MENTAL HEALTH & WELLNESS RESOURCE GUIDE

Services to promote emotional, psychological, and social well-being, and to address developmental and behavioral challenges
**Dear Temple Isaiah Community,**

Moses Maimonides was a revered 12th century rabbi, scholar, and physician who understood the importance of caring for our minds as well as our bodies. He stated this quite clearly in one of his rabbinic commentaries, “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 (Jewish) tradition to work to heal both.”

We hope this Guide simplifies the process of finding help and support for you and your loved ones. It contains information about how to navigate the mental health system. It also includes a variety of resources that promote emotional, psychological, and social well-being, and address common behavioral and developmental challenges.

Remember that Temple Isaiah is also here to help in other ways. Our clergy is always available to discuss your spiritual and emotional concerns. Clergy members can be contacted through the Temple email at generalinfo@templeisaiah.net or the general number (781-862-7160). The Mental Health Team routinely consults with others within the Temple community and is more than happy to answer any questions. Please contact them via email at mentalhealth@templeisaiah.net. Our Bikur Cholim committee is available with social and practical support, and can be reached at bikurcholim@templeisaiah.net.

Together, we can continue the work of promoting mental health and well-being within our congregation and making the Temple a more welcoming place for all.

Rabbi Howard Jaffe  
Rabbi Rachel Maimin  
Cantor Lisa Doob

The **Mental Health Team**

NOTE: We are unable to provide emergency support. If you or a loved one requires immediate help, call 911 or the Advocates Emergency Services team at 800-640-5432.
How to Use This Guide

This Resource Guide is divided into four major sections:
> Getting Immediate Help
> Finding Ongoing Help
> Specific Resources
> Navigating the Mental Health System

Each section of the Table of Contents links to the corresponding section of the Guide, which is also color coded to make it easy to locate. Simply click on the section you are interested in and you will be taken directly there. Within each section, there are also direct links to each of the resources, and where available, a phone number.

Suggestions to make your search as productive as possible:
1. If you are not familiar with the various types of mental health professionals, types of therapeutic approaches, or differing levels of treatment intensity, it would be helpful to review Navigating the Mental Health System before starting your search.
2. Almost all mental health professionals are experienced in treating common conditions such as anxiety or depression. The section on Finding Ongoing Help provides options for locating individual practitioners, small group practices, and clinics that are not otherwise listed in this Guide.
3. Each section is organized with direct treatment services first and educational and/or advocacy resources towards the end.
4. Web addresses for the resources listed in the Guide often change. If the link does not open, or appears to be incorrect, try typing the name of the organization in your search engine. If you still can’t find what you’re looking for, or have other questions about resources, contact the Mental Health Team at mentalhealth@templeisaiah.net. They will try to assist you.
# Table of Contents

## Getting Immediate Help
- Crisis Situations
- Face-to-Face Evaluations
- Help Lines: 24/7 Support

## Finding Ongoing Help
- Suggestions for Getting Started
- Referral Services
- Listings of Mental Health Professionals and Services
- Town Specific Resources

## Specific Resources
### Mental Health Conditions
- Alzheimer's Disease / Dementia
- Anxiety
- Bipolar Disorder
- Borderline Personality Disorder
- Depression
- Eating Disorders
- Obsessive-Compulsive Disorder
- Postpartum Depression
- Post Traumatic Stress Disorder
- Schizophrenia and other Chronic Mental Conditions
- Substance Use Disorder / Addiction

### Developmental Challenges / Special Needs
- General Assessment Services
- General Treatment and Support Services
- Attention Deficit Hyperactivity Disorder
- Autism Spectrum Disorder
- Down Syndrome
- Learning Disabilities
- Oppositional Defiant Disorder / Conduct Disorder
- Tourette's Syndrome

### Additional Specialized Resources
- Bereavement
- Divorce
- Domestic Violence
- Geriatric Services
- LGBTQ+ Support
- Mind-Body and Complementary Medicine
- Pain Management
- Parent and Family Support
- Sexual Assault
- Smoking Cessation
- Suicide Prevention
- Vocational Services

## Navigating the Mental Health System
- Types of Mental Health Professionals
- Types of Therapeutic Approaches
- Levels of Care
- Insurance Considerations

## Acknowledgements and Disclaimer
**GETTING IMMEDIATE HELP**

**Crisis Situations**

If you or a loved one is in immediate risk of self-harm or harming others, call 911 or go to the nearest emergency room.

If you have not been able to reach someone you are concerned about, you can ask your local police department to do a “Wellness Check.”

If your family has experienced a crisis before, consider creating a crisis plan to minimize the likelihood of another one. A template for creating a crisis plan can be found on the PsychCentral Website, [https://psychcentral.com/health/creating-a-mental-health-crisis-plan](https://psychcentral.com/health/creating-a-mental-health-crisis-plan)

**Face-to-Face Evaluations**

<table>
<thead>
<tr>
<th>Advocates Psychiatric Emergency Services</th>
<th>800-540-5806 / 800-640-5432</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis intervention services for residents of Middlesex County</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Area Hospital Emergency Rooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emerson Hospital, 133 Old Road to Nine Acre Corner, Concord</td>
</tr>
<tr>
<td>Lahey Hospital &amp; Medical Center, 41 Mall Rd., Burlington</td>
</tr>
<tr>
<td>Winchester Hospital, 41 Highland Ave., Winchester</td>
</tr>
<tr>
<td>Boston Children’s Hospital, 300 Longwood Ave., Boston</td>
</tr>
<tr>
<td>Cambridge Health Alliance, 1493 Cambridge St., Cambridge</td>
</tr>
<tr>
<td>Massachusetts General Hospital, 55 Fruit St., Boston</td>
</tr>
</tbody>
</table>

**Help Lines: 24/7 Support**

<table>
<thead>
<tr>
<th>Help Lines: 24/7 Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGBTQ+ Dating and Domestic Violence Hotline</td>
</tr>
<tr>
<td><a href="">800-799-4889</a></td>
</tr>
<tr>
<td><a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></td>
</tr>
<tr>
<td>Chat: <a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a></td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
</tr>
<tr>
<td>Deaf/Hard of Hearing:</td>
</tr>
<tr>
<td><a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></td>
</tr>
<tr>
<td>Chat: <a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a></td>
</tr>
<tr>
<td>Parents Helping Parents Stress Line</td>
</tr>
<tr>
<td><a href="http://www.parentshelpingparents.org">www.parentshelpingparents.org</a></td>
</tr>
<tr>
<td>SafeLink: Domestic Violence Support and Resources</td>
</tr>
<tr>
<td><a href="https://casamyrna.org/chat/">https://casamyrna.org/chat/</a></td>
</tr>
<tr>
<td>Samaritans</td>
</tr>
<tr>
<td><a href="https://samaritanshope.org/our-services/">https://samaritanshope.org/our-services/</a></td>
</tr>
<tr>
<td>Suicide prevention and support for those who have lost a loved one to suicide</td>
</tr>
<tr>
<td><a href="https://translifeline.org/hotline/">Trans Lifeline</a></td>
</tr>
<tr>
<td>(as of August 1, 2021, hotline guaranteed 5pm ET/1am ET)</td>
</tr>
<tr>
<td>Trevor LGBTQ+ Youth Crisis Intervention and Suicide Prevention</td>
</tr>
<tr>
<td><a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a></td>
</tr>
<tr>
<td>Chat: <a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a></td>
</tr>
<tr>
<td>Veterans’ Crisis Line</td>
</tr>
<tr>
<td><a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a></td>
</tr>
<tr>
<td>Text: 838255</td>
</tr>
<tr>
<td>Chat: <a href="https://www.veteranscrisisline.net/get-help/chat">https://www.veteranscrisisline.net/get-help/chat</a></td>
</tr>
</tbody>
</table>

---

If you or a loved one is in immediate risk of self-harm or harming others, call 911 or go to the nearest emergency room.

