

## GENERAL MENTAL HEALTH RESOURCES

### **National Alliance on Mental Illness Massachusetts (NAMI Mass)**

<https://namimass.org/>

Education & skills training courses \* Support groups \* Advocacy

**COMPASS helpline** email [compass@namimass.org](mailto:compass@namimass.org) or call 617-704-6264

### **Massachusetts Association for Mental Health (MAMH)**

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

Convenes stakeholders & disseminates knowledge across the behavioral health and public health community to address policy, budget and legal issues affecting those at risk for or living with behavioral health conditions.

### **Massachusetts Department of Mental Health (DMH)**

<https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

Our state mental health authority; services and supports.

### **Cole Resource Center (CRC)**

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

Resource referrals \* Support groups \* Workforce Development Program

**Resource referrals** email [info@coleresourcecenter.org](mailto:info@coleresourcecenter.org) or leave a message at 671-857-3298

### **Boston University Center for Psychiatric Rehabilitation**

Resources and Information

<https://cpr.bu.edu/resources-and-information/>

### **National organizations**

[NAMI \(National Alliance on Mental Illness\)](#)

[National Institute of Mental Health \(NIMH\)](#)

[Mental Health America](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[American Foundation for Suicide Prevention](#)

[American Psychiatric Association](#) [see “Patients & Families”]

Many disorder-specific organizations (just search online), including:

[Anxiety and Depression Association of America](#)

[Families for Depression Awareness](#)

[OCD Massachusetts](#)

[National Education Alliance on Borderline Personality Disorder](#)

### **Finding a Professional**

#### **Massachusetts Network of Care**

<https://massachusetts.networkofcare.org/mh/content.aspx?cid=8250>

Directory of online services for finding a behavioral health provider in MA

## EDUCATION COURSES

### **NAMI Family-to-Family**

<https://namimass.org/nami-family-to-family/>

Free 8-week course for family caretakers of people with mental health conditions

Led by trained family volunteers

### **NAMI Basics**

<https://namimass.org/nami-basics/>

Free 6-week course for parents of children & adolescents

Led by trained family volunteers

### **Flourishing Families** (BU Center for Psychiatric Rehabilitation)

<https://cpr.bu.edu/cmhep/giving-students-and-families-hope/>

Free 5-week course supporting the parents, guardians, and caregivers of young adults who live with a mental health and/or substance use condition. **NEW in spring 2022.**

### **NAMI Peer-to-Peer**

<https://namimass.org/nami-peer-to-peer/>

Free 8-week, recovery-focused course for people with mental health conditions

Led by trained volunteers with lived experience

## SUPPORT GROUPS

### **NAMI Mass Connection Recovery Support Groups**

<https://namimass.org/nami-connection-recovery-support-groups/>

Led by trained peer facilitators who've been there. NAMI Connection groups allow you to talk about your experiences in a safe and confidential setting. The free groups encourage empathy, productive discussion, and a sense of community.

### **NAMI Mass Family Support Groups**

<https://namimass.org/nami-family-support-groups/>

Led by trained family member volunteers, NAMI Family Support Groups are free groups for family members, friends, and other caregivers of people diagnosed with mental health conditions. See also NAMI Mass's special interest support groups (for parents of teens & adolescents, parents of school-age children, spouses and partners, elderly caretakers, etc.) at

<https://namimass.org/nami-family-support-groups/#special>

### **Depression & Bipolar Support Alliance (DBSA) – Boston Support Groups**

<https://dbsaboston.org/>

Current groups include Maintaining Stability, Depression, Bipolar and Mania, and Senior Strength for peers, and Family and Friends

### **Cole Resource Center Support Groups**

<https://www.coleresourcecenter.org/crc-support-groups>

Current groups are Women's Family and Men's Peer-to-Peer support groups.

## CONTACT NUMBERS FOR A CRISIS OR EMERGENCY SITUATION

**988 Suicide & Crisis 24/7** (alternative to 911 for behavioral health, launched nationwide July 2022) <https://988lifeline.org/current-events/the-lifeline-and-988/>

**National Suicide Prevention Hotline 24/7**

1-800-273-TALK (1-800-273-8255) <https://suicidepreventionlifeline.org/>

Text: #741 741 (*now transitioning to 988*)

**Samaritans call or text 24/7**

(877) 870-HOPE (4673) <https://samaritanshope.org/>

**The Trevor Project (LGBT youth hotline) 24/7**

1-866-488-7386 <https://www.thetrevorproject.org>

**Trans Lifeline (Peer Support Helpline for Transgender)**

(open 24/7; *see website re reduced capacity during pandemic*)

1-877-565-8860 <https://www.translifeline.org/>

Trans Lifeline is a grassroots hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

**SAMHSA’s National Helpline 24/7** (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>

Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and **Spanish**) for individuals and families facing mental and/or substance use disorders.

**LGBT National Hotline** (see hours)

1-888-843-4564 <https://www.lgbthotline.org/>

**Peer Support Line (MetroBoston Recovery Learning Community)**

877-733-7563 (see hours)

[Peer Support Network | Mbrlc](#)

Hours of Operation: Monday through Sunday from 4 pm-7:45 pm.

“A compassionate community telephone service, providing a supportive ear to callers who want to share their thoughts and feelings about life and its challenges with a person who also has lived experience.”

**Riverside 24-hour Crisis Support**

1-800-529-5077

<https://www.riversideecc.org/adult-services/mental-health/emergency-services/>

Local mental health services. Riverside Community Care is the Emergency Services Provider (ESP) for Weston. *For a directory of Mass. ESP’s and the communities they serve, see [here](#).*