MENTAL HEALTH RESOURCE GUIDE
DEAR TEMPLE SHALOM COMMUNITY,

One of the great rabbis of the Jewish people, Moses Maimonides, was also a physician. So when he writes about health and wellness, his thoughts are grounded in personal experience. He shares in a rabbinic commentary, “there is health and illness of the soul, just as there is health and illness of the body…[and] it is an obligation in our tradition to work to heal both.”

Yet, despite Jewish tradition’s acknowledgment of mental illness, the silence is huge and powerful. It comes from shame and fear and misinformation. At the same time, mental illness is the leading cause of disability in the United States. One in four adults experience mental illness at some point in their lives. Mental illness does not discriminate between young and old; it cuts across all races, genders, educational backgrounds, and economic status. But sadly, due to stigma and lack of simple and affordable access to resources, fully one-half of people do not seek treatment.

This community mental health and wellness guide has been designed by Temple Shalom members who are part of our congregation’s Mental Health Task Force.

While no guide can answer every question, we hope the resources listed here will help those in need and their loved ones access services more quickly and effectively. At the same time, please remember, our community is also here to help. In addition to the local resources listed in this guide, we can offer caring friends, a shoulder to lean on, and a hand ready to reach out when you need it. Whether it is spiritual support from clergy, or understanding and tips from other members who have “been there,” we are here for you.

If you would like to be contacted by a member of the clergy, please call Temple Shalom at 617-332-9550.

Together we can reduce the stigma. You and your loved ones are not alone. We are all part of one connected and caring family. May this be the beginning of hope and healing.

B’Shalom - in peace,
Rabbi Allison Berry, Rabbi Laura Abrasley, Cantor Leah Shafritz

PLEASE NOTE: We are unable to provide emergency support. If you or a loved one is in immediate need, please call 911 or the Riverside Emergency Services team at Riverside Community Care at 800-529-5077.
MENTAL HEALTH RESOURCE GUIDE

DISCLAIMER
The information in this Resource Guide is offered to members of the Temple Shalom community as a reference tool and is intended solely for informational purposes. The information is of a general nature and is not intended to address the specific circumstances of any particular individual(s) or as a substitute for the advice, diagnosis or treatment by qualified mental health professionals or other health care providers. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. While this Resource Guide has been compiled with care from sources reasonably believed to be trustworthy, Temple Shalom does not warrant or make any representations as to the accuracy, completeness or validity of the information contained herein; this Resource Guide is provided without warranties of any kind. Further, the inclusion of any facility, provider, organization or agency in this Resource Guide does not constitute an endorsement or recommendation by Temple Shalom. The links to third party websites included in this Resource Guide are provided as a convenience only. Temple Shalom is not responsible for the content or privacy and data collection policies of any linked sites, and it makes no representations and assumes no responsibility regarding the accuracy of materials on such linked sites.

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URGENT CARE
SITUATIONS MAY ARISE FOR WHICH YOU DO NOT NEED TO CALL 911, BUT YOU NEED HELP MORE URGENTLY FOR YOURSELF OR A FAMILY MEMBER.

• Newton-Wellesley Hospital Emergency Department Psychiatry Triage | 617-243-6319
  Main number | 617-243-6000

• Riverside Community Care Emergency Services
  800-529-5077
  24/7 mental health and substance abuse evaluations, including youth emergency services. Crisis intervention may be provided over the phone, at home, at school, or in another community setting.

• MetroWest Medical Center 24-Hour Crisis Assessment Team, Natick | 508-650-7380

• Massachusetts General Hospital, Boston, Acute Psychiatric Service (APS)
  Provides emergency evaluations to adults and children regardless of town of residence and health insurance. However - ongoing services are only available to those with MGH providers.

• MassHealth and Medicare members can find emergency psychiatric services at:
  www.masspartnership.com/membership.com/member/ESP.aspx

• Alcohol and Drug Hotline | 800-327-5050

• National Suicide Prevention Lifeline | 800-273-8255

NOTE: If you are worried about someone and have not been able to reach that person, you can call your local police department and ask them to do a “Wellness Check.” Most police departments have been trained in how to do this.

ONGOING HELP
SITUATIONS MAY NOT NEED URGENT ATTENTION BUT MAY REQUIRE ONGOING ATTENTION.

