



TEMPLE SHIR TIKVA MENTAL HEALTH INITIATIVE

MENTAL HEALTH RESOURCE GUIDE

The TST Mental Health Initiative's mission is to ensure that Temple Shir Tikva is a warm, friendly, welcoming, and supportive community for congregants, their families, visitors, and others whose lives have been touched and affected by psychiatric, psychological, substance use issues, and/or emotional difficulties. Because "real life is complicated."

DEAR TEMPLE SHIR TIKVA COMMUNITY,

From Torah and rabbinic thought on, Jewish texts and tradition have understood that our bodies, minds, and souls are intertwined, and that the health of each is precious and worthy of care and consideration.

The great medieval rabbi Moses Maimonides (also known as the Rambam) was both a textual scholar and a physician. He wrote, “The soul is subject to health and illness, just as *body* is subject to health and illness” (*Sh'monah P'rakim* 3:1).

Despite this long acknowledgment, however, in our time there is often silence about mental illness, which can perpetuate a cycle of shame, fear, and misinformation. Mental illness is the leading cause of disability in the United States, with at least one in four adults experiencing mental illness at some point in their life. Mental illness cuts across any boundaries of race, gender, educational background, economic status, and age—though sadly, due to stigma and lack of simple and affordable access to resources, many people do not seek treatment and care.

This community mental health and wellness guide has been curated by Temple Shir Tikva members who are part of our congregation's Mental Health Initiative (MHI). While no guide can answer every question, we hope the resources listed here will help those in need and their loved ones to access services more quickly and effectively.

In addition to the resources listed here, please remember: our community is also here to help. Our congregational community is here to offer care, friendships, 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 strive to be here for you and each other.

If you would like to be contacted by a member of the clergy, please call Temple Shir Tikva at 508-358-9992, or reach out to one of our clergy by email. If you know of resources not included here that you think are important for future editions of this guide, or if you want to find out more about the work of the MHI, please reach out to the clergy for contacts.

Together we can support each other, give voice to the silences, and reduce the stigma of the burdens we carry. You and your loved ones are not alone. We are all part of one connected and caring community. May this be an important step along the journey of hope and healing.

B'Shalom – With Peace,
Rabbi Danny Burkeman
Rabbi Jordi Battis
Cantor Hollis Schachner
and members of the TST Mental Health Initiative

PLEASE NOTE: We are unable to provide emergency support. If you or a loved one is in immediate need, please call 911 or the Advocates 24-Hour Crisis Support line at 800-640-5432.

This guide was created with permission based on work previously compiled by our friends at Temple Shalom of Newton, MA. With thanks to them for sharing their work.



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DISCLAIMER

The information in this Resource Guide is offered to members of the Temple Shir Tikva 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 Shir Tikva 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 Shir Tikva. The links to third party websites included in this Resource Guide are provided as a convenience only and are subject to change. Temple Shir Tikva 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.

URGENT NEEDS

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

Advocates Psychiatric Emergency Service | 800-640-6542

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. (For communities west of Newton)

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. (For communities east of Wayland)

Boston Emergency Services Team | 800-981-HELP

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. (For Boston area communities)

Call2Talk | (508) 532-2255, or text C2T to 741741

A warm-line for emotional support. It is part of Mass 211, and more info can be found here:

<https://www.uwotc.org/call2talk>

Massachusetts General Hospital (Boston) [Acute Psychiatric Service \(APS\)](#)

Provides emergency evaluations to adults and children regardless of town of residence or health insurance. Note: ongoing services are only available to those with MGH providers. MassHealth and Medicare members can find emergency psychiatric services at: www.masspartnership.com

The Massachusetts Substance Use Helpline | 800-327-5050

The Helpline is the only statewide, public resource for finding substance use treatment, recovery, and problem gambling services. Helpline services are free and confidential. Our caring, trained Specialists will help you understand the treatment system and your options.

National Suicide Prevention Lifeline | 800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

NOTE: If you are worried about someone and have not been able to reach that person, you can call your local crisis team listed above and/or police department and ask them to do a "Wellness Check." Most police departments have been trained in how to do to check on individuals to make sure they are all right.

ONGOING HELP

FOR SITUATIONS THAT MAY REQUIRE ONGOING ATTENTION.

THE FOLLOWING ARE GENERAL SUGGESTIONS FOR FINDING 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 offers an Employee Assistance Program (EAP)
- Check your medical insurance website

Finding the right mental health professional may require persistence. For example, providers may not call back, may not be taking new patients, 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.

- 1. William James INTERFACE Referral Service** | 888-244-6843 | <https://interface.williamjames.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.
- 2. 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.
- 3. Psychology Today (Find a Therapist)** | www.psychologytoday.com
Provides listings by specialty, presenting problem, town, and health insurance, as well as a thumbnail sketch of the therapist.
- 4. Advocates Community Counseling** | 508-485-9300 (Marlborough); 508-661-2020 (Framingham) www.advocates.org
A not-for-profit agency offering a wide range of behavioral health services for children and adults.

