

MENTAL HEALTH RESOURCES

OVERALL SUPPORT AGENCIES AND CONTACTS			
NAME	SUPPORT/INFORMATION	Contact Methods	WEBSITE
National Alliance on Mental Illness of Massachusetts (NAMI-Mass)	Information, referral, education, support groups, and advocacy	(800) 370-9085	https://namimass.org/
Federation For Children With Special Needs	Information, education, referral, and advocacy	(800) 331-0688	https://fcsn.org/
Mass 2-1-1	Mass 2-1-1 connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources.	Call 2-1-1 or 1-877-211-6277	https://mass211.org/
<u>Samaritans Statewide Helpline</u>	available 24/7, talk or text	1-877-870-4673	https://samaritanshope.org/
Substance Abuse and Mental Health Services Administration (SAMHSA)	You can call a free 24-hour Disaster Distress Helpline if you feel lonely or need support.	1800-985-5990,	https://www.samhsa.gov/
The National Institute of Mental Health Information Resource Center NIMH	If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Use these	Phone: 1-866-615-6464 TTY: 1-301-443-8431 TTY (toll-free): 1-866-415-8051 Live Online Chat: Talk to a representative	https://www.nimh.nih.gov/health/find-help/index.shtml

	resources to find help for you, a friend, or a family member.	Email: nimhinfo@nih.gov	
Veterans, Military & Families Crisis Line:	Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.	1-800-273-8255 Press 1 Text 838255 https://www.veteranscrisisline.net/get-help/chat	https://www.veteranscrisisline.net/
U.S Department of Health and Human Services	This website provides the phone numbers, websites, or email addresses you can use for questions about how Parity laws require most health plans to apply similar rules to mental health benefits as they do for medical/surgical benefits. Select your insurance type below for more about the protections that apply for you, and to get assistance information. Parity laws apply to different types of health coverage		https://www.hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html
Massachusetts Department of Mental Health - Department of Mental Health Area Offices - Plymouth Site Office	The Plymouth site office services the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, and Plympton.	<u>(508) 732-3000</u> 38 Industrial Park Rd, Plymouth, MA 02360	https://massachusetts.networkofcare.org/mh/
The statewide Emergency Services Program (ESP) provides 24/7/365 crisis help Behavioral Health Crisis Am I eligible to receive these crisis services? Services are provided at no cost to those with MassHealth (Medicaid), Medicare, or people without health insurance. Some people with commercial insurance can also get these services.	For South Coast Communities: Acushnet, Carver, Dartmouth, Duxbury, Fairhaven, Halifax, Hanover, Hanson, Kingston, Marion, Marshfield, Mattapoisett, New Bedford, Pembroke, Plymouth, Plympton, Rochester, Wareham	Child and Family Services of New Bedford 24-hour access number: 1-877-996-3154	https://www.masspartnership.com/member/esp.aspx

SUPPORT GROUPS			
<u>Parents Helping Parents</u>	Empowering parents to nurture children and build stronger families Online Support Groups This week Mon 3/23 at 9:00am & 4:30pm Tue 3/24 at 8:00am & 6:00pm Wed 3/25 at 9:00am & 4:00pm Thu 3/26 at Noon & 5:00pm	(800) 632-8188 Free/confidential 24/7	https://www.parentshelpingparents.org/
Families For Depression Awareness	Family Support Information and education	(781)890-0220	http://www.familyaware.org/
NAMI Family Support Groups	NAMI Family Support groups are free support groups for family members, friends, and other caregivers of people diagnosed with a mental health condition. Groups are led by NAMI-trained facilitators and provide a safe, private, and non-judgmental setting	Contact via link to Right	https://namimass.org/online-and-phone-support-options/#familysupport

CHAT lines via email or text			
NAME	SUPPORT/INFORMATION	PHONE #	WEBSITE
<u>Call2 Talk</u> (opens in a new window)	is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to	508-532-2255	https://mass211.org/call2talk/

	assist people – including those who may be despondent or considering suicide – during stressful times.		
Your Life Your Voice	Issues come in many shapes and sizes :Anxiety, friends, parents, self-esteem... each can bring their own set of challenging situations. Take a look through the topics below and find tips and tools to help you through them. \ 	1-800-448-3000(24/7) text VOICE to 20121 Email for parents: https://www.boystown.org/hotline/Pages/hotline-parent-form.aspx Email for youth: https://www.boystown.org/hotline/Pages/hotline-youth-form.aspx	https://www.yourlifeyourvoice.org
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Help Steps	Enter town/Community		https://www.helpsteps.com/h/s/home/#/agencySearch/mental%20health

	Search area of assistance: Mental Health- Links you to a list of providers		
Compass Helpline	Affiliate of Nami-Massachusetts	COMPASS Helpline: 1-800-370-9085	http://www.namimass.org/programs/nami-basics
Telehealth Providers			
MDLIVE	Setting up your secure account only takes about 15 minutes. Then, you're ready for your visit. Don't forget to download our app and always be prepared.	Use Link to the right	https://www.mdlive.com/counseling/
Doctor on Demand	Our diverse team of licensed psychiatrists and psychologists provide the emotional support you need from the privacy and ease of home. From talk therapy to medication management, our team is here to support your full mental wellbeing.	Use link to the right	https://www.doctorondemand.com/what-we-treat/behavioral-health
MindWise	Free online mental health screening for individual use if you suspect you or someone you care about is struggling with a mental health issues		https://screening.mentalhealthscreening.org/hyho
Talkspace	Online Therapy Meaningful therapy from every device		https://www.talkspace.com/

	<p>It can be difficult to wait days or weeks until your next appointment. With Talkspace, you can send your therapist a message whenever you're near a laptop, tablet, or smartphone. Your conversation carries over seamlessly across devices and uses banking-grade encryption to keep it safe and confidential.</p>		
<p>Betterhelp</p>	<p>Online therapy</p> <p>BetterHelp is the largest online counseling platform worldwide. We change the way people get help with facing life's challenges by providing convenient, discreet and affordable access to a licensed therapist. BetterHelp makes professional counseling available anytime, anywhere, through a computer, tablet or smartphone.</p>		

Program Specific Content Therapies

Innerhealth Studios	Mindfulness These relaxation scripts for children can be used to guide children, adolescents, or adults to relax using quick and easy relaxation techniques.	Numerous relaxation resources are available for free, such as <u>relaxation scripts</u> , <u>coping skills</u> information, and <u>worksheets</u> .	https://www.innerhealthstudio.com/relaxation-scripts-for-children.html
Waking Up: Mindfulness and guided meditation	Mindfulness and Guided meditation	Available for download on Iphone and Android	https://annakaharris.com/mindfulness-for-children/
Coping Skills		Link to 99 coping skills document	<u>99 Coping Skills</u>