



Mental Health Resources (Central MA & National)

<p>AdCare Hospital (*Inpatient services for individuals 18+) 107 Lincoln St., Worcester, MA 01605 24-Hour Admission and Referral: 800-ALCOHOL (252-6465) 866-493-4187 OR 508-799-9000 www.adcare.com</p>	<p>Attachment Institute of New England (Specialized services for children dealing with trauma, PTSD & ADHD) 51 Union Street Worcester, MA 01608 508-799-2663 www.attachmentnewengland.org</p>
<p>AdCare Outpatient services (Outpatient individual, group & family counseling for those w/ co-occurring disorders) 95 Lincoln St., Worcester, MA 01605 508-799-9000</p>	<p>Attention, Behavior & Cognition (Individual, group and family counseling, psychological assessments, ADHD evaluations)</p> <ul style="list-style-type: none"> • 800 Main Street, Ste 10, Holden, MA 01520 • 30 Park Avenue, Worcester, MA 01605 <p>774-415-0003 www.abcholden.com</p>
<p>Advocates Community Counseling (Individual & family counseling, psychiatric services, mobile crisis intervention, in-home therapy, substance use services)</p> <ul style="list-style-type: none"> • 340 Maple St., 4th Flr, Marlborough, MA 01752 508-485-9300 • 257 Ayer Rd., Harvard, MA 01451 978-772-1846 <p>24 Hour Crisis Support: 800-640-5432 www.advocates.org</p>	<p>Behavioral Healthcare Services (Individual & family counseling ages 4+, psychiatric & substance use services physical/sexual abuse evals & ADHD evals) 435 Shrewsbury St., Worcester, MA 01604 Main line and Medication Care: 508-753-5554 www.bhsdab.com</p>
<p>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</p>	<p>Cedar Street Family Clinic (Individual, group & family counseling ages 5+, psychiatric services, home based counseling, medication management) 340 Main St., Ste 775, Worcester, MA 01608 508-752-1331</p>
<p>Adolescent Partial Hospitalization Program (ages 13-18) Referrals: 800-222-2237</p> <p>Crisis Voicemail/24 Hour Support Referrals: 855-575-2273</p> <p>PHP and Community Services: Referrals: 855-575-2273</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)</p> <p>*address is only a satellite office*</p> <p>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>

Center Tree Counseling LLC
(Individual, family, & group counseling, psychological testing, treats Substance Use Disorders, trauma, depression, anxiety & ADHD)

508-731-9006
508-885-0788
185 Main Street, Ste 5, Rutland MA 01543
185 Main St. Spencer MA, 01562
48 Cedar St., Worcester MA 01609
www.centertreecounseling.com

Centro
(Multicultural in-home services for children & adolescents, therapeutic mentoring)

Multi-lingual Services: Spanish & Portuguese
11 Sycamore St., Worcester, MA 01608
508-798-1900
www.centroinc.org

Clinical & Support Options
(Outpatient for children & adolescents, medication management, addiction treatment, in-home therapy, trauma specialty, mobile crisis intervention)
****Crisis Services** 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

- **All Stars**
(Therapeutic day services for ages 6-18, outpatient services, family support services)
250 South Main St., Athol, MA 01331
413-774-1000
- **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

Community Health Connections
(Behavioral health services for all ages, substance use disorders)

- **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
South Gardner Community Health
529 Timpany Boulevard, Gardner, Ma
- **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

Community Impact Inc.
(Individual and family counseling)

12 Congress St., Milford, MA 01757
508-422-0242

Comprehensive Assessment Rehab & Education Center
(Assessments, Individual, Group & Family Counseling ages 10+, specialize in substance use disorders, anger management, sexual addiction)

26 Cedar St., Worcester MA 01609
508-754-8780

Cornerstone Behavioral Health
(Counseling, therapy and psychiatric services for children and adolescents)

508-791-3677

- 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
www.cornerstonebehavioralhealth.com

**Counseling & Assessment Clinic of Worcester
(Individual, adolescent, group & family
counseling, therapeutic mentoring, in-home
therapy, in-home behavior therapy, substance
use counseling)**

255 Park Ave., Ste 412, Worcester, MA 01609
508-756-5400
51 Union St., Ste 105, Worcester MA 01608
508-756-2005
33 Electric Ave., Ste 204, Fitchburg MA 01420
978-345-9400
www.cacworchester.org

