



Central MA Mental Health Resources

<p>AdCare Hospital (*Inpatient services for individuals 18+) 107 Lincoln Street, Worcester, MA 01605 24-Hour Admission and Referral: 800-ALCOHOL (252-6465) 800-345-3552 508-799-9000 www.adcare.com AdCare Outpatient services (Outpatient individual, group & family counseling for those w/ co-occurring disorders) 95 Lincoln Street, Worcester, MA 01605 508-453-3053</p>	<p>508-799-2663 www.attachmentnewengland.org</p>
<p>Advocates Community Counseling (Individual & family counseling, psychiatric services, mobile crisis intervention, in-home therapy, addiction services) 340 Maple St, Marlborough, MA 01752 (508) 485-9300 24 Hour Crisis Support: 800-640-5432 www.advocates.org</p>	<p>Behavioral Healthcare Services (Individual & family counseling ages 4+, psychiatric services, physical/sexual abuse evaluations & ADHD evaluations) 435 Shrewsbury St. Worcester, MA 01604 Main line and Medication Care: 508-753-5554 After Hours Emergency Line: 508- 797-5904 www.bhsdab.com <i>Also,</i> Shrewsbury office: 586 Main Street, Shrewsbury, MA 01545 508-842-3100</p>
<p>Arbour Counseling Services (Outpatient & family services, in-home therapy, crisis intervention, partial hospitalization, inpatient treatment) 411 Chandler Street, Worcester, MA 01602 508-799-0688 www.arbourhealth.com Adolescent Partial Hospitalization Program (ages 13-18) Referrals: 800-222-2237 Crisis Voicemail/24 Hour Support Referrals: 855-575-2273 PHP and Community Services: Referrals: 855-575-2273</p>	<p>Cedar Street Family Clinic (Individual, group & family counseling ages 5+, psychiatric services, home based counseling, medication management) 340 Main St, Suite 869, Worcester, MA 01608 508-752-1331</p>
<p>Attachment Institute of New England (Specialized services for children dealing with trauma, PTSD & ADHD) 21 Cedar Street, 2nd flr, Worcester, MA 01609</p>	<p>Center for Human Development (Formerly Child and Family Service) (Outpatient counseling for adults and children ages 5+, under 3 early intervention program- all home visit services) *address is only a satellite office* 55 Cedar St., Worcester, MA 01609 508-753-1260 or 800-232-0510 for intakes www.chd.org</p> <p>Center Tree Counseling LLC (Individual, family, & group counseling, specialties in Substance Use Disorders, trauma, depression, anxiety & ADHD) 508-731-9006 508-885-0788 8 Maple Ave, Rutland MA 01543 185 Main St. Spencer MA, 01562</p>

<p>48 Cedar St, Worcester MA 01609 www.centertreecounseling.com</p>	<p>Also, 175 Connors St., Gardner MA 01440 Also, 14 Manning Ave., Leominster MA 01453 www.chcfhc.org</p>
<p>Centro (Multicultural in-home therapy services for children and adolescents, therapeutic mentoring) *Multi-lingual Services: Spanish & Portuguese* 11 Sycamore St., Worcester, MA 01608 508-798-1900 www.centroinc.org</p>	<p>Community Healthlink www.communityhealthlink.org</p> <p>Youth & Family Services (Outpatient counseling, substance abuse, crisis intervention) 275 Belmont St., Worcester MA 01604 508-791-3261 Youth Mobile Crisis Intervention (crisis intervention in homes, schools, residential and foster placements for youth up to age 21) Worcester Team: 866-549-2142 North Central MA Team: 800-977-5555 Burncoat Family Center (short-term alternative to hospital treatment for children) 508-853-6988 School Support (clinical services to at-risk youth) 508-791-3261 Victim Services (services for families that have witnessed or been victims of violence, sexual abuse, homicide, or other crimes) 508-791-3261 Highland Grace House (90-program for girls ages 13-17 seeking recovery from addiction to drugs and/or alcohol) 508-860-1172 TKF- Together For Kids Program (provides support for preschool age children) 508-421-4453 Motivating Youth Recovery (24-bed acute detox and stabilization program for adolescents ages 13-18) 508-860-1244 CBHI Services (In Home Therapy and Therapeutic Mentoring for families with MassHealth) 774-312-2722</p>
<p>Children's Friend 20 Cedar St., Worcester MA 01609 www.childrensfriend.org</p> <p>Ellsworth Child and Family Counseling Center (Specializes in outpatient counseling for children, adolescents and their parents, psychiatric services-trauma specialty) 508-753-5425 Carriage House - Center for Grieving Children (peer support group for children ages 3-18 who have experienced the death of a parent, primary caregiver or sibling) 508-753-5425 ex.6430</p>	
<p>Clinical & Support Options (Outpatient services for children and adolescents, medication management, and addiction treatment, in-home therapy, trauma specialty, mobile crisis intervention) **Crisis Services** 491 Main St., Athol, MA 01331 978-249-3141 or 800-562-0112 Also, Athol Outpatient & Family Support Services 491 Main St., Athol, MA 01331 978-249-9490 Also, Gardner Outpatient & Family Support Services 205 School St., Suite 301, Gardner, MA 01440 978-632-9400 www.csoinc.org</p>	
<p>Community Health Connections (Behavioral health services for all ages, substance use disorders) 326 Nichols Road, Fitchburg MA 01420 978-878-8100</p>	

