



Central MA Mental Health Resources

AdCare Hospital
 (*Inpatient services for individuals 18+)
 107 Lincoln St., 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 St., Worcester, MA 01605
 508-453-3053

Advocates Community Counseling
 (Individual & family counseling, psychiatric
 services, mobile crisis intervention, in-home
 therapy, substance use services)

- 340 Maple St., 4th Flr, Marlborough, MA 01752
508-485-9300
- 257 Ayer Rd., Harvard, MA 01451
978-772-1846

24 Hour Crisis Support: 800-640-5432
www.advocates.org

Arbour Counseling Services
 (Outpatient & family services, in-home therapy,
 crisis intervention, partial hospitalization,
 inpatient treatment)
 411 Chandler St., 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

Arbour Counseling Services
 (Continued...)
PHP and Community Services:
 Referrals: 855-575-2273

Attachment Institute of New England
 (Specialized services for children
 dealing with trauma, PTSD & ADHD)
 21 Cedar St., 2nd flr, Worcester, MA 01609
 508-799-2663
www.attachmentnewengland.org

Attention, Behavior & Cognition
 (Individual, group and family counseling,
 psychological assessments, ADHD evaluations)

- 800 Main Street, Ste 10, Holden, MA 01520
- 30 Park Avenue, Worcester, MA 01605

774-415-0003
www.abcholden.com

Behavioral Healthcare Services
 (Individual & family counseling ages 4+, psychiatric
 services, substance use services physical/sexual
 abuse evaluations & ADHD evaluations)
 435 Shrewsbury St., Worcester, MA 01604
Main line and Medication Care: 508-753-5554
www.bhsdab.com

Cedar Street Family Clinic
 (Individual, group & family counseling ages 5+,
 psychiatric services, home based counseling,
 medication management)
 340 Main St., Ste 869, Worcester, MA 01608
 508-752-1331

