



MASSACHUSETTS GENERAL HOSPITAL
Dauten Family Center
for Bipolar Treatment Innovation

FITT-BD Resource List

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CRISIS SUPPORT RESOURCES

988 Suicide & Crisis Lifeline

Connects individuals with crisis counselors for emotional support and other services via web chat or texting 988.

Advocates Mobile Crisis Intervention

www.advocates.org/services/adult-and-youth-mobile-crisis-intervention

1-800-640-5432 ♦ Services communities across North and Central MA

Offers diagnosis, counseling, psychiatry, crisis intervention, and support groups for youth and adult populations. The mobile crisis intervention team is available 24 hours, 365 days a year.

Aspire's Adult and Youth Mobile Crisis Intervention

1-800-528-4890- 460 ♦ Quincy Avenue in Quincy, MA

Provides psychiatric evaluation and treatment to support individuals and help transition them to the appropriate level of care within the community. Available 24 hours, 7 days a week.

BHN Crisis Services

413-301-9355 ♦ 417 Liberty St, Entrance B Springfield, MA

Provides 24/7 services on a mobile basis to any individual experiencing a mental health crisis. Services are offered regardless of insurance status.

Boston Emergency Services Team (BEST)

800-981-HELP (800-981-4357)

24/7 call center that offers crisis evaluation, intervention, and treatment services in the Boston, Cambridge, Somerville, and River Falls areas.

Community Crisis Stabilization (CCS)

www.bilhbehavioral.org/services/crisis-emergency-care/ 978-620-1770 ♦ 12 Methuen St
Second Floor Lawrence, MA

Provides 24/7/365 intervention, assessment, and stabilization for individuals experiencing a mental health or substance use emergency.

CSO Crisis Programs

www.csoinc.org/emergency-crisis-stabilization-services/ Locations across Western MA

Offers assessment and intervention services for youths, adults, and families 24 hours/day, 365 days/year.

Lawrence Adult/Youth Mobile Crisis Intervention

www.bilhbehavioral.org/services/crisis-emergency-care/

978-620-1250 / 877-255-1261 ♦ Services the Merrimack Valley

This program provides emergency psychiatric assessment, intervention, and stabilization services 24/7/365 in various settings including homes, schools, outpatient clinics, and hospitals.

Mobile Crisis Intervention for Youth-Milford and the Surrounding Communities

www.riversidecc.org/child-family-services/emergency-services/- 800-294-4665

Offers services to youths under 21 years old who are experiencing a behavioral health crisis with a mobile, face-to-face response. Services are offered regardless of insurance status.

Mobile Crisis Intervention for Youth-Norwood and Surrounding Communities

www.riversidecc.org/child-family-services/emergency-services/- 800-529-5077

Offers services to youths under 21 years old who are experiencing a behavioral health crisis with a mobile, face-to-face response.

North Suffolk Community Services (CBHC)-Adult Community Crisis Stabilization

www.northsuffolk.org/- 800-981-4357 ♦ 85 E Newton St Boston, MA

An alternative to hospital emergency departments, this program offers a 24/7 community based mobile crisis-intervention and stabilization for all individuals in the East Boston area.

North Suffolk Community Services (CBHC)- Core Clinic and Crisis Services

www.northsuffolk.org/- 888-309-1989 ♦ 14 Porter St East Boston, MA

Offers same-day evaluations and referrals for treatment and provides a wide range of peer support and evidence-based behavioral health treatment.

North Suffolk Community Services (CBHC)-Youth Community Crisis Stabilization

www.northsuffolk.org/- 800-640-5432 ♦ 1 Frederick Abbott Way Framingham, MA

Helping children and families living in the East Boston area, services include Early Intervention Programs (birth to ages three), Supportive Child Care, In Home Therapy, along with Child and Family Therapy Outpatient services.

Wakefield Outpatient and Community Behavioral Health Clinic

508-521-2200 ♦ 37 Water St. Unit 1 Wakefield, MA

Offers comprehensive psychiatric assessment and crisis evaluation, along with services including family, group, and individual therapy.

