



## Welcome March!

I don't know about you, but I'm very thankful March is finally here with its longer days and warmer weather! ☀️

A big shout out to our amazing Town of Richmond team especially our Town Administrator, DPW team, Richmond Police Department, EMA Director, local Fire Departments and Ambulance teams. Their tireless work was greatly appreciated during the Blizzard of '26 (and beyond)!  
**THANK YOU!**

We also want to thank our community and neighbors who helped each other get through the storm by checking in on each other, shoveling, sharing food/rides and most importantly caring for one another.

We have re-scheduled our previously canceled **Estate Planning 101 Lunch and Learn** to a new date of:  
**April 16<sup>th</sup> from 11am to 12pm.**  
We will still offer lunch just on the earlier side for this event!

We have a full March Calendar including fun and informative events for all ages. Be sure to check them out in the coming pages and we hope to see you out and about soon!

Take Care.

Kate Schimmel, RN  
Human Services Director

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### Human Services Department

Town of Richmond, RI  
(401) 491-9824

humanservices@richmondri.com

Follow us on Facebook:

[Human Services of Richmond, RI](#)

Mon: 9:00am - 2:00pm

Tues: 9:00am - 2:00pm

Wed: 9:00am - 2:00pm

### Below are tips to help you practice self-care during uncertain times



- Prioritize your physical health.
  - Get a goodnight's sleep
  - Fuel your body with nutritious food
  - Move your body each day
- Set limits on how much time you spend with news and social media.
- Set boundaries about how and when you engage in discussions about current events.
- Connect with people.
  - Family, close friends and your community
- Learn and use coping mechanisms to manage overwhelming emotions.
  - Grounding techniques, Guided Meditation, Yoga, Deep Breathing
- Seek help when you need it.
- Put emotions into action.
- Find opportunities to feel hope and joy.

*This is an excerpt taken from NAMI's article. For full article please click here:*

<https://helplinefaqs.nami.org/article/486-i-m-stressed-about-current-events-how-can-i-practice-self-care-during-uncertain-times>



# RICHMOND RECREATION



# APRIL VACATION CAMP

Register by  
scanning  
QR Code



**APRIL  
20-26**

**GRADES:  
K-5**

**9:00am-  
4:00pm**

Location: Carolina Fire Station  
208 Richmond Townhouse Rd Carolina RI

**\$150 Richmond Residents**  
**\$175 Non- Residents**

**Registration  
Deadline  
March 13<sup>th</sup>**

Questions? Email- [recreation@richmondri.gov](mailto:recreation@richmondri.gov)

**Click here to register:**

<https://docs.google.com/forms/d/e/1FAIpQLSfm0kMUfsbaFiWlInt-PctxRs0qIKDnpay6N0cHkBY2srSPOA/viewform>

# March

## Town of Richmond Community Events



**Tuesdays:**

**3/3, 3/10, 3/17, 3/24, 3/31**

### Community Cards

All Older Adults Welcome!  
Every Tuesday, the Richmond Senior Center invites you to come enjoy coffee, snacks & enjoy a few rounds of cards or cribbage with neighbors!

**10:00am - 12:00pm**

**Richmond Senior Center**

For questions, contact:

**401-491-9404 or**

**communitycenter@richmondri.gov**



**3/10**

### ARDC in Richmond

All Adults Welcome.

The Aging and Disability Resource Center (ARDC) will be in Richmond to provide support and resources for older adults & adults with disabilities or their caregivers. See flyer below for more information.

**9:00am - 12:00pm**

**Appointment Required**

To schedule an appointment call:

**401-735-1887**

**Wednesdays:**

**3/4, 3/11, 3/18, 3/25**

### Community Bingo

All Welcome!

All ages/abilities are invited to join. This a relaxed, fun program led by students in the EWG Transitional Program.

**10:00am - 11:30am**

**YMCA**

**3/17 and 3/24**

### Mahjong Lessons

Registered Adults

Learn the art of the game with a two-part, 90min led by a trained instructor.