<p>Center for Human Development <i>(Formerly Child and Family Service)</i> (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 For an immediate appointment: 844-243-4357 www.chd.org</p>	<p>Clinical & Support Options (Continued..)</p> <ul style="list-style-type: none"> ▪ Athol Outpatient & Family Support Services 491 Main St., Athol, MA 01331 978-249-9490 ▪ Gardner Outpatient & Family Support Services 205 School St., Ste 301, Gardner, MA 01440 978-632-9400 www.csoinc.org
<p>Center Tree Counseling LLC (Individual, family, & group counseling, psychological testing, specialties in Substance Use Disorders, trauma, depression, anxiety & ADHD) 508-731-9006 508-885-0788</p> <ul style="list-style-type: none"> ▪ 8 Maple Ave, Rutland MA 01543 ▪ 185 Main St. Spencer MA, 01562 ▪ 48 Cedar St., Worcester MA 01609 www.centertreecounseling.com	<p>Community Health Connections (Behavioral health services for all ages, substance use disorders)</p> <ul style="list-style-type: none"> ▪ Fitchburg Community Health Center (Spanish services available) 326 Nichols Rd., Fitchburg MA 01420 978-878-8100 ▪ Gardner Community Health Center 175 Connors St., Gardner MA 01440 ▪ Leominster Community Health Center (Spanish services available) 14 Manning Ave., Leominster MA 01453 ▪ Action Community Health Center (Spanish services available) 130 Water St., Fitchburg, MA 01420 www.chcfhc.org
<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 Impact Inc. (Individual and family counseling) 12 Main St., Milford, MA 01757 508-422-0242</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** open-access accommodates same-day, walk-in visits for outpatient and crisis services. 2033 Main St., Lvl 2, Athol, MA 01331 978-249-3141 or 800-562-0112</p> <ul style="list-style-type: none"> ▪ All Stars (Therapeutic day services for ages 6-18, outpatient services, family support services) 250 South Main St., Athol, MA 01331 413-774-1000 	<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) 508-791-3677</p> <ul style="list-style-type: none"> 397 Grove St., Worcester, MA 01605 121 Lincoln St., Worcester, MA 01605 45 Lyman St., Ste. 11, Westborough, MA 01581 33 Electric Ave., Fitchburg, MA 01420 <p>www.cornerstonebehavioralhealth.com</p>	<p>Enlightened Interventions, LLC (Continued..)</p> <ul style="list-style-type: none"> *satellite office* 51 Union St., Ste 116, Worcester, MA 01608 <p>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 use counseling)</p> <ul style="list-style-type: none"> 255 Park Ave., Ste 804, Worcester, MA 01609 508-756-5400 51 Union St., Ste 105, Worcester MA 01608 508-756-2005 76 Summer St., Ste 330, Fitchburg MA 01420 978-345-9400 <p>www.cacworcester.org</p>	<p>Family Continuity Programs (Community Services through MassHealth CBHI Initiative, for ages 3-21. In-home therapy, therapeutic mentoring, school-based behavioral health services)</p> <p>24/7 call line- 866-219-3320</p> <ul style="list-style-type: none"> 29 E. Mountain St., 2nd flr Worcester, MA 01606 508-755-0556 76 Church St., Ste. 301, Whitinsville, MA 01588 508-234-4181 <p>www.familycontinuity.org</p>
<p>Edward M. Kennedy Health Center ** Behavioral Health Services for health center patients only** (multilingual therapy for all ages, substance use services)</p> <ul style="list-style-type: none"> 19 Tacoma St., Worcester, MA 01605 508-852-1805 354 Waverly St., Framingham, MA 01702 508-270-5700 42 Cape Rd., Milford, MA 01757 800-853-2288 <p>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, school-based behavioral health services)</p> <p>26 Queen St., Worcester, MA 01610 508-860-7930 www.fhcw.org</p>
<p>Enlightened Interventions, LLC (Individual, family, couples, and group therapy for ages 3-65 & holistic health interventions, expressive therapies, trauma-sensitive yoga, massage therapy, reiki, reflexology, acupuncture, nutritional counseling, yoga and pilates, wellness workshops)</p> <ul style="list-style-type: none"> 25 Union St., Worcester, MA 01608 508-317-2323 	<p>Family Services of Central MA (Counseling for individuals, groups and families, and children 5+, trauma and PTSD, family and dispute mediation services)</p> <p>31 Harvard St., Worcester, MA 01609 508-756-4646 www.fscm.org</p> <p>Gándara Center (In-home therapeutic services, behavioral, residential, addiction, and family services for Hispanic and African-American & culturally diverse populations,)</p> <ul style="list-style-type: none"> 100 Franklin Rd., Fitchburg, MA 01420 978-503-7520 x296 147 Norman St., West Springfield, MA 01089 413-736-8329 <p>www.gandaracenter.org</p>

<p>Heywood Hospital (Inpatient mental health unit for ages 16+, partial hospitalization, individual therapy and support groups, psychological testing) 242 Green St., Gardner MA 01440 Mental health unit- 978-630-6377 Outpatient- 978-630-6826 978-632-3420 www.heywood.org</p>	<p>LUK, Inc. (Continued...)</p> <ul style="list-style-type: none"> ▪ 545 Westminster St., Fitchburg, MA 01420 978-345-0685 ▪ 251 Main St., Webster, MA 01570 508-640-0011 ▪ 99 Day St., Fitchburg, MA 01420 978-345-0685 ▪ 140 Shrewsbury St., Boylston, MA 01505 774-614-5972
<p>Island Counseling (Individual, couples, family & group therapy for adolescents and older, TMS therapy, Crisis Intervention, medication management) 425 Lake Ave. N., Ste 101, Worcester, MA 01605 508-753-3220 www.iccworcester.com</p>	<p>Massachusetts MENTOR (crisis stabilization services, medication management, 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 (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>MSPCC [Massachusetts Society for the Prevention of Cruelty to Children] (CBHI services, therapeutic mentoring, in-home, outpatient, & family therapies, child psychiatry, Child Sexual Abuse Treatment and Recovery Program, Family Stabilization Team) 108 Belmont St., Worcester MA 01605 508-753-2967 800-442-3035 www.msppcc.org</p>
<p>Listening Wellness Center (Individual outpatient counseling) 35 South St., Barre, Massachusetts 01005 978-355-3501 www.listeningwellness.org</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 St., 2nd Flr, Worcester, MA 01608 508-752-4665 www.multiculturalwellness.org</p>
<p>LUK, Inc. (Behavioral health clinic, substance abuse services, mentoring, child trauma center, victim services, additional services for children, youth and families, *Fitchburg and Worcester locations only- medication management*) Referral line: 978-829-2312 www.LUK.org</p> <ul style="list-style-type: none"> ▪ 40 Southbridge St, 4th Flr Worcester, MA 01608 508-762-3000 	