<p>Comprehensive Assessment Rehab & Education Center (Assessments, Individual, Group & Family Counseling for ages 10+, specialties in substance use disorders, anger management, and sexual addiction) 26 Cedar St., Worcester MA 01609 508-754-8780</p>	
<p>Cornerstone Behavioral Health (Counseling, therapy and psychiatric services for children and adolescents) 397 Grove St., Worcester, MA 01605 508-791-3677 <i>Also,</i> 45 Lyman St, Ste. 11, Westborough, MA 01581 <i>Also,</i> 33 Electric Avenue, Fitchburg, MA 01420</p>	<p>Enlightened Interventions, LLC (Individual, family, couples, and group therapy for ages 3-65 & holistic health interventions, massage therapy, reiki, reflexology, acupuncture, nutritional counseling, yoga and pilates, wellness workshops) 25 Union St, 3rd Flr, Worcester, MA 01608 508-317-2323 www.enlightenedinterventionsllc.org</p>
<p>Counseling & Assessment Clinic of Worcester, LLC (Individual, adolescent, group & family counseling, therapeutic mentoring, in-home therapy, in-home behavior therapy, substance abuse counseling) 255 Park Avenue, Ste 804, Worcester, MA 01609 508-756-5400 <i>Also,</i> 51 Union St, Ste 105, Worcester MA 01608 508-756-2005 <i>Also,</i> 76 Summer St., Ste 200, Fitchburg MA 01420 978-696-3035 <i>Also,</i> 33 Electric Ave., Ste 204, Fitchburg, MA 01420 978-345-9400 www.cacworchester.org</p>	<p>Family Continuity Programs (Community Services through MassHealth CBHI Initiative, for ages 3-21. In-home therapy, therapeutic monitoring) 29 E. Mountain St, 2nd flr Worcester, MA 01606 508-755-0556 <i>Also,</i> 76 Church Street, Ste. 301, Whitinsville, MA 01588 508-234-4181 www.familycontinuity.org</p>
<p>Edward M. Kennedy Health Center ** Behavioral Health Services for health center patients only** (multilingual therapy for all ages) 19 Tacoma Street, Worcester, MA 01605 508-852-1805 <i>Also,</i> 354 Waverly Street, Framingham, MA 01702 508-270-5700 <i>Also,</i> 42 Cape Road, Milford, MA 01757 800-853-2288 www.kennedychc.org</p>	<p>Family Health Center **Must have PCP here to be eligible for following services** (Behavioral health services for all ages, psychiatrist available) 26 Queen St., Worcester, MA 01610 508-860-7930 www.fhcw.org</p> <p>Family Services of Central MA (Counseling for individuals, groups and families, and children 5+, trauma and PTSD, family and dispute mediation services) 31 Harvard St, Worcester, MA 01609 508-756-4646 www.fscm.org</p> <p>Gandara Center (In-home therapeutic services, behavioral, residential, addiction, and family services for</p>