**1:15pm - 2:45pm**

**\$30 Residents / \$40 Non-Resident**

**Richmond Senior Center**

**Click here to register:**

[Mahjong Lessons- Presented by Richmond Recreation Commission](#)

**3/21**

### St. Paddy's Day Luncheon

All Welcome.

Join the Richmond Senior Center to celebrate St. Patrick's Day with Corned Beef Sandwiches and fun! \$5/ticket  
RSVP ASAP

**12:00pm - 2:00pm**

**Richmond Senior Center  
Call Dennis at 401-491-9404**

**03/05**

### Lunch & Learn Series: Long-Term Care Planning

All Adults Welcome!

Come learn about the foundation of estate planning and why it matters at every stage of life from McCarthy Law and enjoy a free healthy lunch.

**12:00pm - 1:00pm**

**Richmond Senior Center**

**To register:**

**401-491-9824 or**

**humanservices@richmondri.gov**

**3/21**

### Easter Egg Hunt

Kids of all ages

Join the Easter Bunny and Alaina's food truck for our annual Easter Egg Hunt! Hosted by:

Richmond Recreation Commission

**10:00am Event Start**

**10:30am Start Egg Hunt**

**Richmond Town Hall**

Please follow the Recreation Commission on Facebook for more information on this event!

[Richmond Recreation Commission](#)



A TWO-PART SEMINAR

SERIES PRESENTED BY:



McCarthy Law, LLC

Medicaid Planning • Estate Planning • Elder Care Law

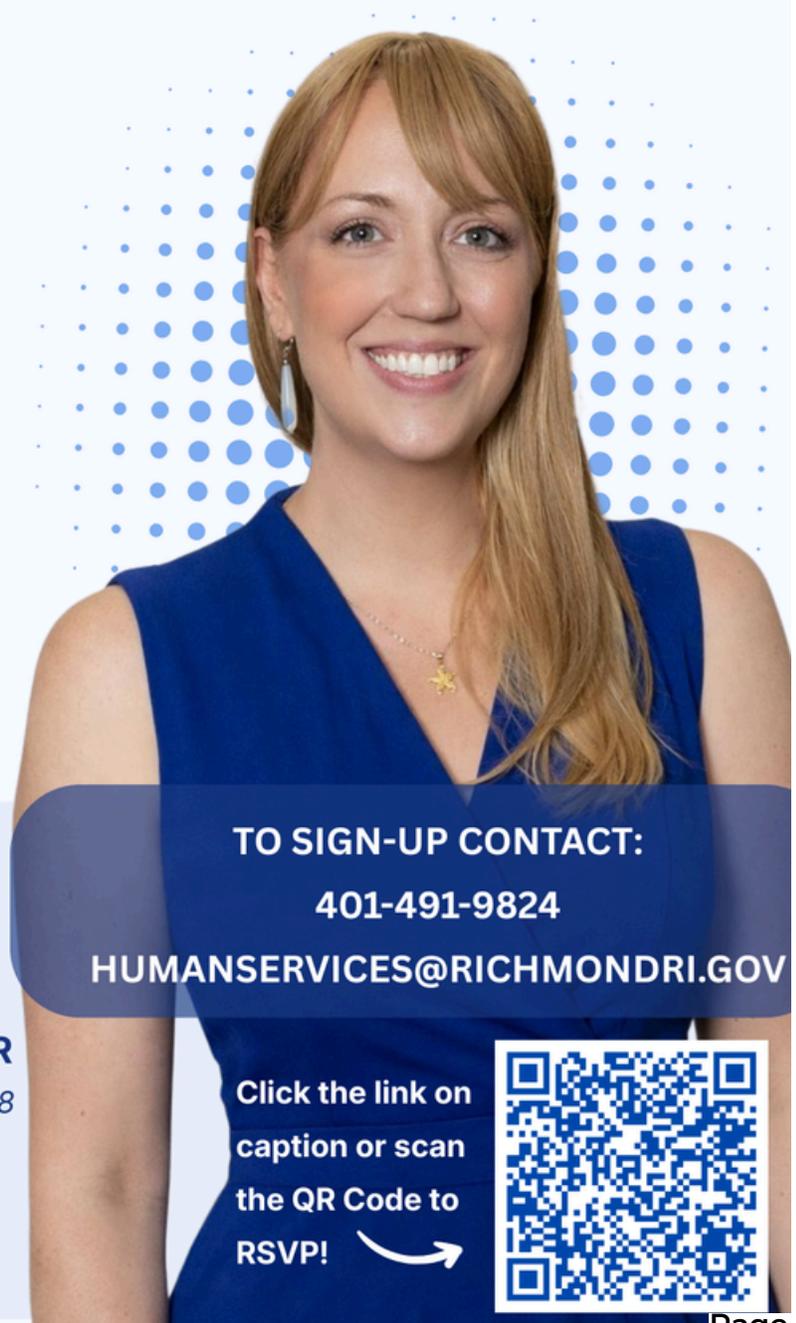
# LONG-TERM CARE PLANNING

## JOIN US FOR A FREE LUNCH & LEARN SEMINAR!

This follow-up seminar focuses on **planning for aging, care needs, and protecting assets** over time.

Topics include:

- Understanding long-term care options
- Planning ahead for assisted living or nursing home care
- Reducing crisis-driven decisions for families



**MARCH 5**

12:00 PM-1:00PM



**RICHMOND SENIOR CENTER**

1168 Main St. 2F Wyoming, RI 02898



*Elizabeth Taber*

Elder Care Coordinator

**TO SIGN-UP CONTACT:**

**401-491-9824**

**HUMANSERVICES@RICHMONDRI.GOV**

Click the link on caption or scan the QR Code to RSVP! 



## THE AGING AND DISABILITY RESOURCE CENTER (ADRC)

is available to provide services in **Richmond on the 2<sup>nd</sup> Tuesday of every month** to help assist Rhode Islanders in making informed choices and decisions and streamline access to Medicare, SNAP Applications, Long term services and supports for older adults, adult with disabilities and their caregivers as well as many other services.

### The ADRC can assist with the following services and supports:

- Person Center Options Counseling
- Information and Referral
- Application Assistance with applying for publicly funded programs such as:
  - Long Term Services and Supports (LTSS)
  - Supplemental Nutrition Assistance Program (SNAP)
  - Medicaid
  - Rhode Island Pharmaceutical Assistance Program for the Elderly (RIPAE)
  - Extra Help Program
  - Medicare Premium Payment Program (MPP)
  - Low Income Home Energy Assistance Program (LIHEAP)

State Health Insurance Assistance Program (SHIP) Counseling to help understand your Medicare options, assist with plan enrollment, and educate on how to prevent, detect, and report Medicare fraud.

**For more information, please get in touch with**

**Dates for next  
upcoming  
Appointments**

**March 10<sup>th</sup>  
9am - 12pm**



**CARLA SABATINO**

[carla.sabatino@unitedwayri.org](mailto:carla.sabatino@unitedwayri.org)

*401-462-4444 Call center  
401-735-1887 Direct line*

*The Richmond Recreation Commission presents*



**March 17 & March 24 (1:15pm-2:45pm)  
or April 13 & April 20 (5-6:30pm)  
at the Senior/Community Center**

**Learn the art of the game with a two-part,  
90-minute beginner series led by a trained  
instructor, featuring a thorough overview  
of rules and multiple guided games.**

**Scan the QR Code to Register.  
\$30 Residents / \$40 Non-Residents**



***Follow the Richmond Recreation Commission  
on Facebook for all the latest!***

**Or click here to Register:**



## Attention All Card Players

The Richmond Senior Center is starting to offer card games! We invite you to come enjoy a cup of coffee, snacks and a few rounds of cards with neighbors!

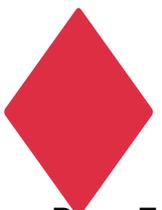
***Every Tuesday***  
***10am – 12pm***

1168 Main St. 2nd Floor  
Wyoming, RI 02898  
(2nd floor of the Police Station,  
elevator in the rear of building)

Games include Pitch (High, Low, Jack), Cribbage, Gin Rummy or suggest your favorite game.

If you have any questions, contact the Senior Center:  
401-491-9404

[communitycenter@richmondri.gov](mailto:communitycenter@richmondri.gov)

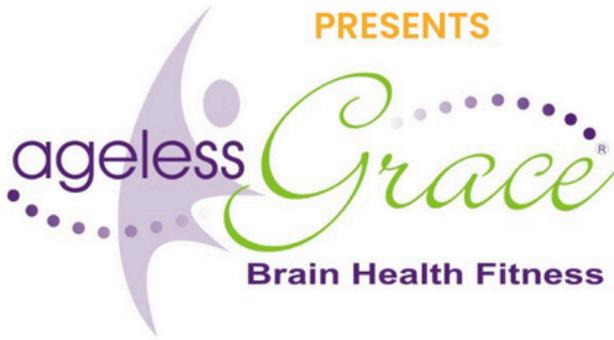


For more information visit:  
[agelessgrace.com](http://agelessgrace.com)



**RICHMOND  
SENIOR CENTER**

**PRESENTS**



**It's never too late to begin. It's never too early to start.™**

**March 17, 31      April 14, 28**  
**May 12, 26      June 9, 23**  
**1:00 pm**

**Richmond Senior Center**  
**1168 Main Street – 2<sup>nd</sup> Floor, Wyoming, RI 02898**



**ABOUT THE INSTRUCTOR**

Kara Marziali has been a Certified Ageless Grace® Educator since 2017. She also teaches theatre, dramatic literature, and art to adult learners, and she serves as the artist in residence at Wood River Health. Kara is at her best when she's engaged in creative endeavors including performing, writing, painting, singing dancing, playing, and sharing joy with others.

**CONTACT DENNIS MCGINITY TO SIGN UP  
FOR ONE OR ALL THE SESSIONS**



**401-491-9404**



**[communitycenter@richmondri.gov](mailto:communitycenter@richmondri.gov)**



St Paddy's Day Luncheon

Saturday March 21, 2026

Noon to 3:00 pm

Corned Beef Sandwiches &  
all the goodies including cake!!

\$5.00 each

Family & friends are welcome

Table raffle & 50/50 Raffle

RESERVATIONS REQUIRED

RSVP no later than Monday

March 16, 2026

Call Dennis@ 491-9404



# CHECK IT OUT! TECH TIME

One-on-One 'Tech Sessions'



Ask a question or just learn a new skill. Smartphones can be used to enhance virtually every aspect of your life!

**How to adjust font size**

**Send a text message**

**Send a photo via text or email**

**Take a screenshot**

**Scan a QR code**

**Use your virtual assistant to make phone calls, video calls, send text messages, launch apps etc.**

## MONTHLY TECH TIP

**Let's Chat about ChatGPT!  
Chat is your go-to digital assistant—here to answer questions, spark ideas, help you write, plan and problemsolve, anytime you need it!**

**9:00am - 11:00pm**

*30-60mins sessions*

**Registration Required**

**Richmond Senior Center**

*1168 Main St. Wyoming, RI 02898*  
(2nd floor of the Police Station, elevator in the rear of building)

To register for a one-on-one tech time, please contact the Human Services Department:  
**(401) 491-9824.**



A TWO-PART SEMINAR

SERIES PRESENTED BY:



McCarthy Law, LLC

Medicaid Planning • Estate Planning • Elder Care Law

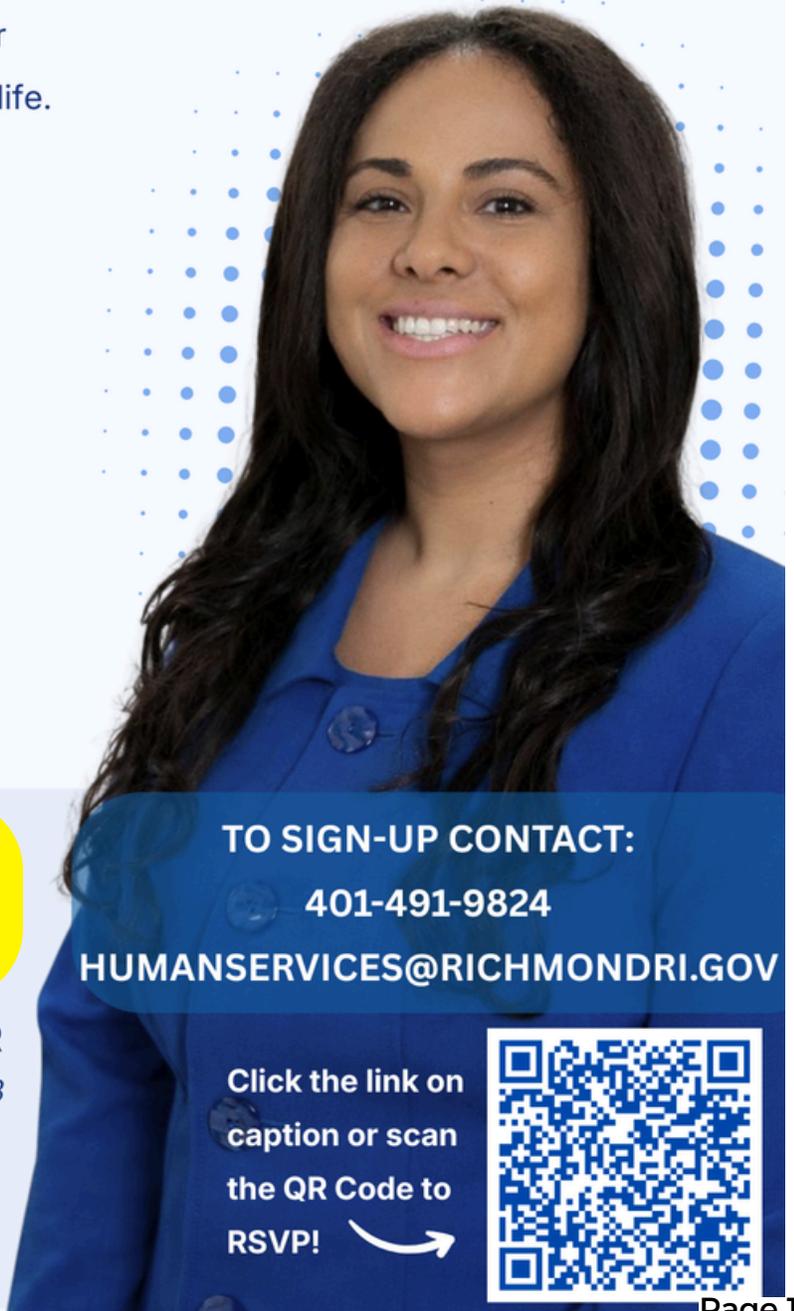
# ESTATE PLANNING 101

**JOIN US FOR A FREE LUNCH & LEARN SEMINAR!**

This introductory seminar covers the **foundation of estate planning and why it matters** for individuals and families at every stage of life.

**Topics include:**

- What estate planning really is and why it is important
- Wills, trusts, and how they work
- Powers of attorney and healthcare proxies
- Beneficiary designations and common mistakes
- How proper planning helps avoid confusion and family conflict



**RESCHEDULED DATE:**

**APRIL 16<sup>TH</sup>, 2026**

**11:00AM - 12:00PM**



**RICHMOND SENIOR CENTER**

1168 Main St. 2F Wyoming, RI 02898



*Attorney Whitney R. Anderson*  
Estate Planning Attorney

**TO SIGN-UP CONTACT:**

**401-491-9824**

**HUMANSERVICES@RICHMONDRI.GOV**

Click the link on  
caption or scan  
the QR Code to  
RSVP! 





# **HOPE VALLEY-WYOMING FIRE DISTRICT**

Senior Advocates – Ron Mowchan & Bill Day

March 2026



Hopefully March won't come roaring in like a lion! February sure did. Can it be possible the snow will melt by March 20th, the first day of spring?

In recent weeks, due to frigid temperatures, several house fires have occurred. The use of a space heater caused a fatality in a northern town. Investigation proved it was left overnight and overheated. Never leave your space heater on before retiring. Ensure it is clear of any combustibles. Check for frayed wires. Do not use extension cords, save a life!

Years ago, when we were younger, you had 17 minutes to escape a house fire. With modern construction, you now have only 3 to 4 minutes. The rule is "get out, stay out!" People can't be replaced by insurance. Always have a designated meeting place.

Because we will be spending more time inside the house, it may be a good time to do a home safety check:

1. Make sure you have fire and CO detectors in the appropriate locations and they operate
2. Have adequate lighting in halls and stairwells, ensure there are no loose stair treads or rugs
3. Make sure you have a working, up to date, fire extinguishers in the kitchen, know how to use it.  
Call the local fire dept. if you need instructions
4. Check your medications in the bathroom or any other location for secure storage where children cannot access them. If they are outdated, get rid of them. The local police dept. has drop off bins for controlled or expired medications
5. Check your basement for lighting. Never store flammable liquids such as gas or kerosene in your basement. Never store woodstove ashes as they can cause CO poisoning if they are not all the way out.
6. Pets give us comfort, friendship, and unconditional love, but pets can cause fires. We need to be careful with pets in the home, keep pets away from stoves and counter tops. Keep them away from fireplaces and consider battery operated candles. Some pets chew on electrical cords, and they have a part in starting over 700 house fires every year

For any home emergency involving evacuation, get out and stay out. Call 911 before you post it on Facebook.

There will most likely be lots of snow piles left over. Use caution driving around intersections and parking lots. Children often play in snow piles. Be cautious!

If you are thinking about starting yard cleanup, remember, the state has a burning ban from March 15th through May 15th. You must obtain a burning permit from your local fire dept. Burn only clean brush, no construction material, plastics, or rubber. Make sure you burn a safe distance from woods or structures.

Dates to Remember in March:

March 8th- Daylight Savings Time- Spring forward

March 8th- International Women's Day

March 17th- St. Patrick's Day

March 19th- Certified nurse's day

March 29th- National Vietnam Veteran's Day

March 29th- Palm Sunday

Individuals experiencing stress, sadness, conflict, or substance abuse are encouraged to contact their primary care provider or call 988.

# Community Information



The Richmond Historical Society

&

The Richmond250 Commission

Present



## SENIOR SNAPSHOTS

Richmond residents over age 60 will be recognized as part of America's 250th anniversary through photo and word. This project seeks to preserve images and memories of local elders. Participants will be photographed as part of a brief interview, and photos and quotes will be displayed in the Clark Memorial Library, at the Richmond250 Field Day, and in the RHS newsletter and website.

Participants should be current Richmond residents. Interested persons may email contact information to [rihiso@gmail.com](mailto:rihiso@gmail.com). Family and friends may nominate potential individuals.



## Join Us for Respite Focus Groups

In Collaboration with University of Rhode Island  
In Partnership with Chris McGrane, PhD, RN, CNE, CHSE  
Clinical Assistant Professor, URI

### Parents & Caregivers — We Want to Hear From You!

Are you currently using respite care — or do you need respite support?  
Join us for a community conversation to share your experiences, challenges, and ideas. Your voice will help improve respite services for families across Rhode Island.

#### Why Participate?

- Share your lived experience
- Help shape future respite services
- Connect with other caregivers
- Receive a \$25 Walmart gift card as a thank-you for your time

#### Who Should Attend?

- Parents or Caregivers of children with special healthcare needs
- Families currently receiving respite services
- Families who need respite but have difficulty accessing it

### Registration Required.

To register, please contact Brenda Alejo  
call/txt 401-477-0016 or b.alejo@psnri.org

**SATURDAY, MARCH 14**  
**12-4PM**

Independence Square  
URI Kingston Campus  
Parking is behind the building

**FRIDAY, MARCH 27**  
**4-7:30PM**

The Impossible Dream  
575 Centerville Rd  
Warwick, RI

**Together, we can strengthen respite support for Rhode Island families.**



and

THE  
UNIVERSITY  
OF RHODE ISLAND



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

## YOUTH MENTAL HEALTH FIRST AID

### WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**The most common illnesses of childhood & adolescence are mental health disorders."**

- Harold Koplewicz, M.D.,  
President & Medical Dir.  
Child Mind Institute

**1 IN 5**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness\*

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry\*\*\*

### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Parents/Caregivers
- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Adults who Work with Youth.

### WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

### REGISTER TODAY!

COURSE TAUGHT ONLINE

NEXT CLASS DATE & TIME:

**Thursdays, March 26th & April 2nd, 2026**  
**6:00-8:30 PM**

TO SIGN UP OR ASK QUESTIONS:

Email Susan Orban at [wccc@washcokids.org](mailto:wccc@washcokids.org)

This 6.5 hour **evidence-based** course is taught in a Blended Format. Learners complete a 2-hour, *self-paced* portion online and then attend two 2.5 hour (with breaks) *Instructor-led* skill-building training sessions online via ZOOM.

## File Your Taxes For FREE!!!

The IRS 's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) offer free tax filing for the following individuals:

- who make less than \$67,000.00
- People with disabilities
- Limited English-speaking tax payers



### Local VITA & TCE Sites (By Appointment Only)

- Westerly Senior Center (401) 596-2404
- WARM Westerly (401) 596-9276 ext. 115
- SCT Mystic St. Marks Episcopal Church (860)-590-8910
- Tri-County CAA South (401) 515-2490
- Narragansett Community Center (401) 782-0675

## FINANCIAL LITERACY CLASSES



### Hosted by BankNewport

Join us for free monthly financial literacy workshops designed to help individuals impacted by domestic violence build financial independence.

**When:** Every 2nd Monday of the month at 4:30 PM

**Next Session:** Monday, March 9, 2026

**Where:** 61 Main Street | Wakefield, RI | DVRC

**Registration Required:** Call to register ➔ 401-782-3990

Anyone impacted by domestic violence seeking to strengthen financial confidence and independence is welcome to attend. The classes are FREE!

## All Assistance

**Wellbeing Collaborative** - Click the link below for a downloadable resource guide for South County. From mental health to community resources this is a great guide for all local resources.

Website: [Community Resource Guide](#)

**211** - By dialing 211 from your Phone you can reach free, confidential resource information service. Your call is answered by a trained professional. One call connects you with the appropriate resources you need in your community. It is efficient, fast, and easy to use. 211 is available 24 hours a day, 7 days a week, 365 days a year. Translation services available in many languages.

**Tri-County Community Action Agency** - Offers programming and support for all ages - from early education, family care community partnerships to senior & disabled adult services. For more info contact: 401-583-0128  
<https://www.tricountyri.org/>

## Housing

**RI Regional Access Points (RAP):** If you find yourself in need of "Emergency Housing", are you currently homeless or facing homelessness, the first step should be to contact the nearest RAP. They will assist in finding an appropriate shelter and provide case management services for permanent housing.

Web: <https://rihomeless.org/ces/>

**WARM Center:** WARM is the only provider of comprehensive shelter and social services to adult men and women in South County, RI & Southeastern, CT  
401-596-9276

Web: <https://warmcenter.org>

**Rhode Island Housing Phone:** RI Housing works to ensure that all people who live in Rhode Island can afford a healthy home that meets their needs. They offer information on affordable housing, homebuyer education, rental and mortgage assistance programs.  
401-457-1234

Web: [www.rihousing.com](http://www.rihousing.com)

## Food

**RICAN** - Offers programs year-round to give you the support and resources you need to get back on your feet. Guests can visit our food pantry once a week & may also have access to free clothing items. Pantry hours are as follows:

Wednesday

9:30am – 11:30am - Drive Thru Only

5:30pm – 6:30pm - Drive Thru Only

Thursday \*Sign-up required\*

9:30am – 12:00pm - In-Store Shopping Only

Friday

2:00pm – 3:00pm - Drive Thru Only

For more information please contact:

401-364-9412

<https://www.rhodeislandcan.org/>

**New Hope Pantry** - The hours of the food pantry are: Tuesdays: 8:30-10:00am & Fridays: 6:30-7:30pm. For more info call (401) 539-4673

**Pantry on the Lane** - The Pantry on the Lane is a food assistance program serving anyone in need in the Southern R.I. - no questions asked. They are located at 70 Bowling Lane, Bradford, RI and are open on Saturdays from 8am - 12pm. For more information call 401-465-7745.