<p>New Beginnings Wellness Center (Bilingual services, individual, family & group counseling, medication management, in-home therapy, therapeutic mentoring, Specialties: EMDR, trauma focused CBT, domestic and sexual violence victims) 1280 Main St., Worcester, MA 01603 508-754-1141 www.newbeginningswc.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) 299 Lincoln St., Worcester, MA 01605 774-206-1125 www.northeastfamilyservices.com</p>	<p>Riverside Community Care (Home based family services- therapeutic mentoring) 25 Birch St., Bldg B, Ste 250, Milford, MA 01757 774-804-3376 Youth Mobile Crisis Intervention - Milford and Surrounding Communities 800-294-4665 Youth Mobil Crisis Intervention - Southbridge and Surrounding Communities 877-750-3127</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> <ul style="list-style-type: none"> ▪ Main Office: 4 Mann St., Worcester, MA 01602 508-755-0333 ▪ 50 Douglas Rd., Whitinsville, MA 01588 508-234-6232 <p>www.openskycs.org</p>	<p>Seven Hills</p> <p>Children's Friend 20 Cedar St., Worcester MA 01609 https://www.sevenhills.org/affiliates/childrens-friend</p> <ul style="list-style-type: none"> ▪ Ellsworth Child and Family Counseling Center (Specializes in outpatient counseling for children, adolescents and their parents, therapeutic groups, adoption services & supports, gender services & supports 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>Pathways to Wellness Associates, LLC (Diagnostic Assessments, Individual ,group, and family therapy, couples counseling, medication management, clinical supervision, CBT, DBT EMDR ACR, Trauma & PTSD)</p> <ul style="list-style-type: none"> ▪ 116 Belmont St., Ste 31, Worcester, MA 01605 ▪ 1161 Main St., 2nd flr, Holden, MA 01526 <p>508-755-0436 Pathways2wellnessllc.com</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 After hours line- 508-860-7700 www.fscm.org</p> <p>Y.O.U. Inc. (Counseling for children through adults & families, group therapy, substance use services, residential services, psychological testing, in-home services, sexual abuse treatment, therapeutic mentoring, medication eval and management, trauma informed & school based services) 855-4YOUINC www.youinc.org</p> <ul style="list-style-type: none"> ▪ 81 Plantation St., Worcester, MA 01604 508-849-5600 ▪ 205 School St., Gardner, MA 01440 978-632-2321 ▪ 328 Main St., Southbridge, MA 01550 508-765-9101 	<p>South Bay Community Services (Continued...)</p> <ul style="list-style-type: none"> ▪ Worcester Early Childhood Services 548 Park Ave., Ste B, Worcester MA 01603 774-823-1500 ▪ Leominster Mental Health Clinic 80 Erdman Way, #208, Leominster, MA 01453 978-870-1840 <p>www.southbaycommunityservices.com</p>
<p>Shrewsbury Youth & Family Services *services for Shrewsbury low-income families (individual, family, couples and group counseling, evaluations, early intervention, animal assisted therapy, school-based counseling) 222 Maple Ave., Higgins Bldg, Shrewsbury, MA 01545 508-845-6932 www.syfs-ma.org</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., Ste 400, Worcester, MA 01608 508-791-4373 www.seacma.org</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)</p> <ul style="list-style-type: none"> ▪ Worcester Mental Health Clinic 324 Clark St., Worcester, MA 01606 508-791-4976 	<p>Spectrum Health Systems (Substance use counseling, outpatient, inpatient, and residential substance abuse services, family education forums) Outpatient Treatment Centers:</p> <ul style="list-style-type: none"> ▪ 585 Lincoln St., Worcester, MA 01605 508-854-3320 ▪ 105 Merrick St., Worcester, MA 01607 508-797-6100 ▪ 475 Pleasant St., Worcester, MA 01609 774-314-4761 ▪ 200 East Main St., Milford, MA 01757 508-634-1877 ▪ 40 Spruce St., Leominster, MA 01453 978-466-3820 ▪ 50 Howe Ave., Millbury, MA 01527 508-865-2085 ▪ 176 Main St., Southbridge, MA 01550 508-765-5940 <p>Peer Recovery Center:</p> <ul style="list-style-type: none"> ▪ 25 Pleasant St., Worcester MA 01608 508-799-6221 ▪ 31 Main St., Marlborough, MA 01752 508-485-0298 <p>www.spectrumhealthsystems.org</p>

