

BEHAVIORAL HEALTH RESOURCES

ADULT PEER SUPPORT OPPORTUNITIES

FREE SERVICES

SUPPORT GROUPS FACILITATED BY PEOPLE LIVING WITH MENTAL HEALTH CONDITIONS

- **NAMI Connection Recovery Support Groups** - namimass.org/nami-connection-recovery-support-groups
- **Northeast Recovery Learning Community (NERLC)** - nilp.org/nerlc
- **Advocates Peer Support Groups** - advocates.org/news/virtual-support-groups
- **Hearing Voices Support Groups** - hearingvoicesusa.org
- **Depression Bipolar Support Alliance (DBSA)** - dbsaboston.org
- **Cole Resource Center** - coleresourcecenter.org

OTHER SUPPORT OPTIONS

- **Peer Warm Lines**- Friendly phone lines staffed by people with lived experience of mental health challenges or dual diagnosis
 - **Metro Boston RLC Peer Support Line** - 1-877-733-7563
 - Every day, 4–8 pm
 - **Western Mass RLC Peer Support Line** - 1-888-407-4515
 - Mon-Thur 7–9 pm, Fri-Sun 7-10 pm
- **NAMI Peer to Peer Course** - namimass.org/nami-peer-to-peer
 - A weekly 8-session recovery-focused program for people who wish to establish and maintain their wellness, taught by individuals with lived experience
- **The Living Room, Advocates** - advocates.org/livingroom
 - A 24-hour crisis alternative to emergency department visits and hospitalization, staffed by peer specialists, 508-661-3333
- **Department of Mental Health Clubhouses** - massclubs.org
 - Supportive day programs with limited barriers to entry for adults with a history of mental health conditions
- **NAMI MA Compass Helpline** namimass.org/nami-mass-compass-helpline/
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances, Mon-Fri, 9am–5pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org

BEHAVIORAL HEALTH RESOURCES

CHILD, YOUTH & FAMILY

SUPPORT OPPORTUNITIES

FREE SERVICES

SUPPORT GROUPS FOR FAMILY MEMBERS OF YOUTH W/MENTAL HEALTH CHALLENGES

- **NAMI Family Support Groups**, including specialty groups for specific interests- namimass.org/nami-family-support-groups
- **Wayside Youth & Family Support Network** - waysideyouth.org/parents
- **Parent Professional Advocacy League (PPAL) Parent Support Groups** - ppal.net
- **Depression Bipolar Support Alliance (DBSA) Family Support Groups** - dbsaboston.org

OTHER FAMILY SUPPORT OPPORTUNITIES

- **NAMI Basics Courses** - namimass.org/nami-basics
 - A six-session weekly course designed for parents and caregivers of children and adolescents showing signs of behavioral and emotional challenges. Highlights include accessing care, communication skills, working with schools, and self-care. This program is also available as a self-paced online program, NAMI Basics On Demand.
- **NAMI MA Compass Helpline** - namimass.org/nami-mass-compass-helpline
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances, Mon-Fri, 9am-5pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org

AREA YOUTH MENTAL HEALTH PROVIDERS, FEE FOR SERVICE & MASSHEALTH

- **Wayside Youth & Family Support Network** - waysideyouth.org
- **Eliot Children, Youth & Families Behavioral Health** - eliotchs.org/cyf-behavioral-health
- **Advocates Youth & Family Counseling** - advocates.org/services/youth-family-services

BEHAVIORAL HEALTH RESOURCES CRIMINAL JUSTICE INVOLVED FREE SERVICES

LOCAL CONTACT

- **Central Middlesex Police Partnership** - cmpolicepartnership.com (Acton, Bedford, Carlisle, Concord, HAFB, Lexington, Lincoln, Maynard, Stow) Jail Diversion Clinician: Mackenzie Dezieck, mdezieck@eliotchs.org, 781-999-5765.

UNDERSTANDING THE CRIMINAL JUSTICE SYSTEM

- **“Road Map Through the Criminal Justice System”** - namimass.org/wp-content/uploads/roadmap2020.pdf
 - This guide is for people dealing with mental health symptoms, their families, and other supporters. It explains the essentials of the Massachusetts criminal justice system and includes information to help people with mental health conditions find a way out or treatment within. Subheadings include Hospitalization for Mental Health or Substance Use, Entering the Criminal Justice System, Pre-Trial, Trial, and Post-Trial. There is also information about the right to treatment during incarceration and reentry programs for those with behavioral health diagnoses.
- **NAMI MA Compass Helpline** - namimass.org/nami-mass-compass-helpline
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances including criminal justice concerns, Mon-Fri, 9 am–5 pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org.

REENTRY SERVICES

- **“Coming Home Directory”** - cominghomedirectory.org
 - The Crime and Justice Institute offers this directory of reentry services available to people returning from incarceration to greater Boston. The goal is to assist returning individuals, their families, service providers, and local agencies in helping people thrive in the community by connecting them to services that help build stability and success.

BEHAVIORAL HEALTH RESOURCES

CRISIS HELP AND INFORMATION

FREE SERVICES

A mental health crisis is when someone is experiencing symptoms that make them feel out of control or prevent them from being able to take care of themselves.