<p>Hispanic and African-American & culturally diverse populations,) 147 Norman St., West Springfield, MA 01089 413-736-8329 www.gandaracenter.org</p>	<p>(mindfulness-based programs: yoga, meditation, music & art, health education and therapeutic care to children, youth & caregivers, campus and community programs) P.O. Box 63, Worcester, MA 01603 508-299-7905 www.ivychild.org</p>
<p>Harrington Hospital (Inpatient, Outpatient, and Individual, family & group therapy and psychiatric services) Child and Adolescent Services 29 Pine St., Southbridge, MA 01550 <i>Also,</i> 336 Thompson Rd., Webster, MA <i>Also,</i> 10 North Main St., Charlton, MA 508-765-2222 Patient Info Line: 508-765-9167 www.harringtonhospital.org</p>	<p>Jewish Family & Children Service (Counseling for children through adults, couples and families, CBHI services: in-home therapy, therapeutic monitoring, school observations) 646 Salisbury St., Worcester, MA 01609 508-755-3101 www.jfcsboston.org</p>
<p>UMass Memorial -HealthAlliance Hospital (Emergency mental health services for ages 16+) 60 Hospital Road, Leominster MA 01453 978-466-2000 <i>Also,</i> Burbank Campus 275 Nichols Road, Fitchburg MA 01420 978-343-5000 www.umassmemorialhealthcare.org/healthalliance-hospital</p>	<p>Listening Wellness Center (Individual outpatient counseling) 35 South Street Barre, Massachusetts 01005 978-355-3501 www.listeningwellness.org</p>
<p>Heywood Hospital (Inpatient mental health unit for ages 16+, partial hospitalization, and support groups) 242 Green St., Gardner MA 01440 978-632-3420 www.heywood.org</p>	<p>LUK, Inc. (Behavioral health clinic, substance abuse services, child trauma center, victim services, additional services for children, youth and families) 40 Southbridge St, 4th Flr Worcester, MA 01608 508-762-3000 Referral line: 978-829-2312 www.LUK.org <i>Also,</i> 545 Westminster St. Fitchburg, MA 01420 978-345-0685 <i>Also,</i> 251 Main St. Webster, MA 01570 508-640-0011</p>
<p>Island Counseling (Individual, couples, family & group therapy for adolescents and older, TMS therapy, Crisis Intervention, medication management) 108 Grove Street, 2nd Floor Worcester, MA 01605 508-753-3220 www.iccworcester.com</p>	<p>Massachusetts MENTOR (treatment foster care, therapeutic mentoring, family preservation and transition services) 48 Sword St, 2nd Flr., Auburn, MA 01501 508-368-2700 www.ma-mentor.com</p>
<p>Ivy Child International</p>	<p>MSPCC [Massachusetts Society for the Prevention of Cruelty to Children] (CBHI services, therapeutic mentoring, in-home, outpatient, & family therapies, child psychiatry,</p>

<p>Child Sexual Abuse Treatment and Recovery Program, Family Stabilization Team) 108 Belmont Street, Worcester MA 01605 508-753-2967 800-442-3035 www.mspcc.org</p>	<p>Main Office: 4 Mann Street Worcester, MA 01602 508-755-0333</p> <p>Open Sky Community Services Cont. 50 Douglas Road Whitinsville, MA 01588 508-234-6232</p>
<p>Multicultural Wellness Center (Culturally-centered counseling *African American, Caribbean, Latino & Biracial, multiple languages available, Individual, group & family therapy, behavioral health programs, In-home services, psychiatric services, specialties in EMDR, trauma and substance use disorders) 44 Front Street, 2nd Floor, Worcester, MA 01608 508-752-4665 www.multiculturalwellness.org</p>	<p>Pathways of Massachusetts, LLC (Diagnostic Assessments, Individual ,group, and family therapy, couples counseling, medication management, clinical supervision, CBT, Trauma & PTSD) 116 Belmont Street, Suite 31 Worcester, MA 01605 508-755-0436</p>
<p>New Beginnings Wellness Center (Bilingual services, individual, family & group counseling, medication management, substance abuse services, in-home therapy, therapeutic mentoring, Specialties: EMDR, trauma focused CBT, domestic and sexual violence victims) 1280 Main St., Worcester, MA 01603 508-754-1141 <i>Also,</i> Substance Abuse Treatment: 803 Main St., Leicester, MA 01524 508-892-5500 www.newbeginningsswc.com</p>	<p>Pediatric Behavioral Health (Individual, group and family therapy, psychiatric services, testing, school and family supports) 148 Worcester St., West Boylston MA 01583 508-835-1735 www.pbhealth.org</p>
<p>Northeast Family Services *child must be under 21, living at home and receiving Medicaid (In-home behavioral services and therapy, therapeutic mentoring) 489 Washington St. Auburn, MA 01501 (774) 206-1125 www.northeastfamilyservices.com</p>	<p>Shrewsbury Youth & Family Services *services for Shrewsbury low-income families (individual, family, couples and group counseling, evaluations, early interventions) 222 Maple Ave., Higgins Building, Shrewsbury, MA 01545 508-845-6932 www.syfs-ma.org</p>
<p>Open Sky Community Services (Residential programs, Developmental and Intellectual Disabilities, Mental Health Services, Adult Family Care/Shared Living, Brain Injury, Care Management and Coordination, Counseling Center, Housing and Homelessness Services, Trauma Response Services, and Safe Homes program for LGBTQ+ Youth)</p>	<p>South Bay Community Services (Early Childhood Services ages birth-3, school-based services, CBHI Services, counseling for individuals, couples, families, and group, medication management, trauma-focused therapy) Worcester Mental Health Clinic 340 Main St., Suite 818, Worcester, MA 01608 (Worcester Day Services: Suite 819) 508-791-4976 <i>Also,</i> Worcester Early Childhood Services 548 Park Avenue, Suite B, Worcester MA 01603 774-823-1500</p>

