

## **RESOURCES HANDOUT**

**If you are experiencing a mental health emergency, you can call 911 or go directly to your local emergency room.**

### **CRISIS NUMBERS**

National Suicide Prevention Lifeline  
<https://suicidepreventionline.org/> 1-800-273-TALK (1-800-273-8255)

Boston Emergency Services Team (BEST)  
<https://www.bmc.org/emergency-services-program> 1-800-981-HELP (4357)

Samaritan Suicide Hotline  
<https://samaritanshope.org/> 1-877-870-HOPE (4673)

Crisis Text Line  
<https://www.crisistextline.org/text-us/> Text HOME to 741741

Trevor Project  
<https://www.thetrevorproject.org/get-help/>

### **COMMUNITY TREATMENT RESOURCES**

Project Interface  
<https://interface.williamjames.edu/> 844-244-6843

McLean Hospital  
<https://mcleanhospital.org/> 800-333-0338

McLean Hospital Outpatient Trauma Clinic  
<https://www.psychologytoday.com/us/treatment-rehab/mclean-hospital-outpatient-trauma-clinic-belmont-ma/901706>  
Referral link: <https://redcap.partners.org/redcap/surveys/?s=P3EX48W8JP>

MGH Psychiatry  
<https://www.massgeneral.org/psychiatry/treatments-and-services/>  
(Note: you may need to be an MGH patient to access services)

Cambridge Health Alliance  
<https://www.challiance.org/services-programs/mental-health-and-substance-use/adult-psychiatry>  
<https://www.challiance.org/services-programs/mental-health-and-substance-use/child-adolescent-psychiatry>

Brookline Community Mental Health Center  
<https://www.brooklinecenter.org/> 617-277-8107

*For free or low-cost treatment for those with no insurance:*

[http://www.needymeds.org/free\\_clinics.taf?function=list&state=ma](http://www.needymeds.org/free_clinics.taf?function=list&state=ma)

Look for listings for “Counseling/Mental Health Services” in the right hand column

*Mental Health Resources for Black, Indigenous and People of Color (BIPOC)*

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/for-bipoc-mental-health>

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

<https://www.nsvrc.org/blogs/finding-mental-health-support-bipoc-survivors>

*Mental Health Resources for LGBTQ People:*

<https://namimass.org/resources-for-members-of-the-lgbtqia-community-and-allies>

<https://iri.org/services/health-and-housing/health/boston-glass>

<https://fenwayhealth.org/care/behavioral-health>

## **FINDING A THERAPIST**

Calling your insurance company can be one helpful strategy. Your primary care provider (or pediatrician) may also be able to provide a referral.

You can also visit the following websites:

- [www.abct.org](http://www.abct.org) has a therapist finder that lists providers of behavioral and cognitive therapies
- [www.ocfoundation.org](http://www.ocfoundation.org) has a therapist finder; providers have training in empirically supported treatments for anxiety disorders (including OCD but also other anxiety disorders including PTSD)
- [www.behavioraltech.com/resources/crd.cfm](http://www.behavioraltech.com/resources/crd.cfm) lists some DBT providers
- <https://www.psychologytoday.com/us/therapists> also lists some providers, and you can narrow your search by insurances accepted.

It can take some time and effort to find a therapist who is a good 'fit' (and who accepts your insurance, if applicable). Don't give up! If you need more help finding a therapist, please contact us at 617-855-2268.

## **Description of Crisis Services:**

### **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing **1-800-273-TALK** (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provide crisis counseling and mental health referrals day and night.

### **The Boston Emergency Services Team (B.E.S.T.)**

Provides 24-hour service for adults and children in need of immediate psychiatric intervention. Individuals who need emergency care are assessed and briefly treated by experienced, master's level clinicians and physicians who specialize in rapid response to those in psychiatric crisis. B.E.S.T. provides a comprehensive, highly integrated system of crisis evaluation to children, adolescents, adults, including the elderly, the homeless, mentally ill and the multi-cultural populations within the Metro Boston areas.

This toll-free number can be used 24 hours a day, seven days a week. By using the 1-800-981-HELP helpline, a caller is assisted in dealing with a psychiatric, crisis support, information and referrals. The caller may be directed to a B.E.S.T. Urgent Care Center, a Designated Emergency Department, or a crisis intervention mobile team may be dispatched to the site of the crisis. If you or someone in your family is in crisis, consider calling the 1-800 number for guidance. They may suggest useful alternatives to the Emergency Department.

What we offer:

- Immediate information & referrals
- Psychiatric evaluation
- Crisis intervention and treatment (including psychopharmacology)
- 12-bed short term Crisis Stabilization Unit (up to 3-5 day stay)
- Referral for ongoing treatment

### **Samaritans of Boston**

Samaritans, Inc. is a non-denominational, not-for-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies.

### **Crisis Text Line**

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.

### **Trevor Project**

If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free. They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you'd like.

## **Description of Treatment Resources**

### **Project INTERFACE**

Project INTERFACE is a mental health and wellness referral help line that is available Monday through Friday, 9 am 5 pm. They provide a free, confidential referral service for participating communities. Callers are matched from extensive database of licensed mental health providers. Each referral meets the location, insurance, and treatment needs of the caller.

### **McLean Hospital**

McLean Hospital offers outpatient treatment for a wide range of mental health and substance abuse issues. Outpatient services are available for those who are stepping down from more intensive levels within the McLean continuum of care. There may be openings for other persons seeking outpatient treatment subject to the availability of staff.

### **McLean Hospital Outpatient Trauma Clinic**

The Outpatient Trauma Clinic (OTC) offers services including time-limited, evidence-based, individual, group, and couple's psychotherapy for trauma and dissociative disorders. OTC services focus on processing and improving trauma-related thoughts, feelings, and behaviors as well as reconnecting with important relationships and resuming meaningful activities.

Establishing safety and stability and the effective use of self-regulation skills is an essential prerequisite for receiving trauma-focused treatment with the OTC. While learning and practicing effective coping skills is an important part of the recovery process, it is not the emphasis of the treatment we offer. Referrals

You can copy and paste the following link into your web browser to fill out and submit our referral form:

[https://redcap.link/OTC\\_Referrals](https://redcap.link/OTC_Referrals)

For more information, please contact Dr. Matthew Robinson, PhD at (617) 855-2304 or [mrobinson@mclean.harvard.edu](mailto:mrobinson@mclean.harvard.edu)

### **Cambridge Health Alliance**

Includes a team of psychiatrists, psychologists, social workers, counselors, and nurses offering a wide range of clinical care to people of all ages. This includes everything from outpatient therapy to psychiatric emergency and acute hospital care. We also offer specialty programs in multiple languages, based on our patient's specific health needs.

### **Brookline Community Mental Health Center**

The center offers a broad range of both psychotherapeutic and psycho-pharmacologic treatments for a wide range of emotional problems and diagnoses including:

- Individual Counseling and Psychotherapy
- Couples' Therapy
- Group Psychotherapy
- Psychopharmacology (Medication)
- Diagnostic evaluation
- Crisis Intervention
- Psychological Testing

### **MGH Mental Health Resources for Black, Indigenous and People of Color (BIPOC)**

In addition to COVID-19, recent events have brought heightened attention to the specific stressors faced by Black, Indigenous and People of Color (BIPOC) communities, who may be experiencing heightened fear, anger and grief at this time. Consistent with the Guide's mission to provide timely mental health resources, we highlight a range of resources that may be useful to BIPOC-identifying individuals seeking support for mental health concerns and/or coping with race-related stressors, whether current and/or historical, as well as those hoping to share available resources to their patients. Mass General Psychiatry is not affiliated with, nor does it directly endorse, any non-MGH organizations listed here. This list is intended only to share resources currently available in the broader community.

**Innopsych (BIPOC)**

Find your ideal therapist of color and boost your wellness journey with content written by and for people of color. InnoPsych's mission is to bring healing to communities of color by changing the face and feel of therapy! We strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.

**National Sexual Violence Resource Center (BIPOC Survivors)**

At NSVRC, we focus a lot on health equity, which our partners at Prevention Institute define as “everyone [having] a fair and just opportunity to attain their full health potential and that no one is disadvantaged, excluded, or dismissed from achieving this potential.” We know that health inequities, or unequal access to health resources, impact Black, Indigenous, and people of color (BIPOC) and their ability to seek affirming, healing care — for both physical and mental health. For many survivors of sexual violence, finding mental health support is a crucial part of their healing journey, but due to health inequities, mental health care is often inaccessible — or not culturally relevant — for BIPOC survivors. In order to help advocates provide resources on mental health support specific to BIPOC communities, we’ve compiled the following list. NSVRC’s racial affinity group, the Racial and Cultural Equity (RACE) workgroup, contributed to this resource list.

**National Alliance of Mental Illness**

Resources for members of the LGBTQ+ community and allies including local support groups, friendly therapists list, psychiatrists, and hotlines.

**JRI Leader in Social Justice**

We operate Drop-In Community Centers for LGBTQ+ youth of color between the ages of 13–25, one in Boston and one in Framingham. Programming includes support groups, educational workshops, social events, access to computers and internet, food, toiletries, clothes, games, and more! And our people... The GLASS team is the best! We are a diverse group of people, representing various identities, races, ethnicities, and interests, and all committed to the youth we serve. You'll find us in the Drop-in Center!

**Fenway Health's Behavioral Health Department**

We offer individual, group, couple, and family therapy; psychiatric consultation; and addiction services. We can help you deal with a range of personal issues and life events. Whether you are coming out, coping with self-esteem issues, seeking more satisfying relationships, living with HIV, trying to stop drinking, or grieving the death of a partner, we provide high-quality care that is sensitive to LGBT concerns. Services include evaluation and referrals; counseling for myriad issues; therapy and support groups; psychiatric evaluation and treatment; and daily acupuncture for alcohol and drug addiction. See our calendar section for selected programs and upcoming special events.