UMass Memorial Medical Center, Inc.
(Inpatient and outpatient mental health services for children, teens and families)
University Campus

55 Lake Ave 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*)
508-796-4348
- **UMMMC Neuropsychiatry Referral Center**
(consultation and follow-up combining neurology and psychiatry expertise)
508-796-0941
- **UMMMC Neuropsychology Department**
(testing and evaluations of medical conditions that affect cognitive, behavioral & emotional functioning)
508-334-6392
- **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 (546-5543)
<https://www.umassmed.edu/cttc/>
- **UMMMC Child Protection Program**
(outpatient evaluation of children for suspected physical and sexual abuse, & neglect, referral to mental health services)
774-442-6629

Harrington Hospital
(Inpatient, Outpatient, and Individual, family & group therapy and psychiatric services *Spanish services available*)

Child and Adolescent Services

- 139 South St., Southbridge, MA 01550
- 10 North Main St., Charlton, MA
508-765-2222

Patient Info Line: 508-765-9167

www.harringtonhospital.org

UMassMemorial HealthAlliance-Clinton Hospital
(Emergency mental health services for ages 16+)

- **Leominster Campus**
60 Hospital Rd., Leominster MA 01453
978-466-2000
- **Fitchburg Campus**
275 Nichols Rd., Fitchburg MA 01420
978-343-5000

www.umassmemorialhealthcare.org/healthalliance-clinton-hospital

UMassMemeorial Community Healthlink

www.communityhealthlink.org

- **Youth & Family Services**
(Outpatient counseling, substance abuse, crisis intervention, therapeutic mentoring)
335 Chandler Street, Worcester, MA 01602
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
- **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

<p>UMassMemeorial Community Healthlink (Continued...)</p> <ul style="list-style-type: none"> ▪ 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) 24/7 hotline- 508-860-1244 or 508-438-5642 ▪ CBHI Services (In Home Therapy and Therapeutic Mentoring for families with MassHealth) 774-312-2722 	<p>Wayside Trauma Intervention Services (Individual, family and group counseling, trauma-informed yoga **English, Spanish and Portuguese services available**) 10 Asylum St., Milford, MA 01757 508-478-6888</p>
<p>Walden Behavioral Care (Full continuum of care for adolescents (12+ years old) and adults struggling with eating disorders and other psychiatric disorders including residential treatment, inpatient treatment, partial hospitalization , intensive outpatient, nutrition counseling and medication management)</p> <ul style="list-style-type: none"> ▪ 335 Chandler St., Worcester, MA 01602 508-796-5797 ▪ 229 E. Main St., Ste 201, Milford, MA 508-796-5797 ▪ 9 Hope Ave., Ste 500 Waltham, MA 781-647-6700 <p>www.waldenbehavioralcare.com</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>
<p>Wayside Youth & Family Support Network (in-home therapy, Family Networks: partnership with DCF for case management and coordination) 1 Picker Rd., Sturbridge, MA 01566 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)</p> <ul style="list-style-type: none"> ▪ 128 Providence St., 3rd flr, Worcester, MA 01604 508-757-0376 ▪ Main office: 7 Church St., Westborough, MA 01581 508-366-4000 <p>www.pccofma.org</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;"><u>ADHD</u></p> <p><i>ADDitude</i> 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;"><u>Borderline Personality Disorder</u></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>
<p style="text-align: center;"><u>Anxiety</u></p> <p>Anxiety in Teens https://anxietyinteens.org</p> <p>Anxiety and Depression Association of America 240-485-1001 www.adaa.org</p>	<p style="text-align: center;"><u>Bullying and Cyberbullying</u></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;"><u>Autism</u></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>	