<p>Also, Leominster Mental Health Clinic 80 Erdman Way, #208, Leominster, MA 01453 978-870-1840 www.southbaycommunityservices.com</p>	<p>(consultation and follow-up combining neurology and psychiatry expertise) 508-796-0941</p>
<p>Southeast Asian Coalition of Central MA [SEACMA] (outreach & support services for refugees, immigrants & low income individuals. Helps access & utilize medically necessary clinical treatment services & community resources. Languages incl: Vietnamese, Arabic, Burmese) 484 Main St., Suite 400, Worcester, MA 01608 508-791-4373 www.seacma.org</p>	<p>UMass Memorial Medical Center, Inc. Cont. UMMMC Neuropsychology Department (testing and evaluations of medical conditions that affect cognitive, behavioral & emotional functioning) 508-334-8205 UMMS Child Trauma Training Center (within dept of Child Psychiatry) (training professionals who work w/ trauma affected children, providing caregivers access to evidence-based treatment) 1-855-LINK-KID UMMMC Child Protection Program (outpatient evaluation of children for suspected physical and sexual abuse, & neglect, referral to mental health services) 774-442-6629</p>
<p>Spectrum Health Systems (Substance abuse counseling, Outpatient, inpatient, and residential substance abuse services, family education forums) Outpatient Treatment Centers: 585 Lincoln St., Worcester, MA 01605 508-854-3320 Also, 105 Merrick St., Worcester, MA 01607 508-797-6100 Peer Recovery Center: 25 Pleasant Street, Worcester MA 01608 (508) 799-6221 For more locations, please visit: https://www.spectrumhealthsystems.org/locations/all</p>	<p>Walden Behavioral Care (Full continuum of care for adolescents and adults struggling with eating disorders and other psychiatric disorders. Also offer partial hospitalization and intensive outpatient) 335 Chandler St., Worcester, MA 01602 508-796-5797 www.waldenbehavioralcare.com</p>
<p>UMass Memorial Medical Center, Inc. (Inpatient and outpatient mental health services for children, teens and families) University Campus 55 Lake Avenue North, Worcester MA 01655 508-334-1000 www.umassmemorialhealthcare.org **UMMMC Emergency Mental Health - 24 hour psychiatric emergency service lines** 866- 549-2142 OR 508-334-3562 UMMMC Depression Specialty Clinic (Consultation Service when other treatments for depression have not worked well enough. *Must have approval of current provider*) 508-334-0366 OR 508-856-5928 check 2nd # (doctor UMMMC Neuropsychiatry Referral Center</p>	<p>Wayside Youth (in-home therapy, Family Networks: partnership with DCF for case management and coordination) 1 Picker Rd., Sturbridge, MA 01566 (can't access) * 508-347-8181 Family Networks: 508-929-1257</p> <p>Worcester Pastoral Counseling Center [PCC of MA, Inc.] (Outpatient counseling for individuals, couples, and families of all ages including grief & loss, alcohol & substance abuse, trauma & PTSD, divorce, eating disorders, support groups for caregivers, divorce, single parenting, parenting teens, grief & loss) 128 Providence St. 3rd flr, Worcester, MA 01604 508-757-0376 Main office:</p>

<p>7 Church St., Westborough, MA 01581 508-366-4000 www.pccofma.org</p>	
<p>Y.O.U. Inc. (Counseling for children through adults & families, group therapy, adolescent substance abuse, psychological testing, in-home services, sexual abuse treatment, medication eval and management, trauma informed & school based services) 81 Plantation St., Worcester, MA 01604 508-849-5600 855-4YOUINC www.youinc.org <i>Also,</i> 205 School St., Gardner, MA 01440 978-632-2321 <i>Also,</i> 328 Main St., Southbridge, MA 01550 508-765-9101</p>	<p>West Brookfield Counseling Center (Individual, couples, family & group counseling, school/home observations & assessments, social skills training ages 4-19) 62 Ware St., West Brookfield MA 01585 508-867-4451 Ext 1 www.westbrookfieldcounseling.com</p>

Private providers have not been included in this Mental Health Resource directory. To find private providers in your area please use Psychology Today's directory at www.psychologytoday.com.