THE FOLLOWING ARE GENERAL SUGGESTIONS TO IDENTIFY HELP:

» Talk to your primary care provider or child’s pediatrician.

» Talk to a school guidance counselor or adjustment counselor, school psychologist, or social worker.

» Investigate whether your place of employment offer an Employee Assistance Program (EAP).

» Check your medical insurance website.

• Willam James INTERFACE Referral Service
  888-244-6843 | www.interface.williamjamies.edu
  A mental health resource and referral helpline to personally assist residents of Newton, Waltham, Dedham, Needham, and Natick in finding mental health services for children, families, and adults. The website also contains more than 30 online resource guides and references.

• Therapy Matcher
  617-720-2828 | 800-242-9794
  www.therapymatcher.org
  A service provided by the National Association of Social Workers, Massachusetts, (NASW) that will personally match a client to a provider based on location, health insurance, and area of expertise.

• Massachusetts Psychological Association
  www.masspsych.org (Public, Search a Referral)
  Offers a listing of psychologists by location, area of experience, and health insurance panels.
• National Alliance on Mental Illness, NAMI Mass COMPASS Helpline
  617-704-6264 | 800-370-9085
  www.namimass.org/nami-mass-compass-helpline
  https://www.nami.org/Learn-More/Fact-Sheet-Library
  Provides resources and support to navigate the complex mental health system as well as other support services for individuals and families coping with mental health issues.

• Boston Child Study Center
  http://bostonchildstudycenter.com/
  A treatment, training, and resource center providing evidence-based mental health services.

• The Clay Center for Young Healthy Minds
  617-704-6264 | www.mghclaycenter.org
  Offers free educational materials and resources on mental health topics to promote and support the mental, emotional, and behavioral well-being of young people.

• Psychology Today
  https://psychologytoday.com (Find a Therapist)
  Provides listings by specialty, presenting problem, town, and health insurance, as well as a thumbnail sketch of the therapist.

• Riverside Community Care
  617-969-4925 | 888-851-2452
  www.riversidecc.org
  A not-for-profit agency offering a wide range of behavioral health services for children and adults.

• Jewish Family and Children’s Services (JFCS)
  781-647-5327 | www.jfcsboston.org
  Offers a variety of services including mental health services supporting families, geriatric mental health services, and services for people with disabilities.

• City of Newton, Department of Social Services
  617-769-1420
  Pam Weissman, Director of Social Services
  Nancy Storer, Case Manager
  Provides case management, guidance, outreach, and prevention to Newton residents.

• City of Newton, Senior Center
  617-796-1672 | Emily Kuhl, Case Manager
  Offers comprehensive social work assessments, outreach services, and information and referral for residents over the age of 60.

• Newton Cares - Coalition for Suicide Prevention and Mental Health Services
  617-796-1420 | newtoncares@newtonma.gov

Finding the right mental health professional may require persistence. For example, providers may not call back or may not be taking new patients or may not have convenient hours or may not be a good match. To find the right mental health provider, it is always acceptable to interview a few different providers on the phone or in person. Providers know that finding the right fit is an important goal. It is also acceptable to ask providers, even if you do not plan to work with them, to suggest other providers.
SPECIFIC RESOURCES
BELOW ARE A LIST OF SPECIFIC RESOURCES YOU CAN TURN TO IN ORDER TO LEARN MORE ABOUT THEM AND FIND HELP.

ALZHEIMER’S AND DEMENTIA
The Alzheimer’s Association - MA/NH Chapter
617-868-6718 | www.alz.org/MANH

ANXIETY
- Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Disorders
  MASSACHUSETTS GENERAL HOSPITAL
  866-449-6779 | anxietystudy@mgh.harvard.edu
- Center for Anxiety and Related Disorders at Boston University
  Bonnie Brown, Nurse Administrator
  617-353-9610 | email: bonnieb@bu.edu
- The Child Cognitive Behavioral Therapy (CBT) Program at Massachusetts General Hospital
  617-643-9898
  Offers clinical care for youth 3–24 years. Services available only to patients that are already affiliated with an MGH primary care physician.
- McLean Anxiety Management Program
  800-333-0338 | email: mcleanmastery@partners.org
  https://www.mcleanhospital.org/programs/mclean-anxiety-mastery-program
  Helping children and teens manage their anxiety. This program is primarily self-pay; however, some components may be covered by insurance.

