WELLNESS WEDNESDAY – September 2026

Resources for Residents Seeking Assistance

Hingham Health Department

988 SUICIDE & CRISIS LIFELINE

In Crisis?
Call: Dial 988
Online: 988lifeline.org

Walk with the Public Health Nurse – Center for Active Living

Wednesday, September 16th, 11am at 224 Central Street

Hingham's New Regional Public Health Nurse is leading a talk and walk at the Town Hall Walking Path. Ask a Nurse from 11:00-11:30am at Center for Active Living then a walk out back on the paved path. Don't forget your sneakers!

Registration is required by calling the HCAL. 781-741-1458

South Shore Walk – American Foundation for Suicide Prevention

Saturday, October 3rd Check in 9am - Walk at 10am, Bare Cove Park

September is Suicide Prevention Awareness Month, register early to join the walk in Bare Cove Park to walk from 1 mile up to 3 miles. The Walk is an opportunity to find a supportive community of people who get it, to know you're not alone, and to make a difference together. For more information:

https://afspwalks.donordrive.com/SouthShore

Hingham's Being Well Book Series – Theo of Golden by Allen Levi

Thursday, October 6th from 7:00 – 8:15 pm at Hingham Public Library

Early registration starts this month for a meaningful conversation and community connection in Hingham's Being Well book series. Register now to receive a complimentary copy of the book and attend the discussion. To join please register online:

https://docs.google.com/forms/d/e/1FAIpQLSeEMnk249jWItTvgFCy4mVwuK54U6rsy5WWmT-NMfseNevEzg/viewform

State Restricts Sale of Kratom Products Known For Opioid Like Effects

Substance use treatment programs are available to assist people experiencing kratom withdrawal and dependence. For state assistance call or text "HOPE" to 800-327-5050 to reach the Massachusetts Substance Use Helpline. Hingham also offers scholarships for those experiencing withdrawal from opioids, for more information: https://www.resources4recovery.org/copy-of-apply or call the Health Department @ 781.741.1466.