DAY PROGRAMS/SOCIALIZATION RESOURCES

Arbour Counseling Services

www.arbourhealth.com/- 855-575-2273 ♦ Locations in Allston/The Boston Center, Fall River, Franklin, Haverhill, Lowell, Norwell, and Worcester

This program offers individual, group, couples, and family therapy specializing in crisis intervention, de-escalation techniques, and behavioral support.

Bridgewell

www.bridgewell.org/disability-services/day-programs/- 781-593-1088 ♦ Locations in Billerica, Danvers & Lynn

Adult day center program for individuals living with intellectual, developmental psychiatric, and/or physical challenges.

Clubhouse and Peer Services

www.bay-cove.squarespace.com/clubhouse-and-peer-services/ 617-788-1003 ♦ 31 Bowker St
5th Floor Boston, MA

Provides services including but not limited to addiction, healthcare integration, developmental, mental health, early intervention, and housing and homeless care.

Day Treatment Program

<https://www.bhninc.org/services-and-programs/emergency-services>

413-301-9355 ♦ Springfield, MA

A regional provider of behavioral health services for adults, children, and families with mental illness, substance use disorders, and developmental disabilities.

Eliot's Adult Day Treatment Program

www.eliotchs.org/vocational-and-day-services/ 781-581-4441 ♦ Lynn, MA

Offers psychiatric treatment to adults with mental illness or dual diagnoses of psychiatric illnesses and substance use in individual and group environments.

Greater Boston Adult Day Health/ Kay Pam

(617) 514-6340 ♦ 6 Livingstone St Dorchester, MA

Day programs for elders with complex medical or rehabilitative needs. Provides medication management and daily care for illnesses including diabetes and chronic obstructive pulmonary disease (COPD).

Lowell Adult Day Treatment

978-459-0389 ♦ 35 Market St Ste 2 Lowell, MA

Provides five-day per week intensive treatment for adults with persistent mental illnesses. Program consists of crisis assessment, intervention, and case management support with symptom management.

Pathways Day Treatment

508-823-6124 ♦ 19 Cedar St Taunton, MA

Community-based adult day treatment program that provides psychiatric treatments including DBT, supportive group therapies, and dual recovery programming.

Riverside Psychiatric Day Treatment

781-246-1964 ♦ 607 North Avenue, Building 18 Wakefield, MA

A hybrid group therapy program where members with psychiatric conditions can choose to participate in person, over the phone, or through an online platform.

SarahCare of Dorchester

www.sarahcare.com/affiliate-home-dorchester-ma/ 617-265-0200 ♦ 1225 Dorchester Ave
Dorchester, MA

A day center for seniors, this program offers ancillary services, financial care, recovery care, along with customized individual and group social activity programs.

STAR Day Treatment Program

1-844-CHD-HELP ♦ Locations across Western MA

Offers treatment groups for adults ages 18 and older with a psychiatric condition who are dealing with limitations in vocational/educational productivity, emotional stability, social relations, or self-care.

Transitions of Boston

www.bay-cove.squarespace.com/clubhouse-and-peer-services

617-379-5661 ♦ 1500 Dorchester Ave Dorchester, MA

A voluntary, person-centered membership program that offers social, recreational, prevocational, and vocational rehabilitation services for people with a history of mental illnesses

INPATIENT MENTAL HEALTH RESOURCES

Addison Gilbert Hospital

978-283-4000 ♦ 298 Washington St Gloucester, MA

Provides acute inpatient psychiatric services for patients ages 60 and over. This Senior Adult Unit consists of 12 beds.

Arbour Hospital: Jamaica Plain

617-522-4400 ♦ 49 Robinwood Ave Jamaica Plain, MA

Offers psychiatric and drug abuse treatment programs for adults and adolescents. Emphasizes development of long-term coping mechanisms, medication management. Bilingual speciality in Spanish.

BayRidge Hospital

781-599-9200 ♦ 60 Granite St Lynn, MA

Provides comprehensive inpatient crisis care for adults 18 and older experiencing significant distress, or an acute episode, due to mental illness. Focus on respect, dignity, and personalized care of each patient.

