

## Hillel B'nai Torah

### Mental Health and Education Resource Guide

When you or someone in your family is unwell, the world can seem off-kilter. Any diagnosis can be difficult but when the concerns are emotional in nature, you may find that you have more questions than answers and are not sure where to turn.

When faced with changes in mental or behavioral health, either in yourself or a loved one, the whole family is affected. Many people describe feeling fear, anger, grief, sadness, guilt and/or shame. Sometimes people isolate themselves from their friends and their community, not sure how to talk about the profound changes and challenges they are dealing with. It can be a scary and lonely time.

Throughout the course of learning to manage mental illness or other health challenges, you will need the support of your providers, friends, family, and community. As you start to find your way through this difficult time, HBT wants to be here to help and offer what we can: a community of caring friends, a shoulder to lean on, and a hand ready to reach out to you. Whether it is spiritual support from our clergy, understanding and tips from other members who have “been there,” or a place of peace surrounded by your community, HBT is here for you.

HBT is a supportive community here to help. Please turn to the Rabbi, Benita Block, or Hillary Pinsker, and to friends for support and, when necessary, referrals and recommendations of providers.

While no one guide can answer all your questions, we have put together a summary of information you may find helpful to discover resources and supports for you and your family.

#### Disclaimer

The information in this Resource Guide is offered to members of HBT as a reference tool and is intended solely for informational purposes only. The information is of a general nature and is not intended to address the specific circumstances of any particular individual(s) or as a substitute for the advice, diagnosis or treatment by qualified mental health professionals or other health care providers. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. While this Resource

Guide has been compiled with care from sources reasonably believed to be trustworthy, HBT does not warrant or make any representations as to the accuracy, completeness or validity of the information contained herein: this Resource Guide is provided without warranties of any kind. Further, the inclusion of any facility, provider, organization or agency in this Resource Guide does not constitute an endorsement or recommendation by HBT. The links to third party websites included in this Resource Guide are provided as a convenience only. HBT is not responsible for the content or privacy and data collection policies of any linked sites, and it makes no representations and assumes no responsibility regarding the accuracy of materials on such linked sites.

PLEASE NOTE: FOR ANYONE BEHAVING IN A WAY THAT POSES A THREAT TO SELF OR OTHERS:  
CALL 911 IMMEDIATELY

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## COVID 19 SUPPORT AND RESOURCES

The pandemic has presented many new concerns for people. As we have to shelter-in-place, strive to stay illness-free, deal with employment issues or income, feel isolated, fearful or anxious, stressed, resource-deprived including food insecurity, or have disrupted routines and connectedness, it is even more important for people to be able to access mental health services. Facts fight fear. Keep up to date and informed.

[www.mass.gov/info-details/resources-for-reducing-stress-and-healthy-coping](http://www.mass.gov/info-details/resources-for-reducing-stress-and-healthy-coping)

[www.mass.gov/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak](http://www.mass.gov/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak)

## IMMEDIATE OR ACUTE CRISIS

SOMETIMES SITUATIONS ARISE IN WHICH YOU DO NOT NEED TO CALL 911, BUT YOU NEED HELP MORE URGENTLY OR FEEL YOU MAY BE IN CRISIS.

- Newton-Wellesley Hospital Emergency Department: 617-243-6000
- Massachusetts General Hospital Boston Acute Psychiatric Service (APS) is a Mental Health Emergency Service: 617-726-2994. (They always have a child psychiatrist on staff, unlike other hospitals that often only have an adult psychiatrist).
- Brigham and Women’s Faulkner Hospital Emergency Room: 617-983-7000. They have Outpatient and Inpatient Acute Care: 617-732-5148.
- Boston Children’s Hospital Inpatient Psychiatry Department: 617-355-7721.

- Fenway Health Center: 617-267-0900. (LGBT Specialty)
- If you are worried about someone and have not been able to reach that person, you can always call your local police department and ask them to do a “wellness check.” Most police departments have been trained in how to do this.
- Community-based emergency services to reduce Emergency Room need: <https://www.masspartnership.com/pdf/MBHPESPDirectory.pdf> In Boston it is Boston Emergency Service Team (BEST) 1-800-984-357. This serves individuals with MassHealth.

