

Community Resource Guide for Mental Health Needs

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Community Resources

(Local/Statewide – Massachusetts):

Abelard Psychotherapy & Medication Management

Aim to focus on the whole person: mind, body and spirit; specializing in treating disorders of behavior, thinking and feeling

- Serves: children, adolescents, and adults
- 450 Pearl Street Stoughton, MA (Suite 3)
- 781.344.0057

Association of Haitian Women in Boston

Community-based grassroots organization dedicated to empowering low-income Haitian women and their children.

- Serves: children and women
- 617-287-0096
- www.afab-kafanm.org

Awake IntuMind, LLC

Mission: erase the stigma associated with mental health and address the many different factors that can contribute to poor mental health

- Serves: children, adolescents, adults, and families
- 37 Belmont Street Brockton, MA 02301 (3rd Floor)
- 617.7497484

Cambridge Health Alliance – Haitian Mental Health Program

Provides confidential emotional support to the Haitian community from people who understand the Haitian language and culture.

- Serves: children, adolescents, adults, and families
- 26 Central Street Somerville, MA 02143
- 617.665.3980
- *Due to a high demand for their services, CHA is prioritizing appointments for patients who are either enrolled in Primary Care at CHA or are residents of their service area (Cambridge, Chelsea, Everett, Malden, Revere, Somerville, and Winthrop, MA).*

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Department of Mental Health (DMH)

The Department of Mental Health (DMH) has a specialized role in the healthcare delivery system as DMH *provides supplemental services* for people with the most serious needs.

- 25 Staniford Street, Boston, MA 02114
- 617-626-8000 Monday - Friday 9-5

Haitian Mental Health Network (HMH)

Boston-based organization comprised of a group of mental health providers, including psychologists, social workers, psychiatrists, mental health counselors, psychiatric nurses, and pastoral counselors. Members of the HMH Network work collaboratively with community-based agencies as well as local, national and international institutions to improve access for Haitians to mental health services that are comprehensive, integrated, culturally sensitive, and developmentally appropriate

- Website: hmhnetwork.org

Multi Services Center Dorchester 617-436-2848

Mission: serve the rapidly growing Haitian community, in a linguistically and culturally sensitive manner; meeting the needs of health, education, day care, immigration/settlement, and food resources.

- Serves: children, adolescents, adults, and families
- 12 Bicknell Street Dorchester, MA 02121
- 617.436.2848

Let's Write Life

Latonia Francois, Trailblazing Owner

An education-based journaling company that partners with self-development organizations and mental health professional to incorporate journaling into their programs as a positive form of self-expression and life change.

- 1029 Pleasant St. Suite 101 Bridgewater, MA 02324
- admin@visitthewell.org
- 508.697.1070 (phone)
- 508.697.1020 (fax)

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Lighthouse Behavioral Health

Vision: to become a center of excellence for the provision of behavioral health services by utilizing evidence based-practice as a main platform; while incorporating family strengths and core values to formulate useful treatment goals/care planning.

- Serves: children, adolescents, adults, and families
- Shirley Janvier, M. Ed - CEO/Family Psychotherapist
- 1 Westhouse Plaza Boston, MA 02136
- 617.839.7392

Mass211

Telephone number that connects callers to information about critical health and human services available in their community

- 1-877-211-MASS (6277)
- Hearing impaired callers: 508-370-4890 TTY
- Website: www.mass211.org

Massachusetts Association for Mental Health, Inc

Promotes and advances community-based housing, education, health care, employment and treatment for children, adolescents and adults with mental illnesses or emotional disorders.

- 617.742.7452
- Website: www.Mamh.org

New Life Counseling and Wellness Center, Inc

Multicultural organization that promotes the well-being of individuals, children, youths and families through high quality mental health and social services that are culturally competent such as counseling, support groups, advocacy, and education.

- Serves: children, adolescents, adults, and families
- 400 North Main Street, Randolph, MA 02368
- 781.986.4800

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Riverside Community Care

Delivering compassionate, locally-based, integrated behavioral healthcare and human services.

- Serves: children, adolescents, adults, and families
- 270 Bridge Street, Suite 301 Dedham MA, 02026
- 781.329.0909

SAVE Team - Department of Veteran's Services

Mission: prevention of suicide and mental health distress through the identification of issues facing veterans when they return from service and proactively providing them with access to benefits and services that may address these issues and result in positive transitions back to civilian life.

SAVE acts as a liaison between veterans and their families and the various agencies within the federal and state governments.

- 1-888-844-2838

Hotline Resources:

Mobile Crisis Intervention (MCI)

- 1-877-382-1609
- Enter the zip code of your location to connect to the crisis team for your region.

National Suicide Prevention Lifeline

- 800-273-TALK (8255) or 800-SUICIDE

National Alliance on Mental Health (NAMI)

- 800-950-6264 (NAMI) Mon - Fri 10-6pm
- Text NAMI to 741-741 for 24/7 crisis support
- Website: nami.org

National Domestic Violence Hotline

- 800-799-SAFE (7233)

National Sexual Assault Hotline

- 800-656-HOPE (4673) - 24/7 support

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Social Media/Websites:

Therapyforblackgirls.com

- Founder (Dr. Joy) is a licensed Psychologist in Atlanta, Georgia and her goal is to help women become the best possible version of themselves.
- Online space dedicated to encouraging the mental wellness of Black women and girls
- Website has a nationwide listing of black women mental health clinicians.
- Podcast cast also available (search: therapy for black girls)

What's on your mind Inc.

- Founder (Theresa Alphonse) aims to combat the stigma of mental illness in communities of color by engaging in conversation around thoughts, emotions, and feelings.
- Follow on Instagram: @woyminc

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