ATTENTION DEFICIT DISORDER WITH OR WITHOUT HYPERACTIVITY (ADD/ADHD)
- The American Academy of Child and Adolescent Psychiatry
  www.aacap.org (Section - Facts For Families)

AUTISM
- Autism Speaks
  888-366-3361 | www.autismspeaks.org
- Autism Research Institute
  833-281-7165 | info@autism.org
- National Autism Center
  www.nationalautismcenter.org
- Asperger/Autism Network (AANE)
  WATERTOWN, MA
  For General Inquiries: 617-393-3824 | www.aane.org
- Jewish Family and Children’s Services (JF&CS)
  WALTHAM, MA
  Autism Navigation Program
  781-647-JFCS (5327) | www.jfcsboston.org
- The Lurie Center for Autism
  LEXINGTON, MA
  781-860-1700

BEREAVEMENT
- Parmenter Foundation
  WAYLAND, MA
  508-358-3001 | www.parmenterfoundation.org
• **HeartPlay Programs**  
  Grief programs for children, teens, and young adults.  

• **Newton-Wellesley Hospital Young Widow/Widower Support Group 55 and Younger**  
  617-243-6221  
  [https://www.nwh.org/classes-and-resources/community-services/support-groups](https://www.nwh.org/classes-and-resources/community-services/support-groups)

• **Bereavement Group – Stanley Tippett House**  
  NEEDHAM, MA  
  781-455-6661 (x4521)  
  [www.vnacare.org/community/bereavement-support](http://www.vnacare.org/community/bereavement-support)

• **Mount Auburn Hospital Bereavement Support Groups**  
  CAMBRIDGE, MA  
  Beth Loomis 617-575-8606 | eloomis@mah.harvard.edu

• **Wellness Room**  
  NEWTON, MA  
  617-552-5116 | [www.thewellnessroomnewton.com](http://www.thewellnessroomnewton.com)

• **New Beginnings**  
  WELLESLEY, MA  
  617-731-0152 | [www.newbeginningswellesley.org](http://www.newbeginningswellesley.org)

• **The Compassionate Friends of Boston – Supporting Family After A Child Dies**  
  617-539-6424 | tcfofboston@gmail.com

**BORDERLINE PERSONALITY DISORDER**

• **National Alliance on Mental Illness (NAMI)**  
  [www.nami.org](http://www.nami.org)  
  (Search under Learn More and Find Support)

• **Massachusetts General Hospital**  
  [www.massgeneral.org/conditions](http://www.massgeneral.org/conditions)  
  Personality Disorders: Treatments/About this Condition/Clinical Trials

• **McLean Hospital**  
  [www.mcleanhospital.org](http://www.mcleanhospital.org)  
  Clinical services for borderline personality disorder

**CHRONIC AND PERSISTENT MENTAL ILLNESS**

• **The First Episode and Early Psychosis Program (FEPP) at MGH**  
  617-724-7792  
  Evaluates and treats people who are experiencing psychosis for the first time, are between the ages of 14 and 40, and are residents of Boston.

• **CEDAR Center for Early Detection, Assessment, and Response to Risk**  
  617-754-1223 | [www.cedarclinic.org](http://www.cedarclinic.org)  
  Specialized center for young people aged 12–30 who are experiencing new or worsening symptoms that may be warning signs for psychosis.

• **Schizophrenia and Related Disorders Alliance of America (SARDAA)**  
  800-493-2094 | [www.sardaa.org](http://www.sardaa.org)

• **Boston Children’s Hospital**  
  [www.childrenshospital.org/conditions-and-treatments/conditions/schizophrenia](http://www.childrenshospital.org/conditions-and-treatments/conditions/schizophrenia)
DEPRESSION
• Depression and Bipolar Support Alliance of Boston
  617-8550-2795  |  www.dbsaboston.org
• Anxiety and Depression Association of America
  240-485-1001  |  www.adaa.org
• Families for Depression Awareness
  781-890-0220  |  www.familyaware.org

DIVORCE
• General resource
  Divorcesupport.com/divorce/Massachusetts
• New Beginnings of Wellesley
  508-654-4942  |  newbeginningswellesley.org

DOMESTIC VIOLENCE
• Jewish Family & Children's Services Journey to Safety
  781-647-5327  |  www.jfcsboston.org
• Respond
  24-HOUR HOTLINE: 617-623-5900  |  www.respondinc.org
• Reach Beyond Domestic Violence (Newton-based)
  HOTLINE: 800-899-4000  |  www.reachma.org
• Newton-Wellesley Hospital
  Domestic & Sexual Violence Services
  617-243-6521  |  www.nwh.org