## ONGOING HELP

Sometimes situations develop in which you do not need Urgent Care.

Always remember to talk to your primary care provider or your child’s pediatrician.

You can also talk to a school guidance counselor.

Check to see if your place of employment offers an Employee Assistance Program (EAP).

Medical insurance can be very confusing. If you have medical insurance that you wish to use, to access appropriate care you should first call your insurance company and find out what your coverage provides for mental health care. Your insurance company can provide you with the names of clinicians who are approved providers for your specific plan and other information that you need to know. Most insurance companies also have a website where providers are listed by geographical location, type of provider, and specialty. You may find that a group practice is more likely to accept a wider range of health insurance.

MassHealth: 877-382-1609 <https://www.masspartnership.com/member/ESP.aspx>

Massachusetts Medicaid (MassHealth) pays for health care for certain low and medium income people living in MA. MassHealth offers health care benefits directly or by paying part or all of your health insurance premiums.

In addition, listed below are some local agencies. Please note that Riverside serves people from designated communities only.

- Riverside Community Care (RCC) [www.riversideecc.org](http://www.riversideecc.org) 617-969-4925 or 888-851-2451
  - A nonprofit agency offering a wide range of behavioral health services for children and adults, including emergency response, urgent care, and outpatient services.
- Jewish Family and Children’s Services [www.jfcsboston.org](http://www.jfcsboston.org) 781-647-5327
  - Services included are: Disability Resource Network, Disability Advocacy, Adult Family Care, Autism, Clinical Services, Day Programs and Employment Services, Services for the Elderly including Planning, Support for People Facing Illness, loss,

or isolation, Suicide Prevention and Alzheimer's/Related Disorders Family Support.

## TYPES OF MENTAL HEALTH PROFESSIONALS

There are different types of mental health professionals: psychiatrists, psychologists, clinical social workers, psychiatric nurses, licensed mental health clinicians, certified alcohol and drug abuse counselors, and marital and family therapists.

It can be confusing to know what type of mental health professional to call. It is not simply that each discipline has its own training and licensing requirements (which they do), but even WITHIN disciplines, different providers may do different types of therapy (whether it by individual, couples, family, or child) with different approaches (psychodynamic, cognitive-behavioral, internal family systems, etc.).

### DIFFERENCES IN TRAINING:

Psychiatrists have an MD. In addition to providing therapy, they can prescribe medications. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Psychologists have a doctorate (Ph.D., Psy.D., or Ed.D.). In addition to providing therapy, some psychologists conduct psychological testing. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Clinical social workers have a Masters in social work (MSW) and, in Massachusetts, are licensed as an LICSW (licensed independent clinical social worker). Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Licensed mental health clinicians have a Masters in psychology or counseling (MA) and are licensed as a LMHC. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

A psychiatric clinical nurse specialist/nurse practitioner is a Masters-prepared nurse who has a specialty in psychiatry. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches, and may prescribe medication.

Licensed Alcohol and Drug Counselors (LADCs) in MA have specific training in substance abuse and often offer groups in addition to individual sessions.

Licensed Marital and Family Therapists (LMFTs) have specific training to work with families and couples.

## LEVELS OF CARE:

There are several different options when choosing the intensity of services needed. A mental health provider will help you choose which option is best suited given individual needs and the severity of symptoms.

**Outpatient:** The least intensive form of treatment, it can be offered in a wide variety of settings including offices, schools, hospitals, and community mental health centers. This can be used as the primary form of care, or as a follow up to more intensive care.

**Intensive Outpatient (IOP):** Often affiliated with hospitals, IOPs offer more intensive outpatient services, usually emphasizing group treatment. Many are offered in the evenings, to allow patients to continue work or school. Goals are often focused on building coping skills and support networks.

**Partial Hospitalization Programs (PHP)/Day Programs:** Outpatient programs typically running 6-8 hours/day, after 5 days a week. An alternative for individuals needing intensive care, but wishing to continue living at home. PHPs can also be used after inpatient hospitalizations. They are often affiliated with hospitals.

**Residential/Inpatient Hospitalization:** The most intensive form of care, typically used if someone is actively suicidal or experiencing psychotic symptoms. Hospitalization usually focuses on stabilization, both emotionally and medically, with the goal of transitioning as quickly as possible to some form of outpatient care.

