are living in a time where support and a sense of community is a vital need to all of us. In our lives we come from and identify within different communities; whether that's family, town, culture, religion, etc. These communities are often a pillar of support in many avenues of our lives. One of these communities is the school system in our district, which often has a wide range of support for families, including mental health and substance use prevention resources. Within these schools there are teachers, faculty, and staff who care for the kids' needs throughout the day, but there are also adjustment counselors, guidance counselors, school psychologists, and administrative staff available to provide support and resources.

Schools are not the only support system available, as our town, local, state and national communities have a variety of programs and services for any needs that may arise. Resources available include: food pantries, affordable housing, support groups, mental health resources, and so much more. Additionally, High Point Treatment Center and The Brockton Area Prevention Collaborative act as an active partner to our school community and can provide many avenues of assistance. During any time, these resources can be available to you depending on the need.

All together the most important thing is that no matter what difficulties that you are faced with, you are never alone. There are always resources and people waiting to help and do anything they can to support you. For a list of resources available in the community you can click [here](#).

Brockton Area Prevention Collaborative which is made up of five local community coalitions including the Brockton Mayor's Opioid Overdose Prevention Coalition, Bridging LIVES, EB Hope, Rockland CARES and Whitman Hanson WILL. The Brockton Area Prevention Collaborative is a regional group working together to address substance use prevention in the communities it serves.