EATING DISORDERS
• Multi-Service Eating Disorder Association (MEDA)
  617-558-1881  |  www.medainc.org
• Cambridge Eating Disorder Center
  617-547-2255  |  www.eatingdisordercenter.org
  Services for various levels of care including outpatient and inpatient.
• Hynes Recovery Services
  339-222-1947  |  www.hynesrecovery.com
  Clearinghouse of information and resources for people with eating disorders.
• National Eating Disorders Association
  800-931-2237  |  www.nationaleatingdisorders.org
• National Association of Anorexia Nervosa and Associated Disorders
  617-855-8263  |  www.anad.org

ELDERLY SERVICES
• Newton Senior Services
  617-796-1660  |  www.newtonseniors.org
• Jewish Family & Children's Services
  781-647-5327  |  www.jfcsboston.org
• Agingcare
  www.agingcare.com
  Information and support for caregivers about various elder care issues.
LEARNING DISABILITIES/SPECIAL NEEDS
• Maternal and Child Health Bureau’s Child and Youth with Special Health Care Needs (CYSHCN)
  www.mass.gov/eohhs/gov/departments/dph/programs/family-health/community
  Helps families navigate the system through information and referral services.
• Federation of Children with Special Needs
  www.fcsn.org
  Help with locating an educational advocate
• Boston Children’s Hospital Learning Disabilities Program
  617-355-6388 | LDProgram@children's.harvard.edu
• Massachusetts Department of Elementary and Secondary Education
  www.doe.mass.edu

OBSESSIVE-COMPULSIVE DISORDER (OCD)
• OCD Massachusetts
  617-855-8623 | www.ocdmassachusetts.org
• International OCD Foundation
  617-973-5801 | www.iocdf.org

POSTPARTUM DEPRESSION
• Postpartum Support International Massachusetts
  866-472-1897
• Massachusetts Child Psychiatry Access Program for Moms (MCPAP)
  855-666-6272 | www.mcpapformoms.org
  (Generally used by primary care physicians and other clinicians; however, on the far right of the website page, there is a tab titled “For Mothers and Families” that offers resources.)

LGBTQ
• Fenway Health Center, Boston
  617-927-6178 | www.fenwayhealth.org
  Providing a variety of medical and mental health services to the LGBTQ community
• GeMS (Gender Management Service at tChildren’s Hospital, Boston)
  Gender Dysphoria Services
  617-355-4367 | www.childrenshospital.org
• OUT Metrowest
  FRAMINGHAM, MA
  508-875-2122 | www.outmetrowest.org
• BAGLY (Boston Alliance for LGBTQ Youth, Boston, MA
  617-227-4313 | www.bagly.org
• WAGLY (West Suburban Alliance of Gay and Lesbian Youth, Wellesley)
  www.wagly.org
  For high school youth and straight allies, providing weekly social and educational programs.
• PFLAG (Parents and Friends of LGBTQ people)
  National/Greater Boston Chapter
  866-427-3524 | www.pflag.org
  email: helpline@gbpflag.org
• Jewish Family and Children’s Services (JF&CS)  
  CERS—The Center for Early Relationship Support  
  781-647-5327 | www.jfcsboston.org

SUICIDE
• National Suicide Prevention Line  
  1-800-273-TALK (8255) | https://suicidepreventionlifeline.org/
• Samaritans  
  CALL/TEXT HOTLINE: 877-870-HOPE (4673)  
  www.samaritanshope.org
• Crisis Text Hotline  
  TEXT: 741741 | https://www.crisistextline.org
• National Alliance on Mental Illness of MA (NAMI MA)  
  1-800-370-9085 | http://namimass.org/

TOURETTE SYNDROME
• Tourette Association of America—MA Chapter  
  1-888-4-TOURET (486-8738) | https://tourette.org/chapter/MA/

TRAUMA
• Institute for Health and Recovery  
  617-661-3991; 866-705-2807  
  TTY: 617-661-9051 | www.healthrecovery.org/about-us/  
  Services based on an understanding of the impact of trauma for those affected by substance use, violence/trauma, mental health challenges, and other health issues.