**The Jonnycake Center of Westerly** - The Jonnycake Center of Westerly is proud to offer a client-choice service model for its Food Pantry. Every 30 days clients have the option to come to our Pantry and select food for themselves (with the optional assistance of a Pantry volunteer). Qualified residents may receive a one-week supply of food for their household every thirty days. To sign-up contact 401-377-8069 option 1.

Web: <https://jonnycake.org>

**Meals on Wheels** - Our mission is to meet the nutritional and other special needs of older adults and other eligible populations in order to help them maintain their independent lifestyles. MOW offers home-delivered meals as the only nonprofit meal delivery program of its kind in Rhode Island, serving approximately 1,312 seniors daily. MOW phone number is 401-351-6700

Web: [www.rimeals.org](http://www.rimeals.org)



## Older Adult Resources

**Office of Healthy Aging (OHA)** - As Rhode Island's designated state unit on aging, OHA empowers older Rhode Islanders (age 55+) and adults living with disabilities to age strong. Along with many partners, OHA connect you to information and resources in the community to help.

401-462-4444

Web: <https://oha.ri.gov>

**RI Elder Info** - Rhode Island's central source for all information and resources regarding care for the elderly. 401-585-0509

Web: <https://rielderinfo.com>

**RI Alzheimer's Association** - Serving all of Rhode Island, the Alzheimer's Association Rhode Island Chapter is here to help. We provide education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.

800-272-3900

Web: [www.alz.org/ri](http://www.alz.org/ri)

**Southern Rhode Island Volunteers' (SRIV)** - SRIV's mission is to support older citizens by providing aging-in-place services for those in need, by providing meaningful volunteer engagement opportunities, and activities that promote & enhance independent living for seniors & disabled adults, and anyone interested in volunteer service opportunities in their community.

401-552-7661

Web: [www.southernrivol.org](http://www.southernrivol.org)

**Wood River Village** - is a non-profit, volunteer-driven membership organization made up of local volunteers from Richmond, Exeter and Hopkinton who promote independence, connection, and well-being, helping neighbors stay active, engaged, and rooted in the communities they love.

401-218-0451

[Wood River Village](#)

## Crisis and Mental Health Support

**Call or Text 988 - NATIONAL MENTAL HEALTH HOTLINE** If you are in a crisis 24/7- you can call or text 988 on your phone and be connected with a trained counselor in Rhode Island.

**988 is connected to BH LINK** - BH Link is a behavioral health facility designed to provide immediate assistance to a person in crisis by providing innovative crisis intervention services, and connecting people to ongoing treatment and care.

[www.bhlink.org](http://www.bhlink.org)

**Kids RI** - From the Executive Office of Health and Human Services, this site provides a variety of healthy developmental resources and behavioral health services for children & youth.

<https://kids.ri.gov/>

**KidsLinkRI** - a free, confidential, 24/7 phone line for parents and caregivers. An experienced clinician can help callers access children's services in Rhode Island and determine the best place for children's treatment and counseling.

24/7 Call: 1-855-543-5465

<https://www.brownhealth.org/centers-services/kids-link-ri>

**Prevent Overdose RI** - This website provides timely data to track progress toward ending Rhode Island's overdose crisis. It includes information and ways to get help.

<https://preventoverdoseri.org/>

**National Alliance on Mental Health RI** - Rhode Island's chapter of the National Alliance on Mental Illness, is here to help. NAMI RI meets you where you are and helps you connect with others who understand, because they've been down a similar path themselves.

401-331-3060

Web: <https://namirhodeisland.org>

**Wellbeing Collaborative** - Provides information on substance use and mental health. It includes information and ways to get help.

Web: [www.wellbeingcollab.org](http://www.wellbeingcollab.org)