* Indicates a resource that has a state or local presence

Other Resources and Supports

<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>*Samaritans 877-870-HOPE (4673) (Call or Text) Twenty-four hours a day, seven days a week http://samaritanshope.org</p> <p>The Trevor Lifeline 866-4-U-TREVOR (488-7386) Twenty-four hours a day, seven days a week http://www.thetrevorproject.org</p> <p>Trans Lifeline 877-565-8860 Hours: 10 AM- 4 AM; Volunteers may be available during off hours. https://www.translifeline.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>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>National Suicide Prevention Lifeline 800-273-TALK (8255) Twenty-four hours a day, seven days a week http://www.suicidepreventionlifeline.org</p> <p>IMAlive Chat (online) https://imalive.org</p>	<p style="text-align: center;">Depression and Bipolar Disorders</p> <p>Anxiety and Depression Association of America 240-485-1001 www.adaa.org</p> <p>The Balanced Mind Foundation www.bpkids.org</p> <p>Depression and Bipolar Support 800-826-3632 http://www.dbsalliance.org</p> <p>Depression Screening http://www.depressionscreen.org/</p> <p>Families for Depression Awareness www.familyaware.org</p> <p>International Foundation for Research and Education on Depression http://www.ifred.org/</p> <p>National Hopeline Network 800-SUICIDE (784-2433) 800-442-HOPE (4673) Twenty-four hours a day, seven days a week</p>

* Indicates a resource that has a state or local presence

Other Resources and Supports

Depression and Bipolar Disorders

(Continued..)

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>

Recovery Spark

www.recoveryspark.com

***Overeaters Anonymous**

www.oa.org

Grief and Loss

Grief Net

Online support groups (kids and adults)

<http://griefnet.org>

Journey of Hearts

<https://journeyofhearts.org>

National Suicide Hotline

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

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

Mental Health America

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.mentalhealthamerica.net/>

Tragedy Assistance Program for Survivors (TAPS)

800-959-TAPS (8277)

Twenty-four hours a day, seven days a week

<http://www.taps.org>

Mental Health

2-1-1

<http://www.211.org>

American Academy of Child and Adolescent Psychiatry

<https://www.aacap.org>

American Psychiatric Association Answer Center

888-35-PSYCH (77924)

8:30 a.m. to 6 p.m.

Brain & Behavior Research Foundation

www.bbrfoundation.org

* Indicates a resource that has a state or local presence

Other Resources and Supports

Mental Health

(Continued...)

Clubhouse International

<http://clubhouse-intl.org>

Family Resource Centers

www.frcma.org

Half of Us

<http://www.halfofus.com>

Mental Health America

24 Hour Helpline

1-800-273-TALK (8255)

24 hr. Crisis Support

text MHA to 741741

www.mentalhealthamerica.net

***National Alliance on Mental Illness (NAMI)**

800-950-NAMI (6264)

<https://nami.org>

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

National Council for Behavioral Health

www.thenationalcouncil.org

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>

Parent/Professional Advocacy League

www.ppal.net

Statewide Office (Boston)

15 Court Square, Suite 660, Boston, MA 02108

866-815-8122

info@ppal.net

Central MA Office (Worcester)

40 Southbridge St., Suite 310, Worcester, MA 01608

508-767-9725

info@ppal.net

Psychology Today

www.psychologytoday.com

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>

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Other Resources and Supports