NOTE: There are many support groups for people with specific medical conditions as well as their caregivers. To find support groups near you, ask your medical providers and contact national associations focused on your specific medical conditions.

POST-TRAUMATIC STRESS DISORDER (PTSD)
• The Trauma Center at Justice Resource Institute (JRI)  
  BROOKLINE, MA  
  617-232-1303 | www.traumacenter.org
• Trauma Abuse Center/Foundations Recovery Network  
  866-612-7506; 615-490-9376  
  wwwFOUNDATIONSRECOVERYNETWORK.com

SEXUAL ASSAULT
• Boston Area Rape Crisis Center (BARCC)  
  OFFICE: 617-492-8306  
  24-HOUR HOTLINE: 800-841-8371  
  https://barcc.org/

VOCATIONAL SERVICES
• Massachusetts One Stop Career Centers  
• Massachusetts Rehabilitation Commission  
  617-204-3600 | https://Mass.gov.MRC  
  Find a career center near you: https://www.mass.gov/service-details/find-a-career-center-near-you
• Jewish Vocational Service (JVS Boston)  
  617-399-3131 | www.jvs-boston.org/contact/  
  TTY: 711
TYPES OF MENTAL HEALTH PROFESSIONALS

There are different types of mental health professional: psychiatrists, psychologists, clinical social workers, psychiatric nurses, licensed mental health clinicians, certified alcohol and drug abuse counselors, and marital and family therapists.

It can be confusing to know what type of mental health professional to call. It is not simply that each discipline has its own training and licensing requirements (which they do), but even within disciplines, different providers may do different types of therapy (whether it be individuals, couples, family, or child) with different approaches, e.g., psychodynamic therapy, cognitive-behavioral therapy, internal family systems, EMDR, etc.

DIFFERENCES IN TRAINING

Psychiatrists have an MD. In addition to providing therapy, they can prescribe medications. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Psychologists have a doctorate (Ph.D., Psy.D., or Ed.D). In addition to providing therapy, some psychologists conduct psychological testing. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Clinical social workers have a Masters in Social Work (MSW) and, in Massachusetts, are licensed as an LICSW (licensed independent social workers). Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Licensed mental health clinicians have a Masters in Psychology or Counseling (MA) and are licensed as an LMHC. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Psychiatric clinical nurse specialists/nurse practitioners are Masters-prepared nurses who have a specialty in psychiatry. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches and may prescribe medication.

Licensed Alcohol and Drug Counselors (LADCs) in MA have specific training in substance abuse and often offer groups in addition to individual sessions.

Licensed Marital and Family Therapists (LMFTs) have specific training to work with families and couples.
There are several different options when choosing the type/intensity of services needed. A mental health provider will help you choose which option is best suited given individual needs and the severity of symptoms.

**Outpatient:** The least intensive form of treatment, it can be offered in a wide variety of settings including offices, schools, hospitals, and community mental health centers. This can be used as the primary form of care, or as a follow up to more intensive care.

**Intensive Outpatient (IOP):** Often affiliated with hospitals, IOPs offer more intensive outpatient services usually emphasizing group treatment. Many are offered in the evenings, to allow patients to continue work or school. Goals are often focused on building coping skills and support networks.

**Partial Hospitalization Programs (PHP)/Day Programs:** Outpatient programs typically run six to eight hours/day, often five days a week. An alternative for individuals needing intensive care, but wishing to continue living at home. PHPs can also be used after inpatient hospitalizations. They are often affiliated with hospitals.

**Residential/Inpatient Hospitalization:** The most intensive form of care, typically used if someone is actively suicidal or experiencing psychotic symptoms. Hospitalization usually focuses on stabilization, both emotionally and medically, with the goal of transitioning as quickly as possible to some form of outpatient care.

Most health insurances cover mental health (also known as behavioral health) and substance abuse services. It is advisable to contact your insurance company before an initial appointment with a provider to learn the specifics of your coverage, e.g. co-payments, pre-authorization, deductibles, and so on. Additionally, it is wise to confirm that your provider accepts your insurance plan before keeping an appointment.

Insurance companies can be helpful in locating a provider. Many have listings on their websites of providers by geographical location, credentials, and specialty. If necessary, a representative from your health plan can locate an appropriate provider.

We would like to thank Shaarei Tefillah of Newton, Temple Aliyah of Needham, and Temple Beth Elohim of Wellesley for sharing their resources.