If you have not been able to reach someone you are concerned about, you can ask your local police department to do a “Wellness Check.”

If your family has experienced a crisis before, consider creating a crisis plan to minimize the likelihood of another one. A template for creating a crisis plan can be found on the PsychCentral Website, [https://psychcentral.com/health/creating-a-mental-health-crisis-plan](https://psychcentral.com/health/creating-a-mental-health-crisis-plan)
FINDING ONGOING HELP

Suggestions for Getting Started

Making the decision to seek help is a major step for most people. The next step—finding the right professional—may require both patience and persistence, as some providers might not be taking new patients, may not have convenient hours, may not take your insurance, and may not always return calls in a timely fashion. Approaching this process with a hopeful attitude can reduce some of the stress involved.

Options for Obtaining a Referral or Recommendation

> Talk with your primary care provider or child’s pediatrician.
> Solicit help from people you know and trust who have been in therapy themselves or have had a loved one in therapy.
> Talk with a school guidance counselor, adjustment counselor, school psychologist, or social worker, particularly if an Individualized Education Plan (IEP) is a consideration.
> Consider using one of the referral services or provider listings in this guide.
> Investigate your place of employment for an Employee Assistance Program (EAP) benefit.
> Check your medical insurance website for a list of providers in your network.

Questions to Consider When Contacting a Referral

> Does the person understand the kind of help you are seeking?
> Does the person have the training and experience to address your problems?
> Do you feel comfortable talking to this person?
> Do the scheduling and location work for you?
> Do they accept your insurance? If not, are the fees affordable?

Considerations When Seeking Help for a Friend or Family

> Have you explored opportunities to educate yourself about the problem?
> Have you explored a support group or other resources for friends and family?
> Have you considered family therapy as a treatment option?
> Have you considered therapy for yourself?
> Do you need a crisis plan? Do you have one in place? Learn more and see a template at: https://psychcentral.com/health/creating-a-mental-health-crisis-plan

Referral Services

Direct Phone Contact with a Professional

William James INTERFACE Referral Service 888-244-6843
https://interface.williamjames.edu
A referral helpline to assist residents of Middelfest County in finding a therapist

Jewish Family and Children’s Services (JFCS)
www.jfcsboston.org
Offers 3 separate information, consultation and referral services:
> Disability Response Network 781-693-5640
> Mental Health Connect 781-683-5562
> Senior Direct 800-980-1982

Therapy Matcher 617-720-2828 / 800-242-9794
www.therapymatcher.org
A service provided by the National Association of Social Workers that matches clients to providers based on expertise, location, and insurances accepted

NAMI MassCOMPASS Helpline 800-307-9085
www.namimass.org/nami-mass-compass-helpline
Consultation for navigating complex mental health challenges
### FINDING ONGOING HELP

#### Listings of Mental Health Professionals and Services

**Network of Care Massachusetts**  
https://massachusetts.networkofcare.org/mh/index.aspx  
Comprehensive, state-wide list of behavioral health services and a library of fact sheets

**Psychology Today**  
https://psychologytoday.com  
Listings by specialty, conditions treated, town, and insurances accepted  
Includes thumbnail sketches of therapists and a section on teletherapy services

**Online Therapy Services**  
https://www.verywellmind.com/  
Comprehensive listing of types of online therapy services

**Massachusetts Psychiatric Society**  
www.psychiatry-mps.org  
List of psychiatrists by location, area of expertise, and insurances accepted

**Massachusetts Psychological Association**  
https://www.masspsych.org/search/custom.asp?id=1452  
List of psychologists by location, area of expertise, and insurances accepted

**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  
Comprehensive directory of providers, on-line support groups, and local resources

**Department of Veterans’ Affairs Mental Health Resource Locator**  
www.maketheconnection.net/resources  
Comprehensive list of services available to VA eligible individuals and their families

---

#### Town Specific Resources (for residents only)

**ARLINGTON**

**Arlington Youth Counseling Center (AYCC)**  
781-316-3255  
www.arlingtonma.gov/aycc  
Individual, group, and family counseling for children and their families

**Senior Center**  
781-316-3400  
www.arlingtonma.gov/departments/health-human-services/council-on-aging  
Recreational activities, exercise groups, support groups, social work and nursing support

**BEDFORD**

**Council on Aging**  
Social services and recreational activities for age 60+  
781-275-6825  
Youth and Family Services for those under age 60  
781-918-4328  
https://www.bedfordma.gov/council-on-aging

**Eliot Community Human Services**  
781-861-0890  
Emergencies: 800-988-1111  
https://www.eliotchs.org  
Services for children, youth, families, and adults

**BELMONT**

**Beech Street Center**  
617-993-2970  
www.beechstreetcenter.org  
Wide range of social and recreational activities and resources for seniors

**Belmont Dept. of Youth and Family Services**  
617-993-2600  
https://www.belmont-ma.gov/youth-family-services  
Services for children, youth, families, and adults
## FINDING ONGOING HELP

### Town Specific Resources (for residents only)

#### CONCORD
- **Council on Aging**
  - 978-318-3020
  - [https://concordma.gov/916/Council-on-AgingSenior-Services](https://concordma.gov/916/Council-on-AgingSenior-Services)
  - Social and recreational activities for residents over age 60 through the Harvey Wheeler Community Center and a social services team to provide case management and referrals
- **Youth and Family Services**
  - 978-308-3043
  - [www.youthcounselingconnection.org](http://www.youthcounselingconnection.org)
  - On-line screening tools, resources for parents, and links to local treatment resources

#### LEXINGTON
- **Lexington Senior Center**
  - 781-698-4840
  - [www.lexingtonma.gov/human-services/senior-services](http://www.lexingtonma.gov/human-services/senior-services)
  - Social, recreational and educational programs for seniors
- **Youth Counseling Connection**
  - 781-862-0330
  - [www.youthcounselingconnection.org](http://www.youthcounselingconnection.org)
  - Solution-focused counseling, information and referrals for ages 6-22 and their families