Baystate Behavioral Health

413-773-2595 ♦ 164 High St Greenfield, MA

Provides short-term specialized psychiatric inpatient treatment for voluntary and involuntary patients ages 18 and older. Offers individual, group, and family therapy with psychiatric coverage available seven days a week.

Behavioral Health Services General Intake

508-765-9167 ♦ 29 Pine St Southbridge, MA

Outpatient office of the Harrington Hospital providing mental health hospitalization programs for adults. Variety of therapy, counseling, medication management treatment plans.

Beth Israel Deaconess Medical Center

617-667-4735 ♦ 330 Brookline Ave Boston, MA

Inpatient psychiatric unit with state-of-the-art psychiatric assessments and compassionate, evidence-based treatment.

Beverly Hospital, Leland Unit

978-922-3000 ♦ 85 Herrick St Beverly, MA

Adult inpatient psychiatric unit providing specialized care for patients with psychiatric symptoms and/or substance use detoxification, as well as dual diagnosis disorders.

Bournewood Hospital: Inpatient Programs

www.bournewood.com/- 617-469-0300 ♦ 300 South St Brookline, MA

Provides a highly structured adult inpatient program to address mental health issues, chemical dependency conditions, or both. Offers separate units for those needing more intensive treatment and co-occurring conditions.

Bournewood Lowell Center

978-330-7680 ♦ 59 Lowes Way Suite 200 Lowell, MA

Offer mental health and dual diagnosis treatment for adults and adolescents.

Brigham And Women's Faulkner Hospital

www.brighamandwomensfaulkner.org/- 617-983-7000 ♦ 1153 Centre St Boston, MA

Short-term stabilization and treatment program for individuals over the age of 18 who are acutely struggling with psychiatric issues.

Cambridge Health Alliance, Cambridge Hospital

www.challiance.org/- 617-665-1000 ♦ 1493 Cambridge St Cambridge, MA

Provides short-term, intensive expert hospital care for adults with serious or acute mental health needs. Collaborative process including family members in how the patient is stabilized, diagnosed, and developed a treatment plan.

Carney Hospital

www.carneyhospital.org/- 617-506-4511 ♦ 2100 Dorchester Ave Dorchester, MA

The Inpatient program offers a secure 20-bed adult unit for short-term crisis intervention, 14-bed adolescent unit and 16-bed geriatric program serving older adults.

HRI Hospital: Brookline

www.hrihospital.com/programs-services/- 617- 731-3200 ♦ 227 Babcock St Brookline, MA

Offers inpatient psychiatric treatment designed for patients who require an intensive program and includes a live-in ward with 24 hour care and inpatient programs are overseen and designed by a psychiatrist to ensure individualized plans for each patient.

Pembroke Hospital

781-829-7000 ♦ 199 Oak St Pembroke, MA

Provides inpatient psychiatric treatment for adults, older adults, and adolescents in a safe and therapeutic environment. Individualized treatments plans are supported by the treatment team to achieve long term wellness.

Saint Vincent Hospital

508-363-6198 ♦ 123 Summer St Worcester, MA

Offers short-term intensive care for those ages 16 and older with a focus on building good long-term mental health.

Solomon Carter Fuller Mental Health Center

www.drugrehabboston.com/- 617-626-8700 ♦ 85 E Newton St Boston, MA

60-bed inpatient psychiatric facility associated with the Boston Medical Center.

Southcoast Behavioral Health Hospital

844-527-0105 ♦ 581 Faunce Corner Road Dartmouth, MA

A 120-bed psychiatric hospital that offers patients of all ages specialized care for mental health in an inpatient setting. Specialize in mood and behavioral conditions, but also treat other disorders.

Steward St. Elizabeth's Medical Center Of Boston/Carney

781-278-6670 ♦ 736 Cambridge St Brighton, MA

Inpatient program is a secure 31-bed adult psychiatric unit that focuses on diagnostic assessment, reduction of acute symptoms, and development of an aftercare plan.