**Edward M. Kennedy Health Center
** Behavioral Health Services for health
center patients only**
(multilingual therapy for all ages, substance
use services)**

- 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

www.kennedychc.org

**Enlightened Interventions, LLC
(Individual, family, couples, group therapy
ages 3-65. Holistic health interventions,
expressive therapies, trauma-sensitive yoga,
massage therapy, reiki, reflexology,
acupuncture, nutritional counseling, yoga,
pilates, wellness workshops)**

- 25 Union St. 3rd Floor, Worcester, MA 01608
508-317-2323
- *satellite office*

51 Union St., Ste 116, Worcester, MA 01608
www.enlightenedinterventionsllc.org

**Family Continuity Programs
(Community Services through MassHealth
CBHI Initiative, for ages 3-21. In-home therapy,
therapeutic mentoring, school-based
behavioral health services)**

- 24/7 call line: 866-219-3320
- 29 E. Mountain St., 2nd flr Worcester, MA
508-755-0556
- 76 Church St., Ste. 301, Whitinsville, MA
508-234-4181

www.familycontinuity.org

Family Health Center

Must have PCP here to be eligible for services
**(Behavioral health services for all ages,
psychiatrist available, school-based
behavioral health services)**
26 Queen St., Worcester, MA 01610
508-860-7930
www.fhcw.org

Gándara Center

**(In-home therapeutic services, behavioral,
residential, addiction, and family services for
Hispanic and African-American & culturally
diverse populations)**

- 625 Main Street 3rd floor, Fitchburg, MA 01420
978-503-7520 x296
- 147 Norman St., West Springfield, MA 01089
413-736-8329

www.gandaracenter.org

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

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

Kiva Centers

**(peer support, trauma-informed training,
advocacy)**

427 Main St, Worcester, MA 01608
Admin offices: 508-466-7154
Kiva Centers: 508-751-9600
www.kivacenters.org

Listening Wellness Center

(Individual outpatient counseling)
35 South St., Barre, MA 01005
978-355-3501
www.listeningwellness.org

<p>LUK, Inc. (Behavioral health clinic, substance use 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</p> <ul style="list-style-type: none"> • 40 Southbridge St, 4th Flr Worcester, MA 508-762-3000 • 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>www.LUK.org</p>	<p>Network of Care (Directory of mental health resources, programs, and organizations in MA searchable by keyword and zip code) questions/admin support: admin@trilogyir.com www.massachusetts.networkofcare.org</p>
<p>Massachusetts MENTOR (crisis stabilization, medication management, treatment foster care, therapeutic mentoring, family preservation & transition services) 48 Sword St, 2nd Flr, Auburn, MA 01501 508-368-2700 www.ma-mentor.com</p>	<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>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 OR 800-442-3035 www.msppcc.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>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) 10 Winthrop Street, 3rd Floor Worcester, MA 508-752-4665 www.multiculturalwellness.org</p>	<p>Open Sky Community Services (Residential programs, Developmental & Intellectual Disabilities, Mental Health Services, Adult Family Care/Shared Living, Brain Injury, Care Management/Coordination, Counseling Center, Housing/Homelessness Services, Trauma Response Services, & SafeHomes 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 www.openskycs.org
<p>Parent Professional Advocacy League (PPAL) (Provides advocacy, education and support for parents/caregivers and families of children who have mental health needs) 18 Lyman St, Ste 260 Westborough, MA 866-815-8122 OR 617-542-7860 www.ppal.net</p>	<p>Parent Professional Advocacy League (PPAL) (Provides advocacy, education and support for parents/caregivers and families of children who have mental health needs) 18 Lyman St, Ste 260 Westborough, MA 866-815-8122 OR 617-542-7860 www.ppal.net</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)

- 116 Belmont St., Ste 31, Worcester, MA 01605
- 1161 Main St., 2nd flr, Holden, MA 01520

508-755-0436
www.Pathways2wellnessllc.com

Pediatric Behavioral Health
(Individual, group, family therapy. Psychiatric services, testing, school and family supports)

148 Worcester St, West Boylston MA 01583
 508-835-1735
www.pbhealth.org

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 Mobile Crisis Intervention - Southbridge and Surrounding Communities
 877-750-3127