Or to find more providers that may accept your health insurance please contact your health insurance agency for a list.

Massachusetts Department of Mental Health



Central Massachusetts Area Office

361 Plantation Street, 1st Floor, Worcester, MA 01605
Phone 774-420-3140 ♦ Fax 774-420-3165 ♦ IPTTY 774-420-3155

DMH Operated Facilities in Area **Worcester Recovery Center and Hospital**

309 Belmont Street, Worcester, MA 01604
Telephone: 508-368-4000 ♦ Fax: 508-363-1515 ♦ TTY: 508-752-0127

Local Service Sites

North County Site Office

49 Nursery Lane, Fitchburg, MA 01420
Telephone: 978-353-4400 ♦ Fax: 978-348-1275 ♦ TTY: 978-343-2637

Emergency/Crisis 24-hr: Herbert Lipton MHC, 100 Erdman Way, Leominster, MA 01453
Telephone: 978-537-6039 ♦ 978-840-9354 *double check phone #'s

Towns served: Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Gilbertville, Groton, Hardwick, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster, Winchendon

South County Site Office

40 Institute Road, Oaks "B" Bldg., North Grafton, MA 01536
Telephone: 508-887-1100 ♦ Fax: 508-887-1166 ♦ TTY: 508-887-8932

Emergency/Crisis 24-hr: Blackstone Valley, Emergency Services Riverside Community Care, 32 Hamilton Street, Milford, MA 01757

Telephone: 508-634-3420, or 800-294-4665 was second number originally there?

Also,

Harrington Memorial Hospital, 100 South Street, Southbridge, MA 01550
Telephone: 508-765-3035 (emergency), maybe 508-765-9771, TTY: 508-765-3149

Towns served: Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Grafton, Holland, Hopedale, Medway, Mendon, Milford, Millbury, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Spencer, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster, West Brookfield, Whitinsville

Massachusetts Department of Mental Health



Worcester County Site Office

361 Plantation Street, 2nd Floor, Worcester, MA 01605
Telephone: 774-420-3100 ♦ Fax: 774-420-3111 ♦ TTY: 774-420-3110

Emergency/Crisis 24-hr: UMass Medical Center, Emergency Mental Health Services
55 Lake Avenue North, Worcester, MA 01605
Telephone: 508-334-3562 OR 866-549-2142

Towns served: Auburn, Boylston, Holden, Leicester, Paxton, Shrewsbury, West Boylston, Worcester

Westborough Site Office

Hadley Building, 167 Lyman Street, Westborough, MA 01581
Telephone: 508-616-2801 ♦ Fax: 508-616-2864 ♦ TTY: 508-616-2820

Emergency/Crisis 24-hr: Advocates' Psychiatric Emergency Services (PES) - West
354 Waverly Street, Framingham, MA 01702
Telephone: 508-872-3333 ♦ 1-800-640-5432

Towns served: Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, Westborough

To learn more about the Department of Mental Health, its policies, resources and services, please visit: **www.mass.gov/eohhs/gov/departments/dmh**

Other Resources and Supports

This section includes websites and hotlines that provide advocacy, education, access to support groups, and immediate support through chat groups and hotlines.