TaraVista Behavioral Health Center

978-615-5200 ♦ 85 Patton Road Devens, MA

Offers inpatient care for adults, adolescents, and children. Treatment is provided in a safe, structured, and age appropriate setting.

Tufts Medical Center

www.tuftsmedicalcenter.org/- 617-636-8935 ♦ 800 Washington St Boston, MA

Offers a 20-bed inpatient psychiatric unit led by psychiatrists with extensive inpatient care experience and staffed by a multi-dimensional team. Provides comprehensive, compassionate medical and psychiatric evaluation and treatment of psychiatric disorders.

OUTPATIENT SERVICES RESOURCES

BOSTON/METRO BOSTON REGION

Aftercare Services, Inc

617-569-1692 ♦ 2 Lexington Sq Chelsea, MA

Offers home health-care and non-medical in-home support services to individuals residing in the Metropolitan Boston and surrounding areas.

Atrius Health's Psychiatry and Behavioral Health Services

www.atriushealth.org- 617-559-8444 ♦ Multiple locations across MA

Provides mental and behavioral health treatments for both children and adults.

Boston Evening Therapy Associates

www.bostoneveningtherapy.com- 617-738-1480 ♦ info@bostoneveningtherapy.com

Offers teletherapy, in office, group and couple's therapy.

Brockton Multi-Service Center

www.bamsi.org- 508-897-2000 ♦ 165 Quincy St Brockton, MA

Services offered include drop-in centers, talk therapies, medication management and emergency crisis services.

Danielsen Institute

www.bu.edu/danielsen/- 617-353-9922 185 ♦ Bay State Rd Boston, MA

A multidisciplinary mental health clinic providing individual and group psychotherapy, as well as couples therapy, psychological testing, and psychiatric services.

Fenway Health's Behavioral Health Department

617-927-6202 ♦ Boston, MA

Services include evaluation and referrals, and offer individual, group, family, and couples therapy, psychiatric consultation, and addiction/substance use disorder services.

Joseph M Smith Community Health Center

www.charlesriverhealth.org- 617-783-0500 ♦ 495 Western Ave Brighton, MA

Offers individual and family therapy for all ages on topics including mental health, substance abuse issues, and adjustment to chronic health issues.

Kendall Psychological Associates

www.kendallpsych.com- 617-758-8485 ♦ Locations in Cambridge and Salem

Works with a wide range of emotional and behavioral issues, providing consultation and psychotherapy in a comfortable and supportive atmosphere.

North Suffolk Community Services, Inc.

www.northsuffolk.org- 617-889-4860 ♦ 301 Broadway Chelsea, MA

Provides psychiatric and medication services, counseling, and therapy to both youth and adults experiencing emotional difficulties, mental illness, or challenges to daily life.

Rasi Associates

617-266-2266, Ext. 131 ♦ 607 Boylston St Fl 2 Boston, MA

Offers individual and couples therapy. Additionally, they offer medication evaluations and medication management.

South Cove Community Health Center

www.southbaycommunityservices.com/- 617-521-6730 ♦ Locations in Boston & Quincy
Community-based health care and health promotion programs with an emphasis on accessibility to non-english speaking Asian-Americans.

South End Community Health Center

www.sechc.org/se/- 617-425-2000 ♦ 1601 Washington St Boston, MA
Provides behavioral health, psychiatric, counseling, and evaluation services for children, adults, families, and couples. Also include general adult, family, and pediatric medicine.

The Freedom Trail Clinic (FTC)

617-912-7800 ♦ 25 Staniford St Boston, MA
Provides community-based care for psychiatric patients, including those with schizophrenia and other psychotic disorders and those who require clozapine treatment or long-acting injectable antipsychotics.

NORTHEASTERN REGION

Beth Israel Lahey Health Behavioral Services

www.bilhbehavioral.org/- 978-968-1700 ♦ Multiple locations across Northeastern MA
Offers behavioral health services for individuals and families, with services including addiction treatment and emergency psychiatric care.

Eliot Community Human Services

781-861-0890 ♦ www.eliotchs.org/
Evidence-based services including behavioral health, counseling/psychiatric services, homeless supports, and child, youth, and family services.