#### LINCOLN
- **Adolescent Mental Health Clinic**
  - 781-259-8811
  - [http://www.lincolntown.org/1095/Town-Mental-Health-Clinic](http://www.lincolntown.org/1095/Town-Mental-Health-Clinic)
  - Therapy sessions at no cost offered in collaboration with Eliot Community Human Services
- **Council on Aging and Human Services**
  - 781-259-8811
  - Classes, activities, and support services, most open to all ages

#### WALTHAM
- **Charles River Community Health**
  - 781-693-3800
  - [www.charlesriverhealth.org](http://www.charlesriverhealth.org)
  - Comprehensive mental health services for residents connected to the health center
- **Council on Aging**
  - 781-314-3499
  - [www.city.waltham.ma.us/council-on-aging](http://www.city.waltham.ma.us/council-on-aging)
  - Recreational programs, support services, and referrals through the William Stanley Senior Center

#### WINCHESTER
- **Jenks Center**
  - 617-993-2970
  - [www.jenkscenter.org](http://www.jenkscenter.org)
  - Cultural, educational, recreational, and social services programming for ages 55+
- **Social Work Consultation**
  - 781-721-7136
  - [https://www.winchester.us/548/Social-Work-Consultation](https://www.winchester.us/548/Social-Work-Consultation)
  - Short term support, crisis intervention, and referrals for all ages

For additional resources, visit your town's Social Services Guide.
SPECIFIC RESOURCES

Mental Health Conditions

ALZHEIMER’S DISEASE AND DEMENTIA

Memory Clinics of Massachusetts
https://www.caring.com/articles/memory-clinics-massachusetts/
Comprehensive list of clinics for getting an evaluation or obtaining treatment

Alzheimer’s Association Caregiver Helpline 800-272-3900
https://www.alz.org/help-support/resources/helpline TRS line: 711

The Alzheimer’s Association - MA/NH Chapter 617-868-6718
www.alz.org/MANH
Resources and support for those caring for someone with Alzheimer’s

ANXIETY

Center for Anxiety and Related Disorders Boston University 781-275-6825
www.bu.edu/card
Clinical services for individuals of all ages dealing with a full range of anxiety disorders

McLean Hospital Anxiety Mastery Program 800-333-0338
https://www.mcleanhospital.org/treatment/mamp
A group therapy approach for managing anxiety for ages 7-19

The Child Cognitive Behavioral Therapy (CBT) Program 617-643-9898
www.massgeneral.org/psychiatry/treatments-and-services/child-cognitive-behavioral-therapy-program
Program for youth, ages 3–24, including an intensive option for severe symptoms

Benson-Henry Institute for Mind-Body Medicine 617-643-6090
https://bensonhenryinstitute.org/
Programs using mind-body techniques to help with stress reduction and anxiety

BIPOLAR DISORDER

Dauten Center for Bipolar Treatment Innovation 617-726-5855
https://www.massgeneral.org/psychiatry/treatments-and-services/dauten-family-center-for-bipolar-treatment-innovation
Research and treatment center for improving the lives of individuals with bipolar disorder

DBSA Boston (Depression Bipolar Support Alliance) 800-855-2795
www dbsaboston.org
A self-help volunteer run organization for people with mood disorders, offering support groups, educational programs, and a variety of social activities

BORDERLINE PERSONALITY DISORDER

Gunderson BPD Programs at McLean Hospital 877-372-3088
www.mcleanhospital.org/treatment/Gunderson
Specialized residential and out-patient treatment

National Educational Alliance for Borderline Personality Disorders
https://www.borderlinepersonalitydisorder.org/
Webinars, a media library, and other educational materials on this disorder

DEPRESSION

McLean Hospital Depression Programs 877-646-5272
www.mcleanhospital.org/depression
A full range of in-patient and out-patient approaches for treating depression

MGH Depression and Clinical Research Program 617-726-8895
https://www.massgeneral.org/psychiatry/treatments-and-services/depression-clinical-and-research-program
A specialized treatment and research center for unipolar depression
Mental Health Conditions

**DEPRESSION (continued)**

McLean Electroconvulsive Service (ECT) 617-855-2355
www.mcleanhospital.org/treatment/ect-service
Resources and referral service for those considering ECT

Depression and Bipolar Support Alliance of Boston 617-855-2795
www.dbشابoston.org
See description in the Bipolar Disorder section

Families for Depression Awareness 781-890-0220
www.familyaware.org
See description in the Bipolar Disorder section

Anxiety and Depression Association of America 240-485-1001
www.adaa.org
Organization dedicated to the prevention of depression and other mood disorders

**EATING DISORDERS**

Multi-Service Eating Disorders Association (MEDA) 617-558-1881
www.medainc.org
Assessment, therapy, support groups, educational materials, and links to resources

Cambridge Eating Disorders Center 617-547-2255
www.eatingdisordercenter.org
Services for various levels of care including outpatient and inpatient

Children’s Hospital Eating Disorders Program 617-355-7179
https://www.childrenshospital.org/centers-and-services/programs/a_e/eating-disorders-program
Comprehensive medical, psychiatric, and nutritional assessments and treatment for adolescents at the Boston, Lexington or Waltham location

**OBSESSIVE-COMPULSIVE DISORDER (OCD)**

OCD Institute at McLean Hospital
adults: 877-203-3232
children: 877-244-4476
www.mcleanhospital.org/ocd
Comprehensive treatment center for both children and adults

International OCD Foundation 617-973-5801
www.iocdf.org
Resources, support, and referral lists, including for related conditions such as hoarding and body dysmorphic disorder

OCD Massachusetts 617-855-8623
www.ocdmassachusetts.org
Local affiliate of International OCD Foundation, with a focus on local resources
**SPECIFIC RESOURCES**

### Mental Health Conditions

#### POSTPARTUM DEPRESSION AND RELATED CONDITIONS

MGH Center for Women’s Mental Health  
[www.womansmentalhealth.org](http://www.womansmentalhealth.org)  
617-724-7792

State of the art treatment and research center for pregnancy related issues

**Center for Early Relationship Support at JF&CS**  
781-647-5327

[https://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support](https://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support)

Parental support for managing the challenges of caring for a newborn

**PostPartum Depression Resources for Mothers**  
[https://www.mass.gov/service-details/postpartum-depression-resources-for-mothers](https://www.mass.gov/service-details/postpartum-depression-resources-for-mothers)

Screening tools, educational materials and links to local resources

**Postpartum Support International**  
Helpline: 800-944-4773

[www.psichapters.com/ma](http://www.psichapters.com/ma)

Advocacy, education and referral information for pregnancy related issues

#### POST-TRAUMATIC STRESS DISORDER

**Institute for Health and Recovery, Cambridge**  
[www.healthrecovery.org/about-us](http://www.healthrecovery.org/about-us)  
TTY: 617-661-9051

800-333-0338

Treatment and support for those dealing with trauma and a substance use disorder

**The Trauma Center at Justice Resource Institute, Brookline**  
617-232-1303

[www.traumacenter.org](http://www.traumacenter.org)