Here are some ways to find a mental health clinician:

- Your medical insurance website.
- Psychology Today: <https://www.psychologytoday.com/>, search under find a Therapist
- Social Work Therapy Referral Service: 617-720-2828, [www.naswma.org](http://www.naswma.org) and [www.therapymatcher.org](http://www.therapymatcher.org)
- Massachusetts Psychological Association: <http://masspsych.org/public>
- Massachusetts Psychiatric Society: <http://psychiatry-mps.org/contact-us> (It looks like MPS does not offer a referral service, but this may still be a helpful general resource)
- The Child and Adolescent Psychiatry Division of Newton-Wellesley Hospital – offers psychiatric evaluations and medication management for children who live in Needham, Newton, Natick, Wellesley, Weston, or Waltham. 617-243-6328
- Project Interface [www.interface.williamjames.edu](http://www.interface.williamjames.edu) 617-332-3666 or 888-244-6843 x 1411 (Helpline: Monday-Friday, 9:00am-5:00pm)

Interface Community Resource and Referral Helpline can assist in finding mental health services for children, families, and adults for residents of those municipalities that subscribe to this service: Dedham, Natick, Needham, Newton, and Waltham. The website contains over 30 online resource guide and references in three categories: Starting Places, General Guides, and Resource Lists, all available to the general public.

Note: The process of finding a therapist can be very frustrating. Sometimes providers will not call back, some may not take new patients, or you may not find a match with a provider. To find the right mental health provider for you, you might consider interviewing a few different providers in person or over the phone. People often worry that interviewing a few different providers might be awkward or offend a provider. Providers know that finding the right fit is an important goal, and they expect some people to meet with other providers before making a decision. You can always ask providers, even if you do not plan to work with them, for other names.

## Resources for Mental Health

There are also some agencies that may not see people directly, but they can assist in finding appropriate mental health services for children, families, and adults:

- NAMI MASS Compass: [compass@namimass.org](mailto:compass@namimass.org) 617-704-NAMI (6264)  
NAMI MASS Compass is operated by peers and family members who have dealt with these issues firsthand. Navigators are available to answer a wide range of questions and refer to NAMI support and education programs as well as other community resources. Compass online resource guide provides information in more than 20 categories of services.
- Boston Bar Association's [The Parents' How-to Guide to Children's Mental Health Services](#) provides a great deal of helpful information about diagnoses and accessing and paying for treatment as well as resources:  
[https://www.bostonbar.org/docs/default-document-library/bbaguide\\_2011update\\_2.pdf](https://www.bostonbar.org/docs/default-document-library/bbaguide_2011update_2.pdf)
- Newton Coalition for Suicide Prevention and Mental Health (Newton Cares) provides helpful information about suicide prevention and portals to several services at [http://newtonma.gov/gov/health/youth/suicide\\_prevention\\_n\\_mental\\_health.asp](http://newtonma.gov/gov/health/youth/suicide_prevention_n_mental_health.asp)

Below are a list of common diagnoses and other life stressors (listed alphabetically) and some resources you can turn to in order to learn more about them and find helpful resources:

### Adolescence and Young Adults

BaMidbar Wilderness Therapy for young adults struggling with depression, anxiety, and unhealthy life patterns [www.bamidbartherapy.org](http://www.bamidbartherapy.org) 720-835-2937 [info@bamidbartherapy.org](mailto:info@bamidbartherapy.org)

### Alzheimer's and Dementia

The Alzheimer's Associate MA/NH Chapter. Online: [www.alz.org/manh](http://www.alz.org/manh)

## Anxiety

Center for Anxiety and Traumatic Stress Disorder at Massachusetts General Hospital

Call: 1-800-44-WORRY Online: [www.bostonsocialanxiety.com](http://www.bostonsocialanxiety.com)

Anxiety and Depression Association of America Online: [www.adaa.org](http://www.adaa.org)

Center for Anxiety and Related Disorders at Boston University

Call: Bonnie Brown, nurse administrator, 617-353-9610 Email: [bonnieb@bu.edu](mailto:bonnieb@bu.edu)

The Child Cognitive Behavioral Therapy (CBT) Program at Massachusetts General Hospital (MGH). Call: 617-643-9898. Offers clinical care for youth 3-24 years. Services available only to patients that are already affiliated with a MGH primary care doctor.