North Shore Counseling Center, Inc

www.nsccl-inc.com/- 978-922-2280 ♦ 100 Cummings Center Suite 307-E Beverly, MA
Offers a wide-range of services including individual, couples, and family therapy. Also includes child and adolescent services along with substance abuse services.

Psychological Care Associates, p.c,

www.cfpsych.org/- 781-646-0500 ♦ Multiple locations across MA
Provides psychotherapy, medical, and psychological assessment services for all ages.

Stony Brook Counseling Center

www.chsttherapy.net/- 978-255-9444 ♦ 2 Courthouse Lane Chelmsford, MA.
Provides to all ages in mood and behavioral health disorders. Services also include psychotherapy and psychiatric medication care.

SOUTHEASTERN REGION

Bay Cove/Cape Cod and the Islands Emergency Services

www.capecod.gov/departments/human-services/resources/emergency-hotlines/- Barnstable County

Provides a variety of services including addiction, developmental, early intervention, housing and homelessness, and mental health counseling.

Boston Medical Center (BMC)/Fall River Emergency Services

www.bmc.org/emergency-services-program/ 1-800-981-4357 ♦ Multiple locations across Southeastern MA

Includes mobile crisis intervention, evaluation, and treatment services in the Boston, Cambridge, Somerville, and Fall River areas.

Child and Family Services of New Bedford

www.child-family-services.org/new-bedford/ 508-996-3154 ♦ Multiple locations across Southeastern MA

Services include adult and child clinic-based counseling, school-based therapy services, and crisis stabilization programs for both adults and youths.

Community Counseling of Bristol County (CCBC)

www.comcounseling.org/ 508-828-9116 ♦ Locations in Taunton & Attleboro

Comprehensive outpatient treatments for adults and children with services including adult behavioral health, child and family, acute care, community support, and rehabilitation and recovery.

Neponset Valley Counseling Center

www.nvcounseling.net/ - 508-930-6335 ♦ 32 Baker St Foxborough, MA

Offers individual, couples, family, and group therapy. This center also aids in family reunification processes.

WESTERN & CENTRAL REGIONS

Advocates

www.advocates.org/ 508-628-6300 ♦ 1881 Worcester Road Framingham, MA

Program offers services including addiction recovery, adult and youth mobile crisis intervention, and counseling/psychiatry.

Behavioral Health Network

www.bhninc.org/ 1-800-437-5922 ♦ Multiple locations across Western MA

A regional provider of comprehensive behavioral health services for adults, children and families.

Clinical & Support Options

www.csoinc.org/ - Multiple locations

Offers a broad range of support services including crisis stabilization, family support services, mental health and recovery, and housing and homeless services.

Community Healthlink, Inc.

www.communityhealthlink.org/- 508-860-1260 ♦ 72 Jaques Ave Worcester, MA

Provides short-term care management services to support individuals at risk of repeated psychiatric hospitalizations and/or substance abuse treatment programs.

Riverside Community Care

www.communityhealthlink.org/ - 1-800-294-4665 ♦ 270 Bridge St Suite 301 Dedham, MA

Offers comprehensive behavioral health services for both adults and youths.

Seven Hills Behavioral Health Counseling

508-755-2340 ♦ Multiple locations across Western & Central MA

Provides support and counseling for individuals of all ages living with disabilities, behavioral health needs, and/or other life challenges.

Staffier Associates, Inc

508- 366-0406 ♦ 57 E Main St Ste 200 Westborough, MA

Offers evaluation, prevention, diagnosis, and treatment of mental, emotional and behavioral health issues.

The Brien Center for Mental Health and Substance Abuse

www.briencenter.org/- 1-800-252-0227 ♦ Multiple locations across Western MA

Community-based care that focuses on providing mental health services to both adults and children experiencing a behavioral health crisis.

PARTIAL HOSPITAL PROGRAM RESOURCES

Arbour Hospital: Jamaica Plain

1-833-227-2687 ♦ 49 Robinwood Ave Jamaica Plain, MA

Offers psychiatric and drug abuse treatment programs for adults and adolescents. Emphasizes development of long-term coping mechanisms, medication management.