Out-patient therapy and other resources

**Riverside Trauma Center**  
781-433-0672

[www.riversidetraumacenter.org](http://www.riversidetraumacenter.org)

Services and training for communities dealing with traumatic events

**McLean Trauma-Related Disorders Program**  
877-964-5565

[www.mcleanhospital.org/treatment/trauma-programs](http://www.mcleanhospital.org/treatment/trauma-programs)

A full range of in-patient and out-patient treatment for trauma related disorders

### Mental Health Conditions

#### SCHIZOPHRENIA AND OTHER CHRONIC MENTAL CONDITIONS

**Comprehensive Treatment, Support and Rehabilitation Services**

**Advocates**  
[www.advocates.org](http://www.advocates.org)  
508-628-6300

**Eliot Community Human Services**  
[www.eliotchs.org](http://www.eliotchs.org)  
781-861-0890

**Riverside Community Care**  
781-329-0909


**The Edinburg Center**  
[https://www.edinburgcenter.org/](https://www.edinburgcenter.org/)  
781-862-3600

**Massachusetts Department of Mental Health**  
617-626-8000

[www.mass.gov/orgs/massachusetts-department-of-mental-health](http://www.mass.gov/orgs/massachusetts-department-of-mental-health)

Case management and other support for those with the most serious mental health needs

**CEDAR Clinic and Research Program, Boston**  
[www.cedarclinic.org](http://www.cedarclinic.org)  
617-754-1223

Treatment center for youth ages 12-30 experiencing symptoms of psychosis

**The First Episode and Early Psychosis Program at MGH**  

Evaluation and treatment for ages 14-40 experiencing psychosis for the first time

**NAMI Central Middlesex**  
781-982-33118

[www.namicentralmiddlesex.org](http://www.namicentralmiddlesex.org)

Support groups, education and advocacy for those living with mental illness and their families

**NAMI MA**  
[www.nami.org/Learn-More/Fact-Sheet-Library](http://www.nami.org/Learn-More/Fact-Sheet-Library)

Library with descriptions of mental illnesses and effective treatments
**SPECIFIC RESOURCES**

### Mental Health Conditions

#### SUBSTANCE USE DISORDER / ADDICTION:

**TREATMENT PROGRAMS**

- **AdCare Hospital, Worcester** 866-493-4187
  - www.AdCare.com
  - Hospital specializing in all phases of addiction treatment
- **McLean Addiction Services, Belmont** 978-464-2321
  - www.mcleanhospital.org/addiction
  - Full range of addiction treatment services including out-patient, residential, and in-patient care
- **Bayridge Hospital, Lynn** 781-599-9200
  - www.beverlyhospital.org/locations--services/locations/bayridge-hospital
  - Psychiatric hospital with a specialized addiction/dual diagnosis unit
- **Gosnold Treatment Center, Falmouth** 800-544-1554
  - www.gosnold.org
  - A full continuum of care for substance use disorders, including extended residential care
- **National Institute on Drug Abuse** 301-443-1124
  - www.drugabuse.gov
  - Screening tools, guidelines, and resources on drug abuse and its consequences
- **SAMHSA (Substance Abuse and Mental Health Services Administration)**
  - National Helpline: 800-662-4357
  - 24/7 free treatment and referral service
- **Center for Internet and Technology Addiction** 860-561-8727
  - www.virtual-addiction.com
  - Screening tools, videos, and other educational resources on internet and technology addiction

#### Self-Help and Support Groups

- **Alcoholics Anonymous** 617-426-9444
  - https://aaboston.org/useful-links
  - Al anon and Alateen 508-366-0556
    - www.alanonma.org
    - 12-step program for family and friends of individuals dealing with alcoholism
- **Gamblers Anonymous**
  - MA Hotline: 855 -222-5542
  - www.gamblersanonymous.org
  - GreySheet
    - www.greysheet.org
    - 12-step program for compulsive eating with emphasis on healthy eating
- **Internet and Technology Addicts Anonymous**
  - https://internetaddictsanonymous.org
  - **JACS (Jewish Alcoholics, Chemically Dependent Persons, Significant Others)**
    - 212-632-4600
    - https://jewishboard.org/listing/jacs-jcsrecovery/
    - Support network for individuals of Jewish faith who are struggling with substance use disorder
- **Nar-anon** 800-477-6291
  - https://www.nar-anon.org/
  - 12-step program for family and friends affected by someone else's addiction
SPECIFIC RESOURCES

**Mental Health Conditions**

**SUBSTANCE USE DISORDER / ADDICTION: SELF-HELP AND SUPPORT GROUPS (continued)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narcotics Anonymous</td>
<td>866-624-3578</td>
</tr>
<tr>
<td><a href="http://www.nerna.org">www.nerna.org</a></td>
<td></td>
</tr>
<tr>
<td>Our Jewish Recovery</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.ourjewishrecovery.com">www.ourjewishrecovery.com</a></td>
<td></td>
</tr>
<tr>
<td>On-line meetings, spiritual counseling, and Torah study for Jews working on recovery</td>
<td></td>
</tr>
<tr>
<td>Overeaters Anonymous (OA)</td>
<td>505-891-2664</td>
</tr>
<tr>
<td><a href="https://oa.org">https://oa.org</a></td>
<td></td>
</tr>
<tr>
<td>12-step recovery program for people with compulsive eating and food behaviors</td>
<td></td>
</tr>
<tr>
<td>Sex and Love Addicts Anonymous</td>
<td>210-828-7900</td>
</tr>
<tr>
<td><a href="https://slaafws.org/">https://slaafws.org/</a></td>
<td></td>
</tr>
<tr>
<td>12-step program for people recovering from sex and love addiction</td>
<td></td>
</tr>
<tr>
<td>Smart Recovery</td>
<td>440-951-5357</td>
</tr>
<tr>
<td><a href="http://www.smartrecovery.org">www.smartrecovery.org</a></td>
<td></td>
</tr>
<tr>
<td>Community of support groups based on Self-Management and Recovery Training model</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>MGH Learning and Emotional Assessment Program</td>
<td>617-643-6010</td>
</tr>
<tr>
<td>Comprehensive assessments and coordination of care for children age 2-22</td>
<td></td>
</tr>
<tr>
<td>McLean Hospital Child and Adolescent Testing Service</td>
<td>877-626-8140</td>
</tr>
<tr>
<td><a href="https://www.mcleanhospital.org/treatment/child-outpatient">https://www.mcleanhospital.org/treatment/child-outpatient</a></td>
<td></td>
</tr>
<tr>
<td>Comprehensive assessment services for those age 5-22 dealing with academic challenges</td>
<td></td>
</tr>
<tr>
<td>NESCA (Neuropsychology and Educational Services for Children and Adolescents)</td>
<td>617-658-9800</td>
</tr>
<tr>
<td><a href="http://www.nesca-newton.com">www.nesca-newton.com</a></td>
<td></td>
</tr>
<tr>
<td>Comprehensive assessment and treatment services for learning and academic challenges</td>
<td></td>
</tr>
<tr>
<td>North Shore Medical Center Neurodevelopmental Clinic</td>
<td>978-354-2705</td>
</tr>
<tr>
<td><a href="http://www.nsmc.partners.org/psychiatry/neurodevelopmental_clinic">www.nsmc.partners.org/psychiatry/neurodevelopmental_clinic</a></td>
<td></td>
</tr>
<tr>
<td>Diagnostic assessment and follow-up treatment for the full range of developmental challenges</td>
<td></td>
</tr>
</tbody>
</table>
## SPECIFIC RESOURCES