IN A CRISIS CONTACTS

- **Life-threatening emergency**
 - Call 911
- **Emergency Service Providers**
 - 877-382-1609, Connect with a clinician, 24/7
 - Use Emergency Services Providers (ESP) as a possible alternative to a hospital emergency department.
- **National Suicide Prevention Lifeline**
 - 800-273-8255
- **Samaritans Statewide Helpline**
 - 877-870-4673
- **Crisis Text Line**
 - Text HOME to 741741
- **The Living Room, Advocates**
 - advocates.org/services/livingroom
 - A 24-hour crisis alternative to emergency department visits and hospitalization, staffed by peer specialists, 508-661-3333

PREPARING FOR A MENTAL HEALTH CRISIS

- **NAMI Crisis Guide** - namicentralmiddlesex.org/crisis
 - The “Navigating a Mental Health Crisis” guide helps you prepare for crisis situations.
- **NAMI Massachusetts Crisis Information** - namimass.org/in-a-crisis
 - NAMI Massachusetts offers well-researched information about what to do, how to plan, and a variety of services to help handle a crisis.
- **NAMI MA Compass Helpline** - namimass.org/nami-mass-compass-helpline
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances, Mon-Fri, 9 am–5 pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org

BEHAVIORAL HEALTH RESOURCES

FAMILY SUPPORT OPPORTUNITIES

FREE SERVICES

SUPPORT GROUPS FOR FAMILY MEMBERS/SUPPORTERS OF PEOPLE LIVING WITH MENTAL HEALTH CONDITIONS

- **NAMI Family Support Groups**, including specialty groups for specific interests - namimass.org/nami-family-support-groups
- **Depression Bipolar Support Alliance (DBSA)** - dbsaboston.org
- **Cole Resource Center** - coleresourcecenter.org
- **Wayside Youth & Family Support Network**, for parents of youth and adolescents - waysideyouth.org/forfamilies/parentsupportservices
- **Parent Professional Advocacy League (PPAL) Parent Support Groups**, for parents of youth and adolescents - ppal.net

OTHER SUPPORT OPTIONS

- **NAMI Family to Family Course** - namimass.org/nami-family-to-family
 - An evidence-based, eight-session, weekly course for family members and friends of individuals living with mental health conditions. Topics include understanding the symptoms of mental illness, learning about treatments and therapies, practicing communication and problem-solving skills, creating a positive team approach, and self-care.
- **NAMI Basics Course** - namimass.org/nami-basics
 - A six-session weekly course designed for parents and caregivers of children and adolescents showing signs of behavioral and emotional challenges. Highlights include accessing care, communication skills, working with schools, and self-care. This program is also available as a self-paced online program, NAMI Basics On Demand .
- **NAMI MA Compass Helpline** - namimass.org/nami-mass-compass-helpline
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances, Mon-Fri, 9 am-5 pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org

BEHAVIORAL HEALTH RESOURCES

LOCATING MENTAL HEALTH CARE PROVIDERS

INSURANCE COMPANY

- Contact your insurance company for a list of behavioral health care providers in their network.

HELP FINDING A THERAPIST, FREE SERVICES

- **Psychology Today** - psychologytoday.com/us
 - Search a large online database of mental health providers, groups, and treatment programs. Filter your search by location, insurance, issue, type of therapy and more.
- **William James Interface Referral Service** - interface.williamjames.edu
 - Callers from participating communities are matched with licensed mental health providers, Mon-Fri, 888-244-6843. Each referral best meets the location, insurance, and specialty needs of the caller. Check the website to see if your town is a participating member.
- **Therapy Matcher** - naswma.org/page/therapymatcher
 - Online search option connects people with licensed independent clinical social workers (LICSWs) in private practice across Massachusetts.

AREA MENTAL HEALTH PROVIDERS, FEE FOR SERVICE & MASSHEALTH

- **Eliot Counseling & Psychiatry Services** - eliotchs.org/counseling-and-psychiatry-services
- **Advocates Mental Health Services** - advocates.org/services/mental-health-services
- **Wayside Youth & Family Support Network** - waysideyouth.org

EMERSON HOSPITAL PSYCHIATRISTS

- **Find a Doctor** - emersonhospital.org/find-a-doctor
 - Enter “psychiatry” in the search field.

BEHAVIORAL HEALTH RESOURCES

SUBSTANCE USE SUPPORT OPPORTUNITIES

FREE SERVICES

ACCESS TO TREATMENT

- **Massachusetts Substance Use Helpline** - [helplinema.org](https://www.helplinema.org)
 - Statewide public resource for finding substance use treatment and recovery services, 800-327-5050

SUPPORT GROUPS

- **Alcoholics Anonymous** - [aaboston.org/meetings](https://www.aaboston.org/meetings)
 - A fellowship of men and women who have had a drinking problem, 617-426-9444
- **Smart Recovery** - [smartre.org](https://www.smartre.org)
 - Self-Management And Recovery Training (SMART), help resolving problems with any addiction
- **New England Region of Narcotics Anonymous** - [nerna.org](https://www.nerna.org)
 - Recovering addicts who meet regularly to help each other stay clean
- **Marijuana Anonymous of New England** - [newenglandma.org](https://www.newenglandma.org)
 - Helping one another recover from marijuana addiction

SUPPORT GROUPS FOR FAMILIES AFFECTED BY SUBSTANCE USE

- **Learn to Cope** - [learn2cope.org](https://www.learn2cope.org)
 - Support network for family members coping with a loved one addicted to opiates or other drugs
- **Al-Anon and Alateen** - [al-anon.org](https://www.al-anon.org)
 - For families and friends of alcoholics
- **Nar-Anon Family Groups** - [nar-anon.org](https://www.nar-anon.org)
 - 12-Step program for family and friends of addicts

COMMUNITY SUPPORT

Central Middlesex Police Department - [cmpolicepartnership.com](https://www.cmpolicepartnership.com) (Acton, Bedford, Carlisle, Concord, HAFB, Lexington, Lincoln, Maynard, Stow) Jail Diversion Clinician, Narcan Training & Distribution: Mackenzie Dezieck, mdezieck@eliotchs.org, 781-999-5765