ONGOING HELP

5. Riverside Community Care | 617-969-4925 | 888-851-2452 | www.riversideecc.org

A not-for-profit agency offering a wide range of behavioral health services for children and adults.

6. Jewish Family and Children's Services (JFCS) | 781-693-5562 | www.jfcsboston.org

Offers a variety of services including mental health services supporting families, geriatric mental health services, and services for disabled people.

7. Boston Child Study Center | www.bostonchildstudycenter.com

A treatment, training, and resource center providing evidence-based mental health services.

8. The Clay Center for Young Healthy Minds | 617-643-1590 | www.mghclaycenter.org

Offers free online educational materials and resources on mental health topics to promote and support the mental, emotional, and behavioral well-being of young people. Check the website for resources.

9. 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.

10. Massachusetts Psychological Association | www.masspsych.org

Offers a listing of psychologists by location, area of experience, and health insurance panels.

11. National Alliance on Mental Illness, NAMI Mass COMPASS Helpline | 617-704-6264

800-370-9085 | www.nami.org

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.

SPECIFIC RESOURCES

FOR SPECIFIC AREAS OF HEALTH AND WELLBEING:

ALZHEIMER'S AND DEMENTIA

The Alzheimer's Association - MA/NH Chapter | 617-868-6718 | www.alz.org/MANH

ANXIETY

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 to patients who are already affiliated with an MGH primary care physician.

McLean Anxiety Management Program | 800-333-0338 | email: mcleanmastery@partners.org

Helping children and teens manage their anxiety. This program is primarily self-pay; however, some components may be covered by insurance.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

The American Academy of Child and Adolescent Psychiatry | www.aacap.org

(Section - Facts For Families)

AUTISM

Embrace Autism | www.embrace-autism.com

Offers education on FAQs about autistic individuals written by an actually autistic licensed psychotherapist, self assessments, and formal assessments/diagnoses by trained medical professionals.

Autism Self Advocacy Network (ASAN) | www.autisticadvocacy.org

ASAN provides a resource library for autistic people of all ages and their loved ones, curated by autistic advocates who understand the experience of this disability. They also advocate for policies that promote autism acceptance and respecting accessibility needs.

AuTeach | www.auteach.com

Provides education and support for parents and teachers of autistic children. Services include consultations on school advocacy, behavior at home, sleep support, therapy options, marriage/family dynamics, etc.

Asperger/Autism Network (AANE) WATERTOWN, MA

For General Inquiries: 617-393-3824 | www.aane.org

SPECIFIC RESOURCES

AUTISM (CONT.)

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

Jewish Family & Children's Services Bereavement Group | jfcsboston.org

Contact Barbara Sternfield (bsternfield@jfcsboston.org) to pre-register.

Parmenter Foundation WAYLAND, MA | 508-358-3001 | www.parmenterfoundation.org

Check the website for bereavement resources for children, teens and adults.

The Children's Room | (781) 641-4741 | www.childrensroom.org

Focuses on grief and loss supports for children and teens and offers a series "parenting while grieving"

HeartPlay Programs | 508-309-5107 | www.heartplayprogram.org

Grief programs for children, teens, and young adults.

Newton-Wellesley Hospital Young Widow/Widower Support Group 55 and Younger

617-243-6221 | www.nwh.org/classes-and-resources

Stanley Tippet House NEEDHAM, MA | 781-455-6661 (x4521)

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

New Beginnings WELLESLEY, MA | 508-654-4942 | www.newbeginningswellesley.org

The Compassionate Friends of Boston – Supporting Family After A Child Dies | 617-539-6424

tcfofboston@gmail.com | tfcoboston.org

Jeff's Place Children's Bereavement Center Framingham | 508-879-2800 | Jeffsplace.org

Provide free support groups for grieving youth (age 3-18), their caregivers, and young adults to age 25, as well as individual counseling and crisis intervention throughout MetroWest.

SPECIFIC RESOURCES

BORDERLINE PERSONALITY DISORDER (CONT.)

National Alliance on Mental Illness (NAMI) | www.nami.org (Search under Learn More and Find Support)

McLean Hospital | www.mcleanhospital.org

Clinical services for borderline personality disorder

CHRONIC/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

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

Children's Hospital

www.childrenshospital.org/conditions-and-treatments/conditions/schizophrenia

DEPRESSION

Depression and Bipolar Support Alliance of Boston | 617-855-2795 | 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 | info@familyaware.org

DIVORCE

General resource | Divorcesupport.com/divorce/Massachusetts

Divorce HQ Directory of Divorce Support Groups MA

www.divorcehq.com/divorce-support-groups/massachusetts-support-groups.shtml

New Beginnings of Wellesley | 508-654-4942 | newbeginningswellesley.org

SPECIFIC RESOURCES

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

The Network/La Red | 24 Hour Hotline 617-742-4911 | www.tnlr.org

A survivor-led organization to end partner abuse in the LGBTQ+ community. Services available in English and Spanish. Support groups, individual support, and safe housing support for up to 2 years.