<p style="text-align: center;">ADHD</p> <p>ADDitude https://additudemag.com</p> <p>Children and Adults with Attention-Deficit/Hyperactivity Disorder 800-233-4050 www.chadd.org</p>	<p style="text-align: center;">Bullying and Cyberbullying</p> <p>CyberBullying Research Center www.cyberbullying.org</p> <p>CyberTipline 800-843-5678 Twenty-four hours a day, seven days a week http://www.cybertipline.com</p> <p>National Bullying Prevention Center www.pacer.org/bullying</p> <p>Stop Bullying Now Campaign www.stopbullying.gov</p>
<p style="text-align: center;">Anxiety</p> <p>Anxiety in Teens https://anxietyinteen.org</p> <p>Anxiety and Depression Association of America 240-485-1001 www.adaa.org</p>	<p style="text-align: center;">Crisis and Hotlines</p> <p>Crisis Center and Hotlines Locator by State http://www.suicidepreventionlifeline.org/ourcrisis-centers</p> <p>Crisis Support Services CARE to 839863 Twenty-four hours a day, seven days a week https://cssnv.org/</p> <p>Crisis Text Line Text HOME to 741-741 (Text only) Twenty-four hours a day, seven days a week http://www.crisistextline.org</p> <p>National Domestic Violence Hotline 800-799-7233 Twenty-four hours a day, seven days a week www.thehotline.org</p> <p>National Sexual Assault Hotline 1-800-656-HOPE (4673) Twenty-four hours a day, seven days a week</p>
<p style="text-align: center;">Autism</p> <p>Autism NOW Center https://autismnow.org</p> <p>Autism Research Institute https://www.autism.com</p> <p>Autism Spectrum Connection http://www.aspergersyndrome.org</p> <p>Autism Speaks https://www.autismspeaks.org</p> <p style="text-align: center;">Borderline Personality Disorder</p> <p>Treatment and Research Advancements for Borderline Personality Disorder 888-482-7227 www.tara4bpd.org</p> <p>New England Personality Disorder Association – NEPDA http://www.nepda.org</p>	

Other Resources and Supports

Crisis and Hotlines

National Suicide Hotline

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.imalive.org>

National Suicide Prevention Lifeline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.suicidepreventionlifeline.org>

IMAlive Chat (online)

<https://imalive.org>

*Samaritans

877-870-HOPE (4673) (Call or Text)

Twenty-four hours a day, seven days a week

<http://samaritanshope.org>

The Trevor Lifeline

866-4-U-TREVOR (488-7386)

Twenty-four hours a day, seven days a week

<http://www.thetrevorproject.org>

Trans Lifeline

877-565-8860

Hours: 10 AM- 4 AM; Volunteers may be available during off hours.