### Developmental Challenges/ Special Needs

**GENERAL TREATMENT AND SUPPORT SERVICES**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Arc of Massachusetts</td>
<td>781-891-6270</td>
<td><a href="http://www.thearcofmass.org">www.thearcofmass.org</a></td>
</tr>
<tr>
<td>Advocacy and community support for people with developmental challenges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Communitas</td>
<td>781-587-2200</td>
<td><a href="http://www.communitasma.org">www.communitasma.org</a></td>
</tr>
<tr>
<td>Recreational, educational, and vocational programming for children and adults with special needs and/or developmental challenges in eastern Middlesex County</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minuteman ARC</td>
<td>978-287-7900</td>
<td><a href="http://www.minutemanarc.org">www.minutemanarc.org</a></td>
</tr>
<tr>
<td>Recreational, educational, and vocational programming for children and adults with special needs and/or developmental challenges in western Middlesex County</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eliot Community Human Services Center at Concord</td>
<td>978-369-1113</td>
<td><a href="http://www.eliotchs.org">www.eliotchs.org</a></td>
</tr>
<tr>
<td>Comprehensive out-patient therapy services for children with developmental and mental health challenges and their families</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Edinburg Center</td>
<td>781-862-3600</td>
<td><a href="https://www.mass.gov/orgs/early-intervention-division">https://www.mass.gov/orgs/early-intervention-division</a></td>
</tr>
<tr>
<td>Out-patient therapy and in-home support for students with developmental challenges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massachusetts Early Intervention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Intervention Division</td>
<td>Mass.gov</td>
<td></td>
</tr>
<tr>
<td>State sponsored program for infants and toddlers up to age 3 with developmental delays</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Developmental Challenges/ Special Needs (continued)

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guide for obtaining an IEP for public school students in Pre-K through grade 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Federation of Children with Special Needs</td>
<td>617-236-7210</td>
<td><a href="http://www.fcsn.org">www.fcsn.org</a></td>
</tr>
<tr>
<td>Information and support for parents, including a guide for obtaining an IEP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jewish Family and Children's Services</td>
<td>781-647-5327</td>
<td></td>
</tr>
<tr>
<td>Chai Disability Services</td>
<td></td>
<td><a href="http://www.jfcsboston.org/Our-Services/CHAI-Disability-Services">www.jfcsboston.org/Our-Services/CHAI-Disability-Services</a></td>
</tr>
<tr>
<td>A range of support services in the community for children with developmental challenges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yachad New England</td>
<td>617-209-6799</td>
<td><a href="http://www.yachad.org/newengland">www.yachad.org/newengland</a></td>
</tr>
<tr>
<td>Social programs to enhance the lives of Jewish individuals with developmental challenges</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### ATTENTION DEFICIT HYPERACTIVITY DISORDER

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hallowell Center, Sudbury</td>
<td>978-287-0810</td>
<td><a href="http://www.drhallowell.com">www.drhallowell.com</a></td>
</tr>
<tr>
<td>Comprehensive testing and treatment for dealing with the challenges of ADHD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pediatric Psychopharmacology and Adult ADHD Program at MGH</td>
<td>617-724-5680</td>
<td><a href="https://www.massgeneral.org/psychiatry/treatments-and-services/pediatric-psychopharmacology-and-adult-adhd">https://www.massgeneral.org/psychiatry/treatments-and-services/pediatric-psychopharmacology-and-adult-adhd</a></td>
</tr>
<tr>
<td>Research, education and clinical care for children and their families</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SPECIFIC RESOURCES

**Developmental Challenges/ Special Needs**

**ATTENTION DEFICIT HYPERACTIVITY DISORDER (continued)**

Attention Deficit Disorder Association (ADDA) 800-939-1019  
www.add.org  
International organization providing support and education for adults with ADHD

CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder) 301-306-7070  
www.chadd.org  
Educational resources and support for those of all ages dealing with ADHD

**AUTISM SPECTRUM DISORDER**

Lurie Center for Autism, Lexington 781-860-1700  
https://www.massgeneral.org/children/autism/lurie-center  
Multidisciplinary clinical and research program for individuals with Autism Spectrum Disorder and other developmental challenges

Key Autism Services 888-329-4535  
www.keyautismservices.com  
Applied Behavioral Analysis therapy for those dealing with Autism Spectrum Disorder (ASD)

Jewish Family and Children's Services (JF&CS) 781-647-5327  
www.jfcsboston.org/Our-Services/CHAI-Disability-Services/Autism-Services  
Programs and services for children with Autism Spectrum Disorder

Asperger/Autism Network (AANE), Watertown 617-393-3824  
www.aane.org  
Community support, education, and advocacy

**Developmental Challenges/ Special Needs**

**AUTISM SPECTRUM DISORDER (continued)**

Autism Research Institute 833-281-7165  
https://www.autism.org/  
Research and education to support the health and well-being of people with Autism

Autism Speaks 888-366-3361  
www.autismspeaks.org  
Advocacy and support for individuals with autism and their families

**DOWN SYNDROME**

Children's Hospital Down Syndrome Program, Boston 857-218-4329  
www.childrenshospital.org/downsyndrome  
Multi-disciplinary family-centered care for individuals from birth to age 21

Down Syndrome Program, MGH, Boston 617-643-8912  
www.massgeneral.org/downsyndrome  
Comprehensive, multidisciplinary care for individuals of all ages

Massachusetts Down Syndrome Congress, Burlington 800-664-6372  
www.mdsc.org  
Resource library, support groups, networking opportunities, and advocacy

National Down Syndrome Society 800-221-4602  
www.ndss.org  
Resources, supports, and advocacy for those dealing with Down Syndrome and their families
### Specific Resources

#### Developmental Challenges/ Special Needs

**Learning Disabilities**

- **Boston Children's Hospital Learning Disabilities Program**  617-355-6388
  - [https://www.childrenshospital.org/centers-and-services/programs/f_-_n/learning-disabilities-program](https://www.childrenshospital.org/centers-and-services/programs/f_-_n/learning-disabilities-program)
  - Comprehensive evaluation and treatment planning for children with academic challenges

- **Engaging Minds**  301-306-7070
  - [www.engagingmindsonline.com](http://www.engagingmindsonline.com)
  - Executive functioning coaching for students grade 2-12 focusing on problem solving and academic performance

- **Beyond Booksmart**  844-337-5455
  - [http://www.beyondbooksmart.com](http://www.beyondbooksmart.com)
  - Executive functioning coaching for students having difficulty managing academic demands