Shalom Task Force | HOTLINE: 718.337.3700

Provides survivors of abuse with confidential support.

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 888-900-2332 | 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 | 888-375-7767 | www.anad.org

ELDERLY SERVICES

Newton Senior Services | 617-796-1660 | www.newtonseniors.org

For Newton Residents only

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

SPECIFIC RESOURCES

ELDERLY SERVICES (CONT.)

Wayland Council on Aging | 508-358-2990 | coa@wayland.ma.us

Natick Council on Aging | 508-647-6544

Sudbury Council on Aging | 978-443-3055 | coa@sudbury.ma.us

LGBTQ SUPPORT

Boston GLASS | www.jri.org/services/health-and-housing/health/boston-glass

A Justice Resource Institute (JRI) program that serves the LGBTQ community and youth of color

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 Children's Hospital, Boston)

Gender Dysphoria Services | 617-355-4367

www.childrenshospital.org/centers-and-services/programs/f_-n/gender-multispecialty-service

BAGLY (Boston Alliance for LGBTQ Youth), Boston, MA | 617-227-4313 | www.bagly.org

OUT Metrowest | 508-875-2122 | www.outmetrowest.org

For LGBT/gender expansive youth from Pre-K through high school and allies, providing in-person and virtual 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

LEARNING DISABILITY SERVICES

Maternal and Child Health Bureau's Child and Youth with Special Health Care Needs (CYSHCN)

<http://www.amchp.org/programsandtopics/CYSHCN/Pages/default.aspx>

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 | 617-877-8896

LDProgram@children's.harvard.edu

Massachusetts Department of Elementary and Secondary Education | www.doe.mass.edu

SPECIFIC RESOURCES

OBSESSIVE COMPULSIVE DISORDER (OCD)

OCD Massachusetts | 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.

Jewish Family and Children’s Services (JF&CS) CERS—The Center for Early Relationship Support

781-647-5327 | www.jfcsboston.org

SUICIDE PREVENTION

National Suicide Prevention Line | 1-800-273-TALK (8255) | www.suicidepreventionlifeline.org

Samaritans | CALL/TEXT HOTLINE: 877-870-HOPE (4673) | www.samaritanshope.org

Crisis Text Hotline | TEXT: 741741 | www.crisistextline.org

National Alliance on Mental Illness of MA (NAMI MA) | 1-800-370-9085 | www.namimass.org

TOURETTE SYNDROME

Tourette Association of America—MA Chapter | 1-888-4-TOURET(486-8738)

<https://tourette.org/chapter/MA>

TRAUMA/PTSD

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.

Trauma Abuse Center/Foundations Recovery Network | 866-612-7506; 615-490-9376

www.foundationsrecoverynetwork.com

SPECIFIC RESOURCES

TRAUMA/PTSD (CONT.)

Wayside Trauma Intervention Services | www.waysideyouth.org

Free counseling services, education, and support groups for survivors of abuse ages 10 and up.

SEXUAL ASSAULT/ABUSE

Boston Area Rape Crisis Center (BARCC) | 24-HOUR HOTLINE: 800-841-8371 <https://barcc.org/>

Jane Doe, Inc. | 617-248-0922 | info@janedoe.org

JDI provides support and culturally competent resources for survivors of domestic abuse and sexual assault across Massachusetts.

The Network/La Red | 24 Hour Hotline 617-742-4911 | www.tnlr.org

A survivor-led organization to end partner abuse in the LGBTQ+ community. Services available in English and Spanish. Support groups, individual support, and safe housing support for up to 2 years.

The Second Step | 617-965-3999 | thesecondstep.org

Provides, safety planning, legal advocacy, counseling, and more to children, youth, and adults in Metrowest.

Wayside Trauma Intervention Services | www.waysideyouth.org

Free counseling services, education, and support groups for survivors of sexual assault/abuse for people ages 10 and up.

VOCATIONAL SERVICES

Massachusetts One Stop Career Centers

<http://mass.gov/lwd/employment-services/career-services/career-center-services/>

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 TTY: 711 | www.jvs-boston.org/contact/

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.

TYPES OF MENTAL HEALTH PROFESSIONALS

THERE ARE DIFFERENT TYPES OF MENTAL HEALTH PROFESSIONALS:

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. Even within disciplines, different providers may offer 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. Here is a small overview:

DIFFERENCES IN TRAINING

Psychiatrists have an MD. In addition to 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 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 (LMHC) have a Masters in Psychology or Counseling (MA) and are licensed as an LMHC. Depending on their specific training, they can offer a range a 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.

LEVELS OF CARE

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.



NAVIGATING INSURANCE

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.

CONTACTING US

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