



November 13, 2019

Dear Colleague,

The holidays can increase people's feelings of depression and thoughts of self-harm. Through partial funding by the Department of Children and Families, the Parental Stress Line has been a 24-hour free listening line for parents and caregivers for 40 years. Please share this information in your departments. We have materials that can be sent to your office free of charge. Feel free to print directly from our website or fill out a materials request form on our website: [www.parentshelpingparents.org](http://www.parentshelpingparents.org).

The Parental Stress Line is free, anonymous, nonjudgmental 24 hours a day. **800-632-8188**

Sincerely,

A handwritten signature in cursive script that reads "Claudia Vigil".

Claudia Vigil

Director of Operations

Parents Helping Parents

617-926-5008x103

108 Water Street

Watertown, MA 02481