

GET PROFESSIONAL HELP FOR MENTAL HEALTH

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

**START
HERE**



**WILLIAM JAMES
COLLEGE**
INTERFACE Referral Service

*Free to the town of
Reading, MA*

Resource Information
Provider Referrals



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

How can you access Mental
Health Services?

Find answers at the William
James College INTERFACE,
Referral Service website:
interface.williamjames.edu

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

MORE WAYS TO ACCESS MENTAL HEALTH SUPPORT

Insurers provide a phone # on the back of the membership card to get info on which services are covered in-network.
877.623.6765 - www.mahealthconnector.org

Primary Care Providers (PCP) often have an in-house Behavioral Health Coordinator to assist patients.
PCPs are affiliated with hospitals that have agreements with behavioral health providers.

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

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

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

MENTAL HEALTH RESOURCE DIRECTORIES

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

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

INTERACTIVE SUPPORT

**IM Hear
TeentoTeen**
www.samaritanshope.org

**IMAlive
An Online Crisis Network**
www.imalive.org

Mental Health: Let's Talk About It
Learn more
www.mentalhealth.gov

**Strength of Us
Youth Impacted by Mental Health**
www.strengthofus.org

SUPPORT GROUPS

Families Anonymous
www.familiesanonymous.org

Learn 2 Cope
www.learn2cope.org

Parents Helping Parents
www.parentshelpingparents.org

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

Alcoholics Anonymous
www.aa.org

Marijuana Anonymous
www.marijuana-anonymous.org

Narcotics Anonymous
www.naws.org - www.na.org

SMART Recovery
www.smartrecovery.org

SELF HELP APPS

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

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

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

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

MENTAL HEALTH - RECOVERY COACH TRAINING

www.mentalhealthfirstaid.org

[www.nctsn.org/content/
psychological-first-aid](http://www.nctsn.org/content/psychological-first-aid)

[www.nami.org/Find-Support/
NAMI-Programs/NAMI-Peer-to-Pee](http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Peer-to-Pee)

[www.ma-atr.org/Recovery-
Coaching](http://www.ma-atr.org/Recovery-Coaching)

Mental Health Resource List

Reading, Massachusetts

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

IN CASE OF EMERGENCY - CALL 9-1-1



24/7 MOBILE CRISIS SERVICES - PSYCHIATRIC EVALUATION - STABILIZATION

Eliot Community Services **800.988.1111** **www.eliotchs.org/Emergency-Services**

CRISIS HOTLINES - CALL & TEXT 24/7

Crisis Texting Line **TEXT "START" TO 741.741** **www.crisistextline.org**

National Suicide Prevention Lifeline 800.273.8255 www.suicidepreventionlifeline.org

Samaritans Hotline 800.252.8336 www.samaritanshope.org

ABUSE - ASSAULT - DOMESTIC VIOLENCE

MA DCF CHILD-AT-RISK Emergency Hotline **9-1-1 OR 800.792.5200** **www.mass.gov**

Jane Doe Inc./MA SafeLink Hotline 877.785.2020 www.janedoe.org/safety

Love is Respect 866.331.9474 www.loveisrespect.org

ANXIETY - DEPRESSION - EATING DISORDERS

Anxiety & Depression Association of America **240.485.1001** **www.adaa.org**

Families for Depression Awareness 781.890.0220 www.familyaware.org

National Eating Disorders Association 800.931.2337 www.nationaleatingdisorders.org

Tufts Mood Disorders Program (depression) 617.636.0219 www.tuftsmedicalcenter.org

Walden Behavioral Care (eating disorders) 781.647.6727 waldenbehavioralcare.com

GLBTQ SUPPORT - HEALTH CARE SERVICES

GLBT National Youth Talkline **800.246.7743** **www.glnh.org/talkline**

Fenway Community Health Center 617.267.0900 www.fenwayhealth.org

HELPLINES - TREATMENT REFERRAL

Massachusetts Substance Abuse Info Helpline **800.327.5050** **www.helpline-online.com**

United States SAMSHA Treatment Helpline 800.662.4357 www.findtreatment.SAMHSA.gov

MENTAL HEALTH & SUBSTANCE USE COUNSELING

MassGeneral Addiction Resource Management **617.643.4699** **www.massgeneral.org/psychiatry**

Children's Hospital Adolescent Substance Abuse Program 617.355.2727 www.childrenshospital.org

MENTAL HEALTH & SUBSTANCE USE DISORDERS DETOX - STABILIZATION SERVICES

Central Intake & Care Coordination **866.705.2807** **www.healthrecovery.org**

The CASTLE (Clean & Sober Teens Living Empowered) 508.638.6000 www.hptc.org

MENTAL HEALTH & SUBSTANCE USE DISORDERS - IN-PATIENT SERVICES

Bournewood (Brookline) **800.468.4358** **www.bournewood.com**

McLean Hospital (Belmont) 617.855.2000 www.mclean.harvard.edu

WHAT TO EXPECT WHEN YOU CALL THE HELPLINE

INTAKE

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

FINDING A MATCH

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

FOLLOW-UP

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