

# WELLNESS WEDNESDAY

## Resources For Residents Seeking Mental Health-Related Assistance



In Crisis?  
Call: Dial 988  
Online: [988lifeline.org](https://988lifeline.org)



### World Suicide Prevention Month

In September, mental health advocates, survivors, allies, and community members unite to promote suicide prevention awareness. Sept. 10 is World Suicide Prevention Day, calling attention to the preventability of Suicide. The Select Board has declared Sept. 22 as Veterans Suicide Awareness and Remembrance Day in Hingham, calling attention to mental health issues veterans face while reducing stigma associated with them.

### Hingham Health Department Flu Shot Clinics

Monday, Sept. 25 from 1-3 p.m. & Tuesday, Oct. 3 from 1-3 p.m.

Hingham's Public Health Department is running two flu shot clinics at the Center for Active Living, 224 Central St. for residents aged 65 and up. Both regular and high-dose flu vaccines will be available. Shuttle service may be available through the Center. Registration is required by calling 781-741-1458. Recipients should eat prior to their appointment and bring their Medicare card with them.

### Sensory-Friendly Picnic at Weir River Farm

Thursday, Sept. 28

This event is intended to provide a quiet sensory-friendly environment to families with disabilities. Enjoy low-volume live music, Wanderlust food truck and pastoral views. Special sensory kits are available to borrow. Tickets are \$10-\$15 and registration is required to attend. To register, [click here](#) or call 781-259-3657 or email [escheck@thetrustees.org](mailto:escheck@thetrustees.org).

### Mom2Mom Support Group

Mom2Mom (M2M) is a Hingham-based support group for and by moms, encouraging candid and honest discussion about mental health, removing stigma while inspiring community. Mom2Mom is open to all Hingham moms and is designed to provide a network of support to help address day-to-day challenges. Follow them on Instagram, @m2m\_hingham, for an updated meeting schedule beginning in October.

