

Mental Health Resources

Therapy Resources

MCPAP

You can ask your pediatrician to contact the Massachusetts Child Psychiatry Access Program (MCPAP) for assistance in obtaining a psychiatry evaluation and treatment suggestions for your child. Regional MCPAP teams consist of child psychiatrists, licensed therapists, resource and referral specialists, and program coordinators to assist pediatricians with screening, treating mild to moderate behavioral health disorders, and making effective referrals and coordinating care for patients who need community-based behavioral health care.

Western & Central Mass Team: 844-926-2727

Eastern Mass Team; Boston South: 844-636-2727

Eastern Mass Team; Boston North (MGH): 855-627-2763

MGH Child CBT Program

Parents or young adults can fill out an online intake form to obtain Cognitive Behavioral Therapy services.

You may also speak with a representative directly Monday–Friday, 8:30 am to 5:00 pm EST by calling 617-643-9898.

<https://www.massgeneral.org/psychiatry/treatments-and-services/child-cognitive-behavioral-therapy-program/appointment-request>

PsychologyToday.com

Anyone can use this website to find services.

Helps find therapists, psychiatrists, or support groups according to location, gender, insurance, specialty, religious orientation, age group, language, and treatment orientation

<http://www.psychologytoday.com/>

Goodtherapy.org

Helps find therapists according to location, specialty, age group, insurance.

Anyone can use this website to find services. 1-888-563-2112 EXT. 3

<http://www.goodtherapy.org/>

Therapy Matcher

Therapy Matcher provides free, personalized, and confidential referrals to licensed independent clinical social workers across Massachusetts.

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Call: 800-242-9794

Email: info@therapymatcher.org

<https://therapymatcher.wordpress.com/>

Network of Care Massachusetts

Network of Care Massachusetts includes a directory of over 5,000 programs and organizations across the Commonwealth, searchable by keyword and zip code. Network of Care Massachusetts helps you take the first step in locating mental health, substance use, and related social services in your community to support good health and recovery. Also includes a list of help lines. Can search for information in various languages.

<https://massachusetts.networkofcare.org/mh/index.aspx>

INNOPSYCH

Find your ideal therapist of color and boost your wellness journey with content written by and for people of color.

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

Groups for Youth

MGH Benson-Henry Institute, Resilient Youth Virtual Group

Parents may be able to sign up for mental health groups for their children. Drawing from well-established, evidence-based interventions to manage stress and build resilience in children and adolescents, the MGH Benson-Henry Institute for Mind Body Medicine is offering Resilient Youth workshops to youth in the Partners Healthcare network and to children of Partners employees. Scholarships are available to waive the small fee.

Contact: For more information, please contact Samreen Sethi at sssethi@mgh.harvard.edu

<http://bensohenryinstitute.org/class/resilient-youth/>

Other Resources

William James INTERFACE Referral Service

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The William James INTERFACE Referral Service is a mental health and wellness referral Helpline available Monday through Friday, 9 am-5 pm, at 888-244-6843 (toll free). This is a free, confidential referral service for residents of participating communities. Website also provides educational information on youth mental health.

<https://interface.williamjames.edu/>

Peer Support Warmline

NAMI Peer Support Warmline

Warmlines are numbers that people can call to get support when they are feeling lonely, anxious, sad, etc., or simply need someone to talk to. They can also provide resources to callers. To find the phone number and hours of operation for your geographic area, please visit the website above.

Call: 617-580-8541

Email: info@namimass.org

Helpline: 1-800-370-9085

<https://namimass.org/online-and-phone-support-options/#1588260349615-e2bdd368-dc27>

Virtual Behavioral Health Providers

BetterHelp

BetterHelp is the largest online counseling platform worldwide. BetterHelp makes professional counseling available anytime, anywhere, through a computer, tablet or smartphone. BetterHelp offers access to licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), and board licensed professional counselors (LPC).

Website: <https://www.betterhelp.com/>

Email: contact@betterhelp.com

Talkspace

Talkspace is an online and mobile therapy company. Provides online therapy and psychiatry. Accepts many insurances. With Talkspace, you can send a therapist

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text messages, audio messages, as well as picture and video messages in a private, text-based chat room.

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

Phone Based Apps

Headspace

Provides guided meditations, animations, articles and videos.

Calm

App for Sleep, Meditation and Relaxation

CBT Thought Diary

Mood Journal and Thought Record for Cognitive Behavioral Therapy (CBT)

What's Up? A Mental Health App

Uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more.

Insight Timer

App for sleep, anxiety and stress

10% Happier

Offers guided meditations and practical teachings

CBT-i Coach (CBT for insomnia)

App for people who are engaged in CBT-I with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits.

Additional Specialized Behavioral Health Resources

Massachusetts Substance Use Helpline

Call: 1-800-327-5050

Available 24/7

Statewide, public resource for finding substance use treatment, recovery, and problem gambling services. Helpline services are free and confidential. Trained

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specialists will help patients understand the treatment system and available options.

<https://helplinema.org/>

Multi-Service Eating Disorder Association (MEDA)

Call: (617) 558-1881

MEDA offers a variety of services to support individuals and loved ones through the various stages of their journey. Through their network of Treatment Providers and Treatment Centers, MEDA connects patients with the best care for their needs.

<https://www.medainc.org/>

National Suicide Prevention LifeLine

Call: 1-800-273-8255

Spanish: 1-888-628-9454

The Trevor Project

For LGBTQ teens

Info on the hotline number, text line, and computer chat is listed here

Call: 1-866-488-7386

Text: "START" to 678-678

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

Crisis Text Line

Text HOME to 741741

to connect with a Crisis Counselor

Free 24/7 support at your fingertips.

<https://www.crisistextline.org/>