- **International Dyslexia Association**  845-373-8919
  - [www.dyslexiaida.org](http://www.dyslexiaida.org)
  - Fact sheets, webinars, and toolkits to support individuals with dyslexia and their families

- **Learning Disabilities Association of America**  412-341-1515
  - [www.LDAAmerica.org](http://www.LDAAmerica.org)
  - Support, education, and advocacy for individuals dealing with learning disabilities

#### Oppositional Defiant Disorder / Conduct Disorder

- **Boston Child Study Center**  617-800-9610
  - [https://bostonchildstudycenter.com/](https://bostonchildstudycenter.com/)
  - Treatment and research center that uses a cognitive behavioral model

- **Center for Effective Child Therapy**  617-936-7250
  - [www jbcc.harvard.edu/center-effective-child-therapy](http://www jbcc.harvard.edu/center-effective-child-therapy)
  - Comprehensive assessment and treatment for children with ODD and their families

- **Oppositional Defiant Disorder Resource Center**  202-966-7300
  - [www.aacap.org](http://www.aacap.org)
  - Educational resources from the American Academy of Child and Adolescent Psychiatry

#### Tourette's Disorder

- **Tourette Association of America - MA Chapter**  888-4-TOURET (486-8738)
  - [https://tourette.org/chapter/MA/](https://tourette.org/chapter/MA/)
  - Support, education, and advocacy for children, families, and adults
SPECIFIC RESOURCES

Additional Specialized Resources

BEREAVEMENT

Children’s Room, Arlington  781-641-0012
https://childrensroom.org
Grief support for children, teens, and their families

Emerson Hospital Bereavement Support Groups, Concord  855-774-5100
https://www.emersonhospital.org/community-programs/support-groups
Eight week support groups for adults who have lost a loved one

Mount Auburn Hospital Bereavement Support Groups, Cambridge  617-492-3500
www.mountauburnhospital.org/patients-visitors/pastoral-care/
Support groups for those who have lost a loved one

Newton-Wellesley Hospital Young Widow/Widower Support Group  617-243-6221
www.nwh.org/classes-and-resources/community-services/support-groups
Grief education, coping strategies, and support for those dealing with the loss of a partner

Parmenter Foundation  508-358-3001
www.parmenterfoundation.org
A variety of bereavement groups and support for children, teens, and adults

The Compassionate Friends of Boston  617-539-6424
https://www.tcfboston.org/
Self-help and support for families who have experienced the loss of a child

Additional Specialized Resources

DIVORCE

General information
www.divorcesupport.com/divorce/Massachusetts
Directory of lawyers, mediators, counselors, and financial advisors

Divorce Headquarters
www.divorcehq.com
Listings of professionals, support groups and articles covering the divorce process

New Beginnings of Wellesley  508-654-4942
https://newbeginningswellesley.org/
Support groups, discussion meetings and social events to assist those going through divorce

DOMESTIC VIOLENCE

Although many organizations listed in this Guide provide services in ways that respect the dignity and choices of individuals to work at a pace that empowers their own decision-making ability and maximizes their safety, this is particularly true for victims of domestic violence.

Mass Legal Help
www.masslegalhelp.org/domestic-violence
Support, education, and advocacy for children, families, and adults

Casa Myrna  24/7 confidential hotline: 800-992-2600
www.casamyrna.org
Boston’s largest provider of shelter and supportive services to survivors

Domestic Violence Services Network  24/7 confidential hotline: 800-992-2600
www.dvsn.org
A bridging agency connecting victims of abuse with legal help and other support services
# SPECIFIC RESOURCES

## Additional Specialized Resources

### DOMESTIC VIOLENCE (continued)

**Jewish Family & Children’s Services Journey to Safety** 781-647-5327  
https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Journey-to-Safety-Response-to-Domestic-Abuse  
Culturally and religiously sensitive support services for primarily Jewish and Russian speaking individuals  
**REACH** 24/7 confidential hotline: 800-899-4000  
www.reachma.org  
https://reachma.org/online-chat/ (online chat M-F 1-8 pm)  
Emergency shelter, support groups, and therapy for children  
**SafeLink Massachusetts statewide:** 24/7 confidential hotline: 877-785-2020  
Deaf and hard-of-hearing dial 711 for the Mass Relay service  
A multilingual resource for anyone dealing with domestic or dating violence

### GERIATRIC SERVICES

**Geriatric Psychiatry Out-Patient Services at McLean Hospital** 617-855-3267  
www.mcleanhospital.org/treatment/geriatric-outpatient  
Comprehensive out-patient services for adults age 50 and up  
**Metrowest Medical Center Geriatric Behavioral Health** 800-872-5473  
Treatment Program  
https://www.mwmc.com/services/behavioral-health/geriatric-psychiatry  
Comprehensive in-patient and out-patient evaluation and treatment services  
**Minuteman Senior Services** 781-272-7717  
www.minutemansenior.org  
In-home services to seniors such as Meals on Wheels, care management, and counseling  
**VNA Care** 800-521-5539  
www.vnacare.org  
In-home nursing care, therapy, hospice, and palliative care throughout Greater Boston

## Additional Specialized Resources

### GERIATRIC SERVICES (continued)

**Care Dimensions** 888-283-1922  
www.caredimensions.org  
Home care, palliative care, and hospice care  
**JF & CS Services for Older Adults** 508-654-4942  
https://www.jfcsboston.org/Our-Services/Older-Adults  
Educational and support services to help aging seniors and their families

### LGBTQ+ Support

**Fenway Health Center, Boston** 617-927-6178  
www.fenwayhealth.org  
Comprehensive medical and mental health services for the LGBTQ+ community  
**GeMS (Gender Multispecialty Service)** 617-355-4367  
Children’s Hospital, Boston  
https://www.childrenshospital.org/centers-and-services/programs/f-_-_n/gender-multispecialty-service  
A specialty clinic providing care to gender-diverse and transgender individuals  
**BAGLY (Boston Alliance for LGBTQ+ Youth)** 617-227-4313  
www.bagly.org  
A youth-led social support organization with branches throughout greater Boston  
**JQY (Jewish Queer Youth)** 551-579-4673  
www.jqyouth.org  
Support, educational resources, and advocacy for Jewish teens and young adults
SPECIFIC RESOURCES

Additional Specialized Resources

**LGBTQ+ (continued)**

Keshet 617-524-9227  
www.keshetonline.org  
Programs and resources for Jewish LGBTQ+ youth and youth of color

OUT Metrowest 508-875-2122  
www.outmetrowest.org  
A variety of programs to support LGBTQ+ youth and their families

**MIND-BODY and COMPLEMENTARY MEDICINE (continued)**

Energy Healing Practices rely on balancing energy flow in the body to achieve healing

- **Energy Freedom Techniques (tapping)**  
  www.energypsych.org

- **Qigong**  
  National Qigong Association  
  www.nqa.org  
  Spring Forest Qigong  
  www.springforestqigong.com

- **Reiki**  
  International Association of Reiki Professionals  
  https://iarp.org

