



**TOWN OF IPSWICH**  
**25 Green Street**  
IPSWICH, MASSACHUSETTS 01938

**Mary Gallivan**  
Human Resources Director

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M E M O R A N D U M

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TO: Ipswich Employees  
FROM: Mary Gallivan, Human Resources Director  
DATE: February 28, 2020  
RE: Employee Mental Health Assistance

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The Town of Ipswich recognizes employee's mental health and well-being to be priorities for the Town as an employer. Employees experiencing problems with mental health issues are urged to voluntarily seek assistance through available [resources](#) to resolve such problems before they become serious enough to adversely affect work performance and jeopardize their job.

Some of these resources are:

- Your health insurance – contact Customer Service at the number on the back of your insurance card
- The Substance Abuse and Mental Health Services Administration (SAMHSA) has a website (<https://www.samhsa.gov/find-help/national-helpline> or a toll-free phone number (800-662-HELP) to help individuals locate a drug and alcohol abuse treatment program in their community
- Employee Assistance Program (EAP) 24-hour hotline – (800) 451-1834 or [www.emiia.org](http://www.emiia.org)
- Emotional Support: Samaritans Statewide Hotline 877-870-4673
- National Suicide Prevention Lifeline 800-273-8255
- Crisis intervention and suicide prevention hotline for LGBTQ youth: The Trevor Project 866-488-7386 or text "Trevor" to 202-304-1200
- Domestic Violence or Dating Violence: SafeLink 877-785-2020
- Boston Area Rape Crisis Center 800-841-8371
- Support, information, and safety planning for anyone in the LGBTQ community who are being abused or have been abused: The Network/La Red 800-832-1901
- Survivors of domestic violence or sexual violence: New Hope Inc. 800-323-4673
- If you are a Veteran: U.S. Department of Veterans Affairs crisis hotline (800) 273-TALK/8255 or <https://www.mentalhealth.va.gov/> Veterans suicide prevention lifeline 800-273-8255