BayRidge Hospital

781-599-9200 ♦ 60 Granite St Lynn, MA

Serves patients ages 18 and older who have acute psychiatric and/or addiction problems.

Berkshire Health Systems

413-447-2655 ♦ 725 North St Pittsfield, MA

Provides individuals and their families with the opportunity to manage crises, identify and enhance strengths and establish and maintain self-determined goals.

BHN Center for WellBeing

413-301-9355 ♦ 417 Liberty St Springfield, MA

An effective treatment experience for individuals at high risk for mental health hospitalization or stepping down from a more intensive program through intensive group therapy, CBT and DBT skill building, symptom management and recovery planning.

Bournewood Health Systems

617-676-3440

Offers a continuum of mental health and dual diagnosis care for adults and adolescents, including Partial Hospitalization Programs in Brookline, Dedham, Lowell, and Woburn.

Brigham and Women's Faulkner Hospital

617-983-7060 ♦ 1153 Centre St, 2nd Floor Boston, MA

A short-term stabilization and treatment program for individuals who are trying to cope with psychiatric issues, such as mood disorders, anxiety, and post-traumatic stress disorder.

McLean Behavioral Health Partial Hospital Program

617-855-3460 ♦ Belmont, MA

An intensive day treatment program that helps adults with an array of mental health challenges.

McLean SouthEast Adult Psychiatric Partial Hospital Program

774-419-1040 ♦ Middleborough, MA

Focuses on group therapies and skill building to treat individuals ages 18 and older struggling with depression and anxiety disorders, with or without other co-occurring mental health conditions such as PTSD and personality disorders.

Pembroke Hospital

781-829-7000 ♦ 199 Oak St Pembroke, MA

A short term and intensive day program for those struggling to cope with mental health challenges.

Saint Vincent Hospital

774-420-3857 ♦ 299 Lincoln St Worcester, MA

Provides patient-centered, evidence-based care for adults struggling with significant psychiatric symptoms.

UMass Memorial Marlborough Hospital

508-486-5547 ♦ 157 Union St Marlborough, MA

A voluntary, short-term, acute-care mental health program.

RECOVERY LEARNING COMMUNITY (PEER) RESOURCES

Cole Resource Center(DBT Therapy)

www.coleresourcecenter.org/- 617-855-3298 ♦ McLean Hospital

Provides referrals to resources for individuals and family members in accessible mental health resources like treatment programs, housing options, support groups, and online therapy finding tools.

DBSA Support Group (DBT Therapy)

www.dbsaboston.org/- DBSA Boston

A support organization run by volunteers for people diagnosed or who feel they have or experienced mood disorders including depression and bipolar disorder.

Hope Center

www.mbrlc.org/hope-center- 617-626-8687 ♦ Multiple locations across Boston

Offers both in-person and online/call-in peer support, education, and activity groups. Includes a peer support line open 7 days a week.

Metro Boston Recovery Learning Community

www.mbrlc.org/- 617- 875-4997

Provides peer-to-peer services for people in recovery from mental health and/or substance use issues. Services include peer support, advocacy, education, career coaching, and job readiness in a trauma sensitive centered manner.

Metro Boston Recovery Learning Community Peer Support Line

www.mbrlc.org/ ♦ 877-733-7563

Open 7 days a week, the peer support line is staffed by operators with lived experience with mental health issues.

National Alliance on Mental Illness Greater Boston (DBT Therapy)

www.namiboston.org/nami-peer-to-peer/- 781-819-3282 ♦ NAMI Greater Boston

An 8-week free recovery-focused program taught by trained leaders with lived experience. Program includes activities, discussions, and informative videos.

Opening Doors to the Arts

www.openingdoorstothearts.org/- 781-642-0368

Provides free and reduced priced tickets to those in the mental health community who may not be able to afford tickets on their own. Membership is free.

Southeast Recovery Learning Community

www.southeastrlc.org/- 774-212-4519 ♦ Multiple locations across Southeastern MA
Peer-run organization that assists people who are in mental health and/or substance misuse recovery. Offers peer-to-peer support, peer-facilitated support groups, peer bridging, advocacy, and volunteer opportunities to support people.

Western Mass Recovery Learning Community

www.wildfloweralliance.org- 413-772-0715 ♦ 20 Chapman St Greenfield, MA

RESIDENTIAL INPATIENT MENTAL HEALTH RESOURCES

McLean Hospital

www.mcleanhospital.org - 617-855-3141

Provides comprehensive diagnosis and treatment for adults living with a variety of conditions, including depression, anxiety, and bipolar disorder.

Austen Riggs Center

www.austenriggs.org/- 800-517-4447 ♦ 25 Main St Stockbridge, MA

A psychiatric residential treatment facility focusing on patient-centered treatment approaches to various mental and behavioral health disorders.

EIKOS Community Services

www.eikos.info/- 617-965-0777 ♦ 78 Englewood Ave Brighton, MA

Offers individualized liaison work with healthcare providers, provides transportation and telehealth, as well as complete medication management and administration to individuals struggling with mental illness.

Gould Farm

www.gouldfarm.org/- 413-528-1804 ♦ 100 Gould Rd Monterey, MA

Provides individual counseling sessions for individuals ages 18 and up who have been diagnosed with schizophrenia, schizoaffective disorder, bipolar disorder, major depression, and other related mental health difficulties.

TELE-HEALTH/ONLINE RESOURCES

Anxiety and Depression Association of America (ADAA)

www.adaa.org/ - 240-485-1001

Evidence-based programs and content dedicated to the prevention, treatment, and management of anxiety, depression, OCD, PTSD, and co-occurring disorders.

Bipolar Caregivers

www.bipolarcaregivers.org

Easily accessible informational website for caregivers of people living with bipolar disorder.

Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org/ - 800-826-3632 ♦ webmaster@dbsalliance.org

Offers peer-based, wellness-oriented support and empowering services and resources available for people via online, in local support groups, or in printed materials.

Disability Care Center

<https://www.disabilitycarecenter.org/>- 888-504-0035 ♦ contact@disabilitycarecenter.org

Advocacy group that connects individuals with helpful resources that aims to assist disabled Americans to successfully apply or appeal for Social Security Disability Benefits.

Equip Health

www.equip.health

Offers telemedicine for children, adolescents, and young adults with eating disorders, using evidence-based approaches.

HelpPRO Therapist Finder

www.onlinetherapy.com

An online therapy directory connecting people with therapists.

International Bipolar Foundation (IBPF)

www.ibpf.org/- Main: 858-764-2496

Includes educational articles, videos, and resources on topics centered around bipolar disorder.

Man Therapy

www.mantherapy.org/

24/7 digital platform dedicated to informing and increasing accessibility to resource surrounding suicide for high-risk men.

Now Matters Now

www.nowmattersnow.org/skills

Using direct, easy-to-follow videos, Now Matters Now offers tools for coping with suicidal thoughts as well as strategies to help people build more manageable and meaningful lives.

PsychEducation

www.psycheducation.org/

Educational website is run by Jim Phelps, M.D., an active clinician with expertise in bipolar disorder and the author of *Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder*.

Psychology Today

www.psychologytoday.com/us

Provides an extensive directory of therapists, psychologists and counselors near you.

Social Anxiety Resources

www.nationalsocialanxietycenter.com/resources/

Website provides resources for social anxiety, depression, along with organizations specializing in cognitive and behavioral therapies.

Therapy Matcher

www.therapymatcher.org

Provides free, personalized, and confidential referrals to licensed independent clinical social workers across Massachusetts.

This Is My Brave

[www.thisismybrave.org/-](http://www.thisismybrave.org/) Email: Jennifer@thisismybrave.org

This Is My Brave's mission is to end the stigma surrounding mental illness by sharing personal stories of individuals overcoming mental illness through poetry, essay and original music, live on stage, through stories submitted and published to their blog, and via their YouTube channel.

William James INTERFACE Referral Service

www.interface.williamjames.edu- 888-244-6843

A mental health and wellness referral helpline.