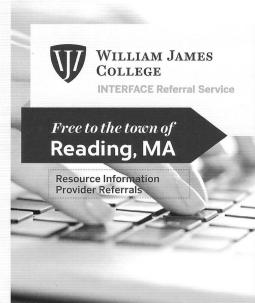
GET PROFESSIONAL HELP FOR MENTAL HEALTH

RCASA and the Town of Reading contracts with a unique referral service staffed by licensed clinicians that helps childre teens, and adults get connected to mental health providers. Get a provider match that meets your needs, accepts your insurance and has available appointments. Call 1.800.244.6843 - Mon-Fri - 9 to 5 pm - www.interface.williamjames.ed







Where can you learn about Mental Health Resources in or near your community? How can you access Mental

Find answers at the William James College INTERFACE Referral Service website:

Or call the INTERFACE® Helpline at 1-888-244-6843 Monday-Friday 9:00 am-5:00 pm.



MORE WAYS TO ACCESS MENTAL HEALTH SUPPORT

Insurers provide a phone # on the back of the membership card to get info on which services are covered in-network.

877.623.6765 - www.mahealthconnector.org

Primary Care Providers (PCP) often have an in-house Behavioral Health Coordinator to assist patients.

PCPs are affiliated with hospitals that have agreements with behavioral health providers.

www.childrenshospital.org - www.hallmarkhealth.org - www.laheyhealth.org - www.winchesterhospital.org - www.partners.org

PCPs use the MA Child Psychiatry Access Program to fast-track patients. Ask about this resource. - www.mcpap.com

The MA Department of Mental Health has resources that you may not know about. 978.863.5000 - www.mass.gov/dmh

MENTAL HEALTH RESOURCE DIRECTORIES

MA 2-1-1 - Multilingual 24/7 Stigma Free - Call 2-1-1 - www.mass211.org

National Alliance on Mental Illness: MA COMPASS - 800.950.6264 - www.namimass.org/resources

INTERACTIVE SUPPORT

IM Hear TeentoTeen www.samaritanshope.org IMAlive An Online Crisis Network www.imalive.org Mental Health: Let's Talk About It

Learn more

www.mentalhealth.gov

Strength of Us Youth Impacted by Mental Heal www.strengthofus.org

SUPPORT GROUPS

Families Anonymous www.familiesanonymous.org

Learn 2 Cope www.learn2cope.org Parents Helping Parents www.parentshelpingparents.org

Al-Anon/Alateen www.al-anon.alateen.org

Alcoholics Anonymous www.aa.org

Marijuana Anonymous www.marijuana-anonymous.org Narcotics Anonymous www.naws.org • www.na.org

SMART Recovery www.smartrecovery.org

SELF HELP APPS

CALM offers mindfulness exercises and more @ www.calm.com

Mood 24/7 helps people log & track their moods @ www.mood247.com

MindShift is designed to help teens and young adults cope with anxiety @ www.anxietybc.com/mobile-app

Codeblue provides support for youth experiencing depression bullying @ www.codeblue.io

MENTAL HEALTH - RECOVERY COACH TRAINING

www.mentalhealthfirstaid.org

www.nctsn.org/content/ psychological-first-aid www.nami.org/Find-Support/ NAMI-Programs/NAMI-Peer-to-Pee www.ma-atr.org/Recovery-Coaching



MentalHealthFirstAid.org



Mental Health Resource List

Reading, Massachusetts

www.reading.k12.ma.us/community/rcasa

CASE OF EMERGENCY - CALL IN





24/7 MOBILE CRISIS SERVICES - PSYCHIATRIC EVALUATION - STABILIZATION

Eliot Community Services

800.988.1111

www.eliotchs.org/Emergency-Services

CRISIS HOTLINES - CALL & TEXT 24/7

Crisis Texting Line

TEXT "START" TO 741.741

www.crisistextline.org

National Suicide Prevention Lifeline

800 273 8255

www.suicidepreventionlifeline.org

Samaritans Hotline

800.252.8336

www.samaritanshope.org

ABUSE - ASSAULT - DOMESTIC VIOLENCE

MA DCF CHILD-AT-RISK Emergency Hotline

9-1-1 OR 800.792.5200

www.mass.gov

Jane Doe Inc./MA SafeLink Hotline

877.785.2020

www.janedoe.org/safety

Love is Respect

866.331.9474

www.loveisrespect.org

ANXIETY - DEPRESSION - EATING DISORDERS

Anxiety & Depression Association of America

240.485.1001

www.adaa.org

Families for Depression Awareness

781.890.0220

www.familyaware.org

National Eating Disorders Association

800.931.2337

www.nationaleatingdisorders.org

Tufts Mood Disorders Program (depression)

617.636.0219

www.tuftsmedicalcenter.org

Walden Behavioral Care (eating disorders)

781.647.6727

waldenhehavioralcare com

GLBTO SUPPORT - HEALTH CARE SERVICES

GLBT National Youth Talkline

800.246.7743

www.glnh.org/talkline

Fenway Community Health Center

617.267.0900

www.fenwayhealth.org

HELPLINES - TREATMENT REFERRAL

Massachusetts Substance Abuse Info Helpline

800.327.5050

www.helpline-online.com

United States SAMSHA Treatment Helpline

800.662.4357

www.findtreatment.SAMHSA.gov

MENTAL HEALTH & SUBSTANCE USE COUNSELING

MassGeneral Addiction Resource Management

617.643.4699

www.massgeneral.org/psychiatry

Children's Hospital Adolescent Substance Abuse Program 617.355.2727

www.childrenshopsital.org

MENTAL HEALTH & SUBSTANCE USE DISORDERS DETOX - STABILIZATION SERVICES

Central Intake & Care Coordination

866.705.2807

www.healthrecovery.org

The CASTLE (Clean & Sober Teens Living Empowered)

508.638.6000

www.hptc.org

MENTAL HEALTH & SUBSTANCE USE DISORDERS - IN-PATIENT SERVICES

Bournewood (Brookline)

800.468.4358

www.bournewood.com

McLean Hospital (Belmont)

617.855.2000

www.mclean.harvard.edu

WHAT TO EXPECT WHEN YOU CALL THE HELPLINE

INTAKE

When you call, you will speak with a Counselor and you will be asked to complete a confidential intake including basic info about you or your child, insurance, availability to meet with someone, and general info about what you are concerned about.

FINDING A MATCH

After the intake, you will be assigned a case number. This is to protect your confidentiality. Counselors begin a search for a match by utilizing a tailored search process. Your Counselor will call in a few business days to update you. Once a match has been identified, a Counselor will contact you with your 2-3 matches.

FOLLOW-UP

A Counselor will follow up within 2 weeks to see if you connected with the provider and see how it is going. Interface is committed to honoring your voice and choice, and will follow-up until you feel you have found a successful match.