Seven Hills

Children's Friend
 20 Cedar St., Worcester MA 01609

- **Ellsworth Child & Family Counseling Center**
(Outpatient counseling for children, adolescents & caregivers, groups. Adoption services & supports, gender services & psychiatric services- trauma specialty)
 508-753-5425
- **Carriage House - Center for Grieving Children**
(support for children experiencing death of parent/caregiver or sibling)
 508-796-1411
www.sevenhills.org/affiliates/childrens-friend

Family Services of Central MA
(Individuals, groups, families, & children 5+. Trauma and PTSD, family/dispute mediation)
 799 West Boylston St. Suite 130 Worcester, MA
 508-796-1945
www.fscm.org

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Y.O.U. Inc.
(Counseling for all ages- individual, couples, families, group. Substance use, residential, in-home & school-based services. Psychiatric testing, medication evaluations & management)

855-496-8462
 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
www.youinc.org

Shrewsbury Youth & Family Services
***services for Shrewsbury families only (individual, family, couples and group counseling, evaluations, early intervention, animal assisted therapy, school-based counseling)**

222 Maple Ave, Higgins Bldg, Shrewsbury, MA
 508-845-6932
www.syfs-ma.org

South Bay Community Services
(Ages birth-3, school-based, & CBHI Services, counseling-all ages, med management, trauma-focused therapy)

- Worcester Mental Health Clinic
 324 Clark St., Worcester, MA 01606
 508-791-4976
- 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
www.southbaycommunityservices.com

Southeast Asian Coalition of Central MA [SEACMA]
(Outreach & support services for refugees, immigrants. Helps access & utilize necessary clinical treatment, services & resources. Languages incl: Vietnamese, Arabic, Burmese)

50 Portland Street., Ste 521, Worcester, MA 01608
 508-791-4373
www.seacma.org

Spectrum Health Systems

(Substance use support: outpatient, inpatient, & residential services, family education)

Outpatient Treatment Centers:

- 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

Peer Recovery Center:

- 25 Pleasant St., Worcester MA 01608
508-799-6221
 - 31 Main St., Marlborough, MA 01752
508-485-0298
- www.spectrumhealthsystems.org

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**

(Consultations when other treatments have not worked well enough. *Must have approval of current provider*)

508-796-4348

- **UMMMC Neuropsychiatry Referral Center**

(consultation & follow-up combining neurology and psychiatry expertise)

508-796-0941

- **UMMMC Neuropsychology Department**

(testing and evaluations of conditions that affect cognitive, behavioral & emotional functioning)

508-334-6392

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- **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 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

UMassMemorial 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

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• **Youth Mobile Crisis Intervention
(crisis intervention in homes, schools,
residential & foster placements 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

• **TFK- Together For Kids Program
(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

www.communityhealthlink.org

**Walden Behavioral Care
(For adolescents (10+ years) and adults
struggling with eating disorders. Residential &
inpatient treatment, partial hospitalization,
intensive outpatient, nutrition counseling &
medication management)**

Clinics:

• 150 Grossman Dr. Suite 404 Braintree, MA
781-380-0695

• 69 Hickory Dr, Ste 2000, Waltham, MA
781-899-2460

• 112 Turnpike Rd, Ste 100, Westboro, MA
508-796-5797

Inpatient/Residential:

• 10 Carematrix Dr, Dedham, MA
888-305-2997

www.waldeneatingdisorders.com

**Wayside Youth & Family Support Network
(in-home therapy, Family Networks:
partnership w/ DCF for case management)**

1 Frederick Abbott Way, Framingham, MA

508-879-9800

www.waysideyouth.org

**Worcester Pastoral Counseling Center
[PCC of MA, Inc.]**

**(Counseling for all ages. Grief & loss, alcohol &
substance abuse, trauma & PTSD, divorce,
eating disorders, support groups for caregivers,
divorce, parenting)**

128 Providence St., 3rd flr, Worcester, MA 01604

508-757-0376

Main office:

18 Lyman Street. Ste 250, Westborough, MA 01581

508-366-4000

www.pccofma.org

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 directly for a list.