Energy Healing Practices rely on balancing energy flow in the body to achieve healing

- **Energy Freedom Techniques (tapping)**  
  www.energypsych.org

- **Qigong**  
  National Qigong Association  
  www.nqa.org  
  Spring Forest Qigong  
  www.springforestqigong.com

- **Reiki**  
  International Association of Reiki Professionals  
  https://iarp.org

Body-based Practices are alternatives to traditional Western medicine

- **Massage**  
  American Massage Therapy Association  
  www.amtamassage.org

- **Reflexology**  
  Mass Association of Reflexology  
  www.massreflexology.org

Whole Medical Systems involve manipulating parts of the body

- **Ayurveda**  
  The Ayurvedic Institute  
  www.ayurvedicinstitute.com

- **Chinese Medicine including Acupuncture**  

Biologically-based Therapies rely on the use of substances found in nature to improve health

- **Naturopathy**  
  American Association of Naturopathic Physicians  
  www.naturopathic.org

- **Botanical Medicine**  
  www.hopkinsmedicine.org/health/wellness-and-prevention/herbal-medicine
## SPECIFIC RESOURCES

<table>
<thead>
<tr>
<th>Additional Specialized Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PAIN MANAGEMENT</strong></td>
</tr>
<tr>
<td>Newton Wellesley Pain Management Services</td>
</tr>
<tr>
<td>Spaulding Rehab &amp; Pain Management</td>
</tr>
<tr>
<td><a href="https://spauldingrehab.org/">https://spauldingrehab.org/</a></td>
</tr>
<tr>
<td><strong>PARENT and FAMILY SUPPORT</strong></td>
</tr>
<tr>
<td>NAMI Family Support Groups</td>
</tr>
<tr>
<td><a href="https://namimass.org/nami-family-support-groups/">https://namimass.org/nami-family-support-groups/</a></td>
</tr>
<tr>
<td>NAMI-Family-to-Family</td>
</tr>
<tr>
<td><a href="http://www.namimass.org/nami-family-to-family">www.namimass.org/nami-family-to-family</a></td>
</tr>
<tr>
<td>Mental Health First Aid</td>
</tr>
<tr>
<td>For Friends &amp; Family - Depression and Bipolar Support Alliance</td>
</tr>
<tr>
<td>Skills-based training that teaches participants about mental health and substance-use issues</td>
</tr>
<tr>
<td>DBSA Boston Family and Friends Support Group</td>
</tr>
<tr>
<td><a href="https://www.dbsalliance.org/support/for-friends-family/">https://www.dbsalliance.org/support/for-friends-family/</a></td>
</tr>
<tr>
<td>Department of Children and Family Services</td>
</tr>
<tr>
<td><strong>SEXUAL ASSAULT</strong> (see Domestic Violence for additional resources)</td>
</tr>
<tr>
<td>Boston Area Rape Crisis Center</td>
</tr>
<tr>
<td><a href="http://www.barcc.org">www.barcc.org</a></td>
</tr>
<tr>
<td><strong>SMOKING CESSATION</strong></td>
</tr>
<tr>
<td>Massachusetts Smokers’ Helpline</td>
</tr>
<tr>
<td><a href="http://www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-ntcp">www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-ntcp</a></td>
</tr>
</tbody>
</table>

### Additional Specialized Resources

**PARENT and FAMILY SUPPORT** (continued)

| Parents Helping Parents | 617-926-5008 |
| [www.parentshelpingparents.org](http://www.parentshelpingparents.org) | On-line resources and support groups to help parents raise healthy children |
| Families Supporting a Loved One | 877-726-4727 |
| [www.samhsa.gov/families](http://www.samhsa.gov/families) | Resources to support families coping with mental health and/or substance use disorders |
| MSPCC Resources for Adoptive Families | 781-861-0890 |
| [www.mspcc.org/resources-adoptive-families/](http://www.mspcc.org/resources-adoptive-families/) | Resource guide for adoptive families and families thinking about adoption |

**SMOKING CESSATION**

| Massachusetts Smokers’ Helpline | 800-QUIT-NOW (800-784-7669) |
| [www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-ntcp](http://www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-ntcp) | 24/7 service providing information, on-line coaching, and referrals to support groups |
**SPECIFIC RESOURCES**

### Additional Specialized Resources

**SUICIDE PREVENTION**

Sources of Strength  
[www.sourcesofstrength.org](http://www.sourcesofstrength.org)  
Peer led suicide prevention program for the school age population

State Suicide Prevention Program  
[www.mass.gov/suicide-prevention-program](http://www.mass.gov/suicide-prevention-program)  
Resources on suicide prevention and a list of suicide prevention coalitions

Suicide Prevention Resource Center  
[www.sprc.org/states/massachusetts](http://www.sprc.org/states/massachusetts)  
Educational materials and a listing of state and community organizations

American Foundation for Suicide Prevention  
[https://afsp.org/chapter/massachusetts](http://https://afsp.org/chapter/massachusetts)  
A national organization providing education, advocacy, and support services

**VOCATIONAL SERVICES**

Jewish Vocational Services  
[617-399-3131](tel:617-399-3131)  
Adult education and workforce development services

Massachusetts Rehabilitation Commission  
[617-204-3600](tel:617-204-3600)  
[https://www.mass.gov/orgs/massachusetts-rehabilitation-commission](https://www.mass.gov/orgs/massachusetts-rehabilitation-commission)  
Career services and training to help individuals with disabilities find employment

MassHire Career Centers  
[617-626-5300](tel:617-626-5300)  
[www.mass.gov/orgs/massachusetts-rehabilitation-commission](http://www.mass.gov/orgs/massachusetts-rehabilitation-commission)  
Job postings and a variety of in-person services to help those looking for work
Our mental health care system is complex and can be difficult to navigate. There are different types of mental health professionals, each with their own training and areas of expertise. There are a variety of therapeutic approaches, all of which can be beneficial but none of which is right for everyone. There are also different levels of care, depending upon the degree of problem you may be experiencing. Finally, the type of health insurance you have may impact which providers you choose to see and the location and type of services that are available under your coverage.

Types of Mental Health Professionals

Although essentially all licensed mental health professionals can provide psychotherapy, the type of education, amount of training, licensing requirements, and the degree to which they can practice independently and bill insurance vary widely.

**Clinical Psychologists** have a minimum of a Masters degree in psychology, which allows them to be licensed as an LMHC (see below) and many complete a Doctorate (Ph.D., Psy.D., or Ed.D) which requires at least 4 years of training. In addition to providing therapy, some psychologists have specialized training that allows them to conduct psychological or neuropsychological testing.

**Clinical Social Workers** must complete a Masters in Social Work program to be licensed as a LCSW (Licensed Clinical Social Worker), which requires that they practice in a supervised setting. With an additional two years of supervision, they can apply to become an LICSW (Licensed Independent Social Worker), which allows them to practice psychotherapy independently.

**Psychiatrists** have a medical degree, in addition to completing a Residency Training Program, which takes a minimum of 3 years. Because of their medical training, they have the ability to prescribe medication, in addition to offering psychotherapy.

**Licensed Mental Health Clinicians** have a Masters in Psychology or Counseling, which generally takes 2 years to complete. With additional supervision and practice they can become fully licensed and practice independently after another 2 years.

**Psychiatric Clinical Nurse Specialists / Nurse Practitioners** are Masters level nurses who have a specialty in psychiatry and the ability to prescribe medication in addition to practicing psychotherapy. They must practice as a nurse for several years, before beginning a 2-year Masters program to become a clinical nurse specialist.

**Licensed Alcohol and Drug Counselors (LADCs)** have three different levels of licensing, the highest requiring a Masters degree, which allows independent practice. They have specific training in substance use disorder treatment and often offer group therapy in addition to individual sessions.

**Licensed Marital and Family Therapists (LMFTs)** have a Masters degree in Marital and Family Therapy and specific expertise in working with families and couples.

**Certified Peer Specialists** are individuals with lived experience and training that allows them to work with and provide support to others with mental health challenges.
Types of Therapeutic Approaches

Most therapists use elements from one or more of the following therapeutic approaches:

Client-Centered Therapy is based on the belief that people have a desire to fulfill their potential to become the best version of themselves, and to rely on their own strengths to create change in their lives. It assumes that you are capable of deciding for yourself the psychological areas you want to explore and know best how to go about it. Existential Therapy, Gestalt Therapy, and Humanistic Therapy are variations of this type of therapy.

Cognitive Behavioral Therapy (CBT) is a short-term, goal-oriented therapy that focuses on the link between your thoughts (cognition) and your actions (behavior). During CBT sessions, your therapist will help you recognize persistent negative thoughts or beliefs, develop a more realistic view of yourself, and respond to situations more productively. Related forms of therapy are Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Rational Emotive Behavior Therapy (REBT).

Interpersonal Therapy (IPT) is a form of psychotherapy that focuses on an individual’s relationships with peers and family members and the way they see themselves in relation to others. The goal is to help you to identify maladaptive patterns and develop more satisfying relationships, leading to a reduction in symptoms and improved self-esteem. It features prominently in couples, family, and group therapy.

Psychodynamic Therapy emphasizes how certain life events and relationships, both past and present, affect your current feelings, relationships, and choices. Its goal is to help you become aware of underlying feelings and emotions that are problematic, so you can resolve internal conflicts, avoid repeating negative patterns and decisions, and improve self-esteem.

Supportive Therapy aims to relieve emotional distress and symptoms without probing into underlying issues or conflicts. It emphasizes reassurance, education, advice, and encouragement to help individuals find more satisfaction in their lives. It is frequently used with more seriously ill individuals or those with more chronic conditions, often in conjunction with medication.

Levels of Care

Self-Help Groups: These are groups in which members share common concerns and problems and are able to provide help and support to each other. They are often peer led and membership has no or minimal cost.

Outpatient: The least intensive form of treatment by mental health professionals, it is offered in a wide variety of settings including offices, schools, hospitals, clinics, 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. They are 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.

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.
**Insurance Considerations**

**Out Of Pocket Expenses**

Under both Massachusetts and federal laws, benefits for mental health and substance use disorder services must be comparable to benefits for physical health and surgical care. This means that you should expect to pay the same co-pays, co-insurance, and deductibles. Any annual and lifetime limits would also be the same.

**Authorization for Treatment**

In general, prior authorization or a referral to access out-patient therapy is not needed. However, there are some exceptions to this, such as for self-insured private plans or certain federal plans, so check with your insurance company to determine the exact coverage prior to scheduling an appointment.

In contrast to out-patient treatment, other levels of care, including hospitalization, almost always require some type of pre-approval. This may be done through the insurance company, by an emergency room if you are evaluated there and determined to need hospitalization, by your therapist if you have one, or sometimes by the facility to which you are seeking admission.

**Provider Networks**

Insurance plans generally contract with a limited number of therapists, hospitals, Intensive Out-Patient, or Partial Hospital Programs, so your options may be limited, particularly if you have an HMO plan. Again, be certain to contact your insurance company prior to arranging for a hospitalization or other higher level of care. If your therapist is an “out-of-network” provider, insurance may not cover the cost. However, with some PPO and POS plans, partial reimbursement may be possible even if your therapist does not accept insurance. Self-paying for treatment is always an option, and it is certainly reasonable to inquire about therapist fee schedules and whether there may be some type of sliding scale.

**Teletherapy**

During the Covid pandemic, most insurance companies are covering telehealth visits in the same manner they cover in-person visits, and it is likely telehealth visits will become a permanent feature of healthcare delivery going forward. Many therapists are currently choosing to see clients only on-line, so clarify this issue with both therapist and insurance company prior to starting treatment.

In addition, there are an increasing number of teletherapy websites that provide online therapy. These services are available at a much lower cost than the typical out-patient visit. In an environment where many therapists do not accept insurance, teletherapy may be a reasonable option.
ACKNOWLEDGEMENTS

Many individuals have contributed to bringing this Guide to life!
We would especially like to thank:

> Shirley Hurwitz, Luanne Thodey, and the Hy and Greta Berkowitz Foundation for their generous support
> Temple Shalom, Newton for sharing their resources and inspiring this project
> Beth Fried for her thoughtfulness in designing this Guide
> Barbara Chandler and Jane Heifetz for their superb editing
> Our numerous readers and contributors who offered a myriad of suggestions and additional resources
> Fran Detweiler and Jayde Nichols for their creativity in introducing the Guide to the Temple Isaiah community
> And the entire Mental Health Team of Temple Isaiah, with a special thanks to Larry Fuhrman and Diane Yasgur,
who spearheaded and carried this project forward to completion

55 Lincoln Street  /  Lexington, MA 02421  /  781-862-7160

DISCLAIMER: The information in this Resource Guide (“the Guide”) is offered to members of the Temple Isaiah community as a reference tool and is intended solely for informational purposes, and should not be considered an endorsement of any service provider listed in the Guide. The information in the Guide is of a general nature and is not intended to address the specific circumstances of any particular individual(s). The Guide is not a substitute for the advice, diagnosis, or treatment by qualified mental health professionals or other health care providers. No member of the committee responsible for compiling this Guide is acting in the role of practicing clinician. Users of the Guide should not rely solely on its content and Temple Isaiah will not be held liable for any claims for loss or damage should any user decide to act upon the information provided therein. Should you have any health, medical, or disability questions or concerns, consult a physician or other health care professional. While the Guide has been compiled with care from sources reasonably believed to be trustworthy, Temple Isaiah does not warrant or make any representations as to the accuracy, completeness, or validity of the information contained herein. In addition, restrictions imposed by unforeseen circumstances, like the Coronavirus, may force many of the treatment providers that are listed to modify the services they provide and/or the manner in which they provide them. The links to third party websites included in the Guide are provided as a convenience only. Temple Isaiah 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 or in the Guide itself.