<p style="text-align: center;"><u>OCD</u></p> <p>Beyond OCD http://www.beyondocd.org</p> <p>International OCD Foundation 617-973-5801 http://iocdf.org/</p> <p>Intrusive Thoughts www.intrusivethoughts.org</p> <p>Picking Me Foundation https://pickingme.org</p> <p>The Secret Illness https://thesecretillness.com</p>	<p>National Domestic Violence Hotline 800-799-SAFE (7233) Twenty-four hours a day, seven days a week https://www.thehotline.org/</p> <p>National Sexual Violence Resource Center 717-909-0710 www.nsvrc.org</p> <p>*Pathways For Change 800-870-5905 Twenty-four hours a day, seven days a week www.pathwaysforchange.help/pfc/</p> <p>Rape, Abuse, and Incest National Network 800-656-HOPE (4673) Twenty-four hours a day, seven days a week http://www.rainn.org</p>
<p style="text-align: center;"><u>Rape, Sexual Violence, and Domestic Violence</u></p> <p>Center for the Study and Prevention of Violence https://cspv.colorado.edu/</p> <p>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/</p>	<p>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</p>
<p>*Daybreak- in Central Massachusetts 508-755-9030 Twenty-four hours a day, seven days a week https://ywcacm.org/</p> <p>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</p>	<p style="text-align: center;"><u>School Violence</u></p> <p>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</p> <p>Koshka Foundation http://koshkafoundation.org/</p> <p>SPEAK UP 866-SPEAK-UP (773-2587) Twenty-four hours a day, seven days a week http://www.speakup.com/</p>

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Other Resources and Supports

<p><u>Schizophrenia and Related Disorders</u></p> <p>Schizophrenia and Related Disorders Alliance of America 240-423-9432 www.sardaa.org</p> <p>Schizophrenia Treatment and Evaluation Program www.med.unc.edu/psych</p>	<p>LGBT National Help Center http://www.hlnh.org</p> <p>GLBT Near Me https://glbtnearme.org</p> <p>Help Center on Sexual Orientation https://www.apa.org/helpcenter/sexual-orientation</p> <p>PFLAG https://pflag.org</p>
<p><u>Self-Harm</u></p> <p>I Hurt Myself Today http://ihurtmyselftoday.com</p> <p>S.A.F.E. Alternatives 800-DONTCUT (366-8288) http://www.selfinjury.com</p> <p>Self-Injury Outreach and Support http://sioutreach.org/</p> <p>The Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults http://www.selfinjury.bctr.cornell.edu/</p>	<p>*SWAGLY 508-755-3773 http://aidsprojectworchester.org</p> <p>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</p> <p>TransYouth Family Allies (TYFA) http://www.imatyfa.org</p>
<p><u>Sexuality and Sexual Health</u></p> <p>Bisexual Resource Center http://biresource.org</p> <p>BiNet USA https://www.binetusa.org</p> <p>DeQH- Desi LGBTQ Helpline for South Asians 908-367-3374 http://www.deqh.org/</p> <p>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</p>	<p>The Trevor Lifeline 866-4-U-TREVOR (488-7386) Twenty-four hours a day, seven days a week http://www.thetrevorproject.org</p> <p><u>Substance Use</u></p> <p>*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</p>

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Other Resources and Supports

Substance Use

(Continued...)

***Alcoholics Anonymous**

508-752-9000

www.aaworcester.org

www.aa.org

American Addiction Centers

<http://drugabuse.com>

Cocaine Anonymous

<https://ca.org>

Crystal Meth Anonymous

1-855-638-4373

<https://crystalmeth.org>

Drug Abuse Resources

<https://drugabuse.com>

Dual (Diagnosis) Recovery Anonymous

913-991-2703

www.draonline.org

In The Rooms

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

Marijuana Anonymous

800-766-6779

www.marijuana-anonymous.org

Massachusetts Addiction Recovery Software, Inc.

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

***Nar-Anon**

886-624-3578

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

***Narcotics Anonymous**

www.nerna.org

www.na.org

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>

The Jed Foundation

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

Live Through This

www.livethroughthis.org

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Other Resources and Supports

Suicide

(Continued...)

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

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Notes



Shine Initiative

Make time for your mind.

*A leader in recognizing mental illness
in children and young adults
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 community service.