

Gaslight by Steven Dietz | Mental Health Resources

Our production of *Gaslight* deals with themes of mental and emotional spousal abuse of its protagonist. Here are local and national resources if you or a loved one find yourself in a similar situation to Bella.



The National Domestic Violence Hotline provides education on identifying and addressing various forms of abuse (including gaslighting), as well as resources, support systems, and a live chat/phone hotline.

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

<https://www.thehotline.org/>
CALL: 1.800.799SAFE (7233)
TTY 1.800.787.3224
TEXT: Text "START" to 88788



The **Greater Lowell Health Alliance** is comprised of healthcare providers, business leaders, educators, civic and community leaders with a common goal to help the Greater Lowell community identify and address its health and wellness priorities. Located in Lowell, they are a local organization with a wealth of resources for health-related resources in the region.

<https://www.greaterlowellhealthalliance.org/resources/>



The **Lowell Community Health Center**, a local organization in downtown Lowell, provides comprehensive behavioral health services for people of all ages in Lowell, and surrounding areas. Our clinic's wide range of services is designed to provide care and promote wellness for those who are concerned about mental health issues. Behavioral Health Services supports cultural diversity and clinical excellence. Our team of experienced, multi-cultural, and bilingual clinicians provides treatment for children, adolescents, and adults through individual, group, couple, and family therapy sessions. The diverse backgrounds, orientation, and specialties of our clinicians enable the Health Center to provide an individualized approach to the problems that confront patients.

Request an appointment: <https://www.lchealth.org/request-an-appointment/>
CALL: 978.937.9700



The Center for Hope and Healing provides trauma and resilience-informed support and safe spaces for survivors to heal through its free and confidential counseling, legal and medical advocacy, and 24-hour crisis hotline.

<https://chhinc.org/get-help/>
CHAT: <https://www.resourceconnect.com/chhinc/chat>
CALL 24 HOUR HOTLINE: 800.542.5212



The **NFI Family Resource Center** provides services either on-site or through referrals through its extensive network of providers. Services include mental health counseling. The Lowell FRC is a member of the Massachusetts Family Resource Center Network and is open to all individuals and families in the Greater Lowell Area.

<https://www.nfima.org/services/behavioral-health/lowell-family-resource-center/>
VISIT: 27 Prescott Street in Lowell
CALL: 978.455.0701

<https://mrt.org/show/gaslight>

Gaslight by Steven Dietz | Mental Health Resources

vinfen
transforming lives together

Established in 1977, **Vinfen** is a local nonprofit, health and human services organization and a leading provider of community-based services to individuals with mental health conditions, disabilities, brain injuries, and behavioral health challenges. Our services and advocacy promote the recovery, resiliency, habilitation, and self-determination of the people they serve.

Vinfen is one of the most dynamic and innovative health and human services organizations in the country. With over 500+ locations in Massachusetts and Connecticut, they are a provider of comprehensive services for adolescents and adults with disabilities or life challenges. They provide a wide range of evidence-based programs in recovery, supported living, habilitation, education, employment, clinical, and peer support to the populations they serve.

They offer a wide array of services to help people with mental health conditions, disabilities, behavioral health challenges, and brain injuries. They provide comprehensive evidence-based behavioral health services. Interventions and services are tailored to fit the person's needs and include assessment and evaluation, individual, family and/or group therapy, consultation, psychological testing, substance use counseling, behavior management, and medication management. In addition to urgent and routine outpatient services, Vinfen's Community Behavioral Health Center (CBHC) provides around-the-clock, 24/7 mental health and substance use evaluation and assessment to children, youth, and adults in crisis or in need of support.

<https://vinfen.org/services/resources/>
CALL 24-HOUR CRISIS LINE: 866.388.2242

10/26 Post Show Conversation with Vinfen



Join us for a post show conversation with Jean Yang, President and CEO of Vinfen immediately following the performance on Thursday, October 26th (show begins at 7pm), where we will discuss the mental health impacts of abuse and how Vinfen works toward making healthy communities.

Read more about Jean and Vinfen in Lowell: <https://vinfen.org/community-welcomes-vinfen-president-ceo-at-meet-and-greet/>

<https://mrt.org/show/gaslight>