Mass 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
Child, Youth, Family Service Division: 774-420-3140, Dial 0

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

EHS Center, 49 Nursery Lane, Fitchburg, MA 01420
Telephone: 978-353-4400 ♦ Fax: 978-348-1275 ♦ Video Phone: 978-627-4468

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

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

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

Mass Department of Mental Health

Westborough Site Office

Hadley Building, 167 Lyman Street, Westborough, MA 01581

Telephone: 508-616-2801 ♦ Fax: 508-616-2864 ♦ TTY: 508-616-2820 ♦ Video Phone: 508-948-0605

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

Emergency/Crisis 24-hr (Adult):

26 Queen St, Worcester, MA

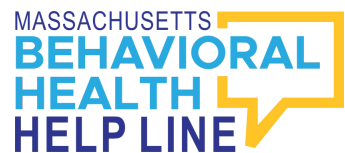
40 Spruce St, Leominster, MA

Telephone: 866-549-2142 ♦ 800-977-5555

(Youth Mobile Crisis):

40 Spruce St, Leominster, MA

Telephone: 866-549-2142 ♦ 800-977-5555



Call or Text:
833-773-2445

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

Other Resources & Support

(National & Local options)

ADHD

ADDitude

<https://additudemag.com>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

301-306-7070

ADHD Specialist: 866-200-8098

www.chadd.org

Anxiety

Anxiety in Teens

<https://anxietyinteens.org>

Anxiety and Depression Association of America

240-485-1001

www.adaa.org

Autism

Autism NOW Center

<https://autismnow.org>

Autism Research Institute

<https://autism.org/>

Autism Speaks

<https://www.autismspeaks.org>

Milestones Autism Resources

www.milestones.org

Borderline Personality Disorder

Treatment and Research Advancements for Borderline Personality Disorder

888-482-7227

www.tara4bpd.org

New England Personality Disorder Association (NEPDA)

617-855-2680

<http://www.nepda.org>

Bullying and Cyberbullying

CyberBullying Research Center

www.cyberbullying.org

CyberTipline

800-843-5678

Twenty-four hours a day, seven days a week

<http://www.cybertipline.com>

National Bullying Prevention Center

www.pacer.org/bullying

Stop Bullying Now Campaign

www.stopbullying.gov

Crisis and Hotlines

Crisis Text Line

Text HOME to 741-741 (Text only)

Twenty-four hours a day, seven days a week

<http://www.crisistextline.org>

National Domestic Violence Hotline

800-799-7233

Text "START" to 88788

Twenty-four hours a day, seven days a week

www.thehotline.org

National Sexual Assault Hotline

1-800-656-HOPE (4673)

Twenty-four hours a day, seven days a week

<https://www.rainn.org/resources>

National Suicide Prevention Lifeline

Call 988

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>

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Crisis and Hotlines (cont'd)

The Trevor Lifeline (LGBTQ Youth)

866-4-U-TREVOR (488-7386)
Text "START" to 678678
Twenty-four hours a day, seven days a week
<http://www.thetrevorproject.org>

The Steve Fund (Youth of Color)

Text STEVE to 741741
<https://stevefund.org/>

Trans Lifeline

877-565-8860
Hours: 10 AM- 4 AM; Volunteers may be available during off hours.
<https://www.translifeline.org/>

MA Behavioral Health Helpline

Call OR Text 833-733-2445
<https://www.masshelpline.com>

Depression & Bipolar Disorder

Anxiety & Depression Association of America

240-485-1001
www.adaa.org

The Balanced Mind Foundation

www.dbsalliance.org/support/

Depression and Bipolar Support Alliance

800-826-3632
<http://www.dbsalliance.org>

Depression Screening

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

Families for Depression Awareness

781-890-0220
391 Totten Pond Rd, Suite 101, Waltham, MA 02451
www.familyaware.org

International Bipolar Foundation

www.ibpf.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

Depression & Bipolar Disorder (cont'd)

Pendulum

www.pendulum.org

Suicide Prevention Services Depression Hotline

630-482-9696
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>
866-932-1264

National Association of Anorexia Nervosa and Eating Disorders

630-577-1330
ANAD Helpline: 888-375-7767
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 & Loss

Grief Share

Online support groups (kids and adults)
www.griefshare.org

Journey of Hearts

<https://journeyofhearts.org>

Mental Health America

800-273-TALK (8255)
Text "MHA" to 741741
Twenty-four hours a day, seven days a week
<http://www.mentalhealthamerica.net/>

Grief & Loss (cont'd)

Tragedy Assistance Program for Survivors (TAPS)

800-959-TAPS (8277)
Online chat option available
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 & 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

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)
Text "HELPLINE" to 62640
www.nami.org

NAMI Central Massachusetts

namiworc@hotmail.com
Phone: 508-368-3562
Helpline: 617-704-6264 or 800-370-9085
9 a.m. to 5 p.m. EST, Monday to Friday
www.namimass.org

National Council for Behavioral Health

www.thenationalcouncil.org
202-684-7457, Mental Health First Aid press 3

Mental Health (cont'd)

National Institute of Mental Health Info Center

866-615-6464
<http://www.nimh.nih.gov/site-info/contact-nimh.shtml>

Parent/Professional Advocacy League

www.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>

World Health Organization

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

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, Domestic Violence

Center for the Study & 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 Shelter (program of YWCA)
Twenty-four hour helpline: 508-755-9030
Online chat: ywcahelp.com
<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)
Text "START" to 88788
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
ASL Video phone: 508-502-7681
Twenty-four hours a day, seven days a week
<https://pathwaysforchange.help/>

Rape, Abuse, and Incest National Network
800-656-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.rainn.org>

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 & Related Disorders

Schizophrenia & Related Disorders Alliance of America
240-423-9432
www.sardaa.org

Schizophrenia Treatment and Evaluation Program
www.med.unc.edu/psych

Self-Harm/Self-Injury

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/>

To Write Love on Her Arms
<https://twloha.com>

Sexuality/Sexual Health

Bisexual Resource Center
<http://biresource.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>

Sexuality/Sexual Health (cont'd)

LGBT National Help Center

LGBT Hotline: 888-843-4564
LGBT Coming Out Support: 888-688-5428
LGBT National Youth Talkline: 800-246-7743
LGBT National Senior Hotline: 888-234-7243
www.lbgthotline.org

GLBT Near Me

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

PFLAG

<https://pflag.org>

SWAGLY

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

Trans Lifeline

(Available 24/7) 877-565-8860
Staffed by volunteers who are all trans identified.
<http://www.translifeline.org>

TransYouth Family Allies (TYFA)

<http://www.imatyfa.org>

The Trevor Project

Available 24/7: 866-4-U-TREVOR (488-7386)
<http://www.thetrevorproject.org>

Substance Use

Al-Anon/Alateen

Al-Anon: 888-425-2666
Alateen: 800-352-9996
8 a.m. to 6 p.m. EST, Monday to Friday
<http://www.al-anon.alateen.org/index.php>

Alcoholics Anonymous

508-752-9000
www.aaworchester.org
www.aa.org

American Addiction Centers

406-285-2883
<http://drugabuse.com>

Cocaine Anonymous

310-559-2554
9:00 am to 5:00 pm, Monday through Friday (U.S. Pacific Time; GMT -0800)
<https://ca.org>

Substance Use (cont'd)

Crystal Meth Anonymous

24-hour hotline: 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

Nar-Anon

301-534-8188
Monday-Friday 9AM-5PM PST
<http://www.nar-anon.org/naranon>

Narcotics Anonymous

1-866-NA-HELP-U (624-3578)
www.nerna.org
www.na.org

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>

Partnership to End Addiction

Text CONNECT to 55753
212-841-5200
www.drugfree.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
www.afsp.org

American Association of Suicidology
www.suicidology.org

Crisis Text Line
(Available 24/7) Text "HOME" to 741-741
<http://www.crisistextline.org>

The Jed Foundation
<https://www.jedfoundation.org/>

Live Through This
(for attempt survivors)
www.livethroughthis.org

National Suicide Prevention Lifeline
(Available 24/7) Call 988
<http://www.suicidepreventionlifeline.org>

NOW Matters NOW
<https://nowmattersnow.org>

Samaritans
(Available 24/7) 877-870-HOPE (4673) (Call & Text)
<http://samaritanshope.org>

Suicide Prevention Resource Center
www.sprc.org

The Trevor Project
(Available 24/7) 866-4-U-TREVOR (488-7386)
<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 (at JRI)
www.jri.org

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



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