## Autism

Autism Speaks Call: 1-866-366-3361 Online: [www.autism.com](http://www.autism.com)

ASPIRE Program

Asperger/Autism Network (AANE) Watertown, MA call: General Inquiries: 617-393-3824

Call: Child & Teen Services: 617-393-3824 x 17

Email: [childandteenservice@aane.org](mailto:childandteenservice@aane.org) Online: [www.aane.org](http://www.aane.org)

The Lurie Center for Autism, Lexington, MA Call: 781-860-1700

## Bereavement

Mount Auburn Hospital Bereavement Support Groups, Cambridge

Call Beth Loomis 617-575-8606 Email: [eloomis@mah.harvard.edu](mailto:eloomis@mah.harvard.edu)

Wellness Room (Newtonville) Call: 617-552-5116 [www.thewellnessroomnewton.com](http://www.thewellnessroomnewton.com)

The Compassionate Friends of Boston – Supporting family after a child dies

Call: 617-539-6424 Online: [tcfoboston@gmail.com](mailto:tcfoboston@gmail.com)

[www.meetup.com](http://www.meetup.com) Lists many types of local support groups, including bereavement groups

## Bullying and Cyber Bullying

Boston Children's Hospital Neighborhood Partnership (BCHNP) Call: 617-919-3226

Email: [BCHNP@childrens.harvard.edu](mailto:BCHNP@childrens.harvard.edu)

Bullying and Cyberbullying Prevention and Advocacy Collaborative (BACPAC) Call: 617-355-6388

## Cancer Support

Jewish Breast and Ovarian Cancer Community <https://sharsheret.org/> 866-474-2774

info@sharsheret.org

## Chronic and Persistent Mental Illness including Bipolar and Borderline Personality

The First Episode and Early Psychosis Program (FEPP) at MGH all: 617-724-7792

Evaluates and treats people who: Are experiencing psychosis for the first time, are between the ages of 14 and 40, and are residents of Greater Boston.

MA Child Psychiatry Access Program (MCPAP) Eastern MA team: 844-636-2727

Children's Hospital 617-355-6611

McLean Hospital 877-626-8140

Floating Hospital for Children at Tufts Medical Center 617-636-5731

## Chronic Fatigue Syndrome (myalgic encephalomyelitis) or ME/CFS

Centers for Disease Control Online: <https://www.cdc.gov/me-cfs/index.html>

## Depression

Families for Depression Awareness Call: 781-890-0220 Online: [www.familyaware.org](http://www.familyaware.org)

Depression and Bipolar Support Alliance of Boston call: 617-855-2795 online:  
[www.dbsaboston.org](http://www.dbsaboston.org)

Anxiety and Depression Association of America Online: [www.adaa.org](http://www.adaa.org)

Portraits of Resilience – MIT project that destigmatizes depression

Online: <https://arts.mit.edu/artists/portraits-of-resilience/#about-the-project>

## Divorce

General Resource: [Divorcesupport.com/divorce/Massachusetts](http://Divorcesupport.com/divorce/Massachusetts)

## Domestic Violence/Sexual Assault

Boston Area Rape Crisis Center (BARCC) Call: 617-492-8306 (office) Call 1-800-841-8371 for

24 hour hotline Online: <https://barcc.org>

Journey to Safety (JF&CS) call: 781-647-JFCS (5327) Online: [www.ifcsboston.org](http://www.ifcsboston.org)



## Eating Disorders

Multi-Service Eating Disorder Association (MEDA) call: 617-558-1881 Online: [www.medainc.org](http://www.medainc.org)

The Eating Disorders Clinic at MGH call: Ani at 617-726-8470

Can provide one-time evaluations and make treatment recommendations, regardless of where the person's primary care physician is located.

Overeaters Anonymous (OA) Online: [www.metrowestoa.org](http://www.metrowestoa.org)

## Elder Services

Council on Aging (This is in addition to your own town's Council on Aging, most towns have this). Online: [www.ncoa.org](http://www.ncoa.org)

800AGEINFO.COