



Town of Sudbury

Board of Health Social Work Department

DPW Building
275 Old Lancaster Road
Sudbury, MA 01776
978 440-5476

Mental Health Resources

Mental Health Helpline and Referral Services:

- **NAMI (the National Alliance on Mental Illness) is the largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.**
 - (800) 950-NAMI
 - www.nami.org
 - M-F, 10 am to 6 pm (ET)
 - NAMI offers referral resources, education, advocacy, one-on-one support and leadership for individuals who are struggling with mental health issues
 - Please call organization to determine insurance eligibility

- **National Suicide Prevention Lifeline (Provides 27/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals)**
 - (800) 273-TALK (8255)
 - (800) 799-4889 (deaf and hard of hearing)
 - <https://suicidepreventionlifeline.org/>
 - 24 hours a day, 7 days a week
 - Live online chat is also available. All phone calls are confidential and toll-free, and goes to the nearest crisis center in the Lifeline national network. Centers provide crisis counseling and mental health referrals

- **Boston Area Rape Crisis Center (BARCC) Hotline**
 - (800) 841-8371
 - 24 hours a day; 365 days a year
 - Support services for individuals or loved ones of individuals who have experienced any type of sexual assault
 - Provides crisis intervention, assists survivors and their loved ones in understanding options and next steps that best meet their needs. Hotline counselors are trained in sexual assault and trauma counseling
 - Assesses for safety
 - Offers free legal, case management, resources and counseling services in the Boston area and via phone for survivors and their loved ones

- **Domestic Violence Services Network Helpline**
 - (888) 399-6111
 - <http://dvsn.org>
 - Well-trained and supervised volunteer advocates follow up with referred clients to help them tell their story, assess their risk, develop a safety plan for themselves and their families, and connect with appropriate community resources. Confidentiality and safety are top priorities

- **LGBT National Help Center**
 - LGBT National Youth Talkline (800) 246-7743 (M-F)
 - LGBT National Hotline (888) 843-4564
 - Sage LGBT Elder Hotline (888) 234-7243
 - www.glbthotline.org
 - M-F 4p-12a; Sat 12-5p
 - Serving gay, lesbian, bisexual, transgender and questioning individuals by providing free and confidential peer support and local resources related to coming-out, relationships, bullying, safe sex and more.

- **Trevor Project**
 - Trevor Lifeline (866) 488-7386 (24 hours a day/365 days a year)
 - Trevor Chat- online instance messaging at <https://www.thetrevorproject.org/get-help-now/> (Daily 3-10p)
 - Trevor Text- Text “Trevor” to (202) 304-1200 (M-F 3-10p)
 - www.thetrevorproject.org
 - Support, resources, crisis intervention and suicide prevention hotline for gay, lesbian, bisexual, transgendered and questioning youth, or family members or loved ones who need support or resources.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline**
 - (877) 726-4727
 - <https://www.samhsa.gov/find-help/national-helpline>
 - 24 hours a day, 7 days a week (English and Spanish)
 - Provides referrals for individuals and family members facing mental and/or substance use disorders to local treatment facilities, support groups, and community-based organizations

- **William James INTERFACE Referral Service Helpline (a mental health and wellness referral helpline)**
 - (888) 244-6843
 - <https://interface.williamjames.edu/>
 - M-F, 9 am to 5 pm (ET)
 - This is a free, confidential referral service for individuals across the lifespan living in participating communities. Callers are matched with licensed mental health providers from our extensive database. Each referral meets the location, insurance, and specialty needs of the caller

Multi-Service Mental Health Centers:

- **Advocates (provides residential and outreach programs, community-based counseling and psychiatry services, and peer supports)**
 - (800) 640-5432 (24-hour crisis support)
 - (508) 628-6300 (Framingham office number)
 - 1881 Worcester Road, Framingham, MA, 01701
 - <https://www.advocates.org/services/mental-health-services>
 - Office hours: 9 am to 5 pm (ET)
 - Counseling and psychiatric services accept MassHealth and most private insurance plans
 - Please call organization to determine insurance eligibility

- **Eliot Community Human Services (provides adult mental health, counseling and psychiatry services, children, youth and family services, emergency psychiatric services, homeless services, brain imaging services, and developmental disabilities services)**
 - (800) 988-1111 (Psychiatric Emergency Services, 24-hour crisis support)
 - (781) 861-0890 (Lexington office number)
 - 125 Hartwell Avenue, Lexington, MA, 02421
 - <http://eliotchswb.wpengine.com/about-us/>
 - Office hours: 9 am to 5 pm (ET)
 - Counseling and psychiatric services accept MassHealth and most private insurance plans
 - Please call organization to determine insurance eligibility

- **Wayside Youth and Family Support Network (provides counseling and family support programs and services, as well as a residential, day and educational facility to support children, youth and families)**
 - (508) 879-9800
 - 1 Frederick Abbott Way, Framingham, MA 01701
 - www.waysideyouth.org/OurServices/WaysideMetroWest.aspx
 - Office hours: 9 am to 5 pm (ET)
 - Accepts MassHealth and most private insurance plans
 - Please call organization to determine insurance eligibility

Specialized Mental Health Resources:

- **Children’s Behavioral Health Initiative (CBHI)**
 - www.mass.gov/eohhs/consumer/insurance/cbhi/
 - Provides in-home services to youth on MassHealth with significant behavioral, emotional and mental health needs. Services may include case management, in-home therapy, therapeutic mentor, and/or family partner

- **Advocates Psychiatric Emergency Services**
 - (800) 640-5432
 - 24 hours a day; 365 days a year
 - www.advocates.org/services/psychiatric-emergency-services
 - Provides mobile crisis intervention to assess emergency mental health needs of both children and adults at home, schools or in the community. Assesses needs and can refer to additional services

- **Elder Community Care Program**
 - 508-573-7250
 - www.eldercommunitycare.org
 - Mental health services, including in-home therapy, for older adults through a collaboration of Bay Path Elder Services and Advocates.

Grief Resources:

- **One Step at a Time (provides peer-led support group for families and friends dealing with the loss of a loved one from substance abuse)**
 - (508) 460-2002, Kathy Leonard
 - 37 High Street, Marlborough, MA 01752
 - <http://www.learn2cope.org/grief-resources/>
 - Group hours: 6:30 pm to 8 pm (ET), First Thursday of every month
 - Free admission

- **Heartplay is a bereavement program for children, teens, and young adults who have experienced a death during their lifetime express grief through conversation, music, movement, visual expression, writing, and story -telling.**
 - (508) 358-3001, ext. 361, Jennifer Wiles
 - 266 Cochituate Road, Wayland, MA 01778
 - <http://heartplayprogram.org/>
 - Heartplay groups are offered free of charge through the generosity of grants and donations
 - Please call organization for Group hours. Registration is required
 - Free admission

- **Camp Erin Boston (associated with heartplay) is a free weekend overnight camp for children and teens ages 6 through 17 who have experienced the death of someone close to them in their lifetime**
 - (508) 309-5107, Jennifer Wiles, Camp Director
 - 266 Cochituate Road, Wayland, MA 01778
 - <http://camperinboston.org/>
 - Application will begin in January, 2018
 - Next overnight camp: Friday, August 17, 2018 to Sunday, August 19, 2018
 - Free admission (based on eligibility)

- **Jeff's Place Children's Bereavement Center offers comprehensive bereavement support services ensuring that all children, teens, and families experience a healthy grieving process in a supportive environment**
 - (508) 879-2800
 - 34 Deloss Street, Framingham, MA 01702
 - info@jeffsplacemetrowest.org
 - Fee based individual therapy on a sliding scale
 - Please call organization to determine insurance eligibility for individual therapeutic support

For additional questions, or suggested additions to this list, please call Bethany Hadvab, Sudbury Town Social Worker, at (978) 440-5476.

Please visit <https://sudbury.ma.us/socialworker/> for up to date information and additional resources.