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

Depression and Bipolar Disorders

Anxiety and Depression Association of America

240-485-1001

www.adaa.org

The Balanced Mind Foundation

www.bpkids.org

Depression and Bipolar Support

800-826-3632

<http://www.dbsalliance.org>

Depression Screening

<http://www.depressionscreen.org/>

Families for Depression Awareness

www.familyaware.org

International Foundation for Research and Education on Depression

<http://www.ifred.org/>

National Hopeline Network

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

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

Pendulum

www.pendulum.org

Suicide Prevention Services Depression Hotline

1-800-273-8255

Twenty-four hours a day, seven days a week

<http://www.spsamerica.org>

Eating Disorders

Anorexics and Bulimics Anonymous

<http://aba12steps.org/>

*Eating Disorders Anonymous

www.eatingdisordersanonymous.org

Eating Disorder Hope

<https://www.eatingdisorderhope.com>

National Association of Anorexia Nervosa and Eating Disorders

630-577-1330

9 a.m. to 5 p.m EST, Monday to Friday

<http://www.anad.org>

National Eating Disorders Association

800-931-2237

9 a.m. to 9 p.m. EST, Monday to Thursday, 9 a.m. to 5 p.m. Friday

24/7 crisis support, text NEDA to 741741

<http://www.nationaleatingdisorders.org>

Other Resources and Supports

<p>Recovery Spark www.recoveryspark.com</p> <p>*Overeaters Anonymous www.oa.org</p>	<p>Clubhouse International http://clubhouse-intl.org</p> <p>Half of Us http://www.halfofus.com</p>
<p style="text-align: center;">Grief and Loss</p> <p>Grief Net Online support groups (kids and adults) http://griefnet.org</p> <p>Journey of Hearts https://journeyofhearts.org</p> <p>National Suicide Hotline 800-SUICIDE (784-2433) 800-442-HOPE (4673) Twenty-four hours a day, seven days a week http://www.imalive.org/</p> <p>Mental Health America 800-273-TALK (8255) Twenty-four hours a day, seven days a week http://www.mentalhealthamerica.net/</p> <p>Tragedy Assistance Program for Survivors (TAPS) 800-959-TAPS (8277) Twenty-four hours a day, seven days a week http://www.taps.org</p>	<p>Mental Health America 24 Hour Helpline 1-800-273-TALK (8255) 24 hr. Crisis Support text MHA to 741741 www.mentalhealthamerica.net</p> <p>*National Alliance on Mental Illness (NAMI) 800-950-NAMI (6264) https://nami.org</p> <p>NAMI Central Massachusetts www.namimass.org namiworc@hotmail.com Helpline: 508-368-3562 or 800-370-9085 9 a.m. to 5 p.m. EST, Monday to Friday</p> <p>National Council for Behavioral Health www.thenationalcouncil.org</p> <p>National Institute of Mental Health Information Center 866-615-6464 8:30 a.m. to 5 p.m. EST, Monday to Friday http://www.nimh.nih.gov/site-info/contact-nimh.shtml</p>
<p style="text-align: center;">Mental Health</p> <p>2-1-1 http://www.211.org</p> <p>American Academy of Child and Adolescent Psychiatry https://www.aacap.org</p> <p>American Psychiatric Association Answer Center 888-35-PSYCH (77924) 8:30 a.m. to 6 p.m.</p> <p>Brain & Behavior Research Foundation www.bbrfoundation.org</p>	<p>Parent/Professional Advocacy League www.ppal.net</p> <p>Statewide Office (Boston) 15 Court Square, Suite 660, Boston, MA 02108 866-815-8122 info@ppal.net</p> <p>Central MA Office (Worcester) 40 Southbridge St., Suite 310, Worcester, MA 01608 508-767-9725 info@ppal.net</p> <p>Psychology Today www.psychologytoday.com</p>

Other Resources and Supports

Mental Health (Continued)

Recovery, Inc.

www.recovery-inc.org

Recovery International

<https://recoveryinternational.org>

Seize the Awkward

<https://seizetheawkward.org>

Substance Abuse and Mental Health Service Administration

www.samhsa.gov

To Write Love on Her Arms

<https://twloha.com>

Treatment Referral Helpline

800-662-HELP (4357)

www.findtreatment.samhsa.gov

ULifeline (College Mental Health Resources)

<http://www.ulifeline.org>

U.S. Department of Health and Human Services

www.mentalhealth.gov

World Health Organization

<https://www.who.int.com>

OCD

Beyond OCD

<http://www.beyondocd.org>

International OCD Foundation

617-973-5801

<http://iocdf.org/>

Intrusive Thoughts

www.intrusivethoughts.org

Picking Me Foundation

<https://pickingme.org>

The Secret Illness

<https://thesecretillness.com>

Rape, Sexual Violence, and Domestic Violence

Center for the Study and Prevention of Violence

<https://cspv.colorado.edu/>

Childhelp USA National Child Abuse Hotline

800-4-A-CHILD (422-4453)

Twenty-four hours a day, seven days a week

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

*Daybreak- in Central Massachusetts

508-755-9030

Twenty-four hours a day, seven days a week

<https://ywcacm.org/>

loveisrespect, National Teen Dating Abuse Helpline

(866) 331-9474

TTY: 866-331-8453

Text loveis to 22522

Twenty-four hours a day, seven days a week

<http://www.loveisrespect.org>

National Domestic Violence Hotline

800-799-SAFE (7233)

Twenty-four hours a day, seven days a week

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

National Sexual Violence Resource Center

717-909-0710

www.nsvrc.org

*Pathways For Change

800-870-5905

Twenty-four hours a day, seven days a week

www.pathwaysforchange.help/pfc/

Rape, Abuse, and Incest National Network

800-656-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.rainn.org>

Other Resources and Supports

Rape, Sexual Violence, and Domestic Violence (Continued)

Safe Horizon's Rape, Sexual Assault & Incest Hotline

Domestic Violence Hotline: 800-621-HOPE (4673)
 Crime Victims Hotline: 866-689-HELP (4357)
 Rape, Sexual Assault & Incest Hotline: 212-227-3000
 TDD phone number for all hotlines: 866-604-5350
 Twenty-four hours a day, seven days a week
<http://www.safehorizon.org>

School Violence

National Center for Mental Health Promotion and Youth Violence Prevention

9 a.m. to 5 p.m. EST, Monday to Friday
<http://www.promoteprevent.org>

Koshka Foundation

<http://koshkafoundation.org/>

SPEAK UP

866-SPEAK-UP (773-2587)
 Twenty-four hours a day, seven days a week
<http://www.speakup.com/>

Schizophrenia and Related Disorders

Schizophrenia and Related Disorders Alliance of America

240-423-9432
www.sardaa.org

Schizophrenia Treatment and Evaluation Program

www.med.unc.edu/psych

Self-Harm

I Hurt Myself Today

<http://ihurtmyselftoday.com>

S.A.F.E. Alternatives

800-DONTCUT (366-8288)
<http://www.selfinjury.com>

Self-Injury Outreach and Support

<http://sioutreach.org/>

The Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults

<http://www.selfinjury.bctr.cornell.edu/>

Sexuality and Sexual Health

Bisexual Resource Center

<http://biresource.org>

BiNet USA

<https://www.binetusa.org>

DeQH- Desi LGBTQ Helpline for South Asians

908-367-3374
<http://www.deqh.org/>

GLBT National Youth Talkline

800-246-PRIDE (7743)
 4 p.m. to 12 a.m. EST, Monday to Friday
 12 p.m. to 5 p.m. EST, Saturday
<http://www.glbthotline.org/youth-talkline>

LGBT National Help Center

<http://www.hlnh.org>

GLBT Near Me

<https://glbtnearme.org>

Help Center on Sexual Orientation

<https://www.apa.org/helpcenter/sexual-orientation>

PFLAG

<https://pflag.org>

*SWAGLY

508-755-3773
<http://aidsprojectworchester.org>

Other Resources and Supports

Sexuality and Sexual Health (Continued)

Trans Lifeline

877-565-8860

This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available twenty-four hours a day, seven days a week.

<http://www.translifeline.org>

TransYouth Family Allies (TYFA)

<http://www.imatyfa.org>

The Trevor Lifeline

866-4-U-TREVOR (488-7386)

Twenty-four hours a day, seven days a week

<http://www.thetrevorproject.org>

Substance Use

*Al-Anon/Alateen

888-425-2666

800-352-9996

8 a.m. to 6 p.m. EST, Monday to Friday

<http://www.al-anon.alateen.org/index.php>

www.aa.org

www.na.org

Cocaine Anonymous

<https://ca.org>

Crystal Meth Anonymous

1-855-638-4373

<https://crystallmeth.org>

Drug Abuse Resources

<https://drugabuse.com>

Dual Recovery Anonymous

<http://drugabuse.com>

In The Rooms

<https://www.intherooms.com/>

Marijuana Anonymous

www.marijuana-anonymous.org

Massachusetts Addiction Recovery Software, Inc.

<https://marsl.org/open-beds>

*Nar-Anon

<http://www.nar-anon.org/naranon>

The National Alcohol and Substance Abuse Information Center

800-784-6776

Twenty-four hours a day, seven days a week

<http://www.addictioncareoptions.com>

National Institute on Alcohol Abuse & Alcoholism

800-662-HELP (4357)

Twenty-four hours a day, seven days a week

<http://www.niaaa.nih.gov>

*New England Region of Narcotics Anonymous

1-866-NA HELP U (624-3578)

<http://www.centralmassna.org>

Substance Abuse and Mental Health Service Administration

www.samhsa.gov

Treatment Referral Helpline

800-662-HELP (4357)

www.findtreatment.samhsa.gov

Suicide

*American Foundation for Suicide Prevention

888-333-2377

www.afsp.org

American Association of Suicidology

www.suicidology.org

Crisis Text Line

741-741 (Text only)

Twenty-four hours a day, seven days a week

<http://www.crisistextline.org>

Other Resources and Supports

Suicide (Continued)

The Jed Foundation

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

Live Through This

www.livethroughthis.org

National Suicide Hotline

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.hopeline.com>

National Suicide Prevention Lifeline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.suicidepreventionlifeline.org>

NOW Matters NOW

<https://nowmattersnow.org>

***Samaritans**

877-870-HOPE (4673) (Call or Text)

Twenty-four hours a day, seven days a week

<http://samaritanshope.org>

Suicide Prevention Initiatives

<http://www.suicidepreventioninitiatives.org/>

Suicide Prevention Resource Center

www.sprc.org

The Trevor Lifeline

866-4-U-TREVOR (488-7386)

Twenty-four hours a day, seven days a week

<http://www.thetrevorproject.org>

Trauma

After the Injury

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

National Center for PTSD

<https://www.ptsd.va.gov/>

The National Child Traumatic Stress Network

www.nctsnet.org

PTSD Alliance

www.ptsdalliance.org

Sidran Institute

410-825-8888

www.sidran.org

The Trauma Center

www.traumacenter.org



Make time for your mind.

*A leader in recognizing mental illness
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as a mainstream health issue.*

The Shine Initiative

44 Portland Street

Worcester, MA 01608

508-762-3610

TheShineInitiativeMA@gmail.com

www.shineinitiative.org

*This mental health toolkit has been prepared by the Shine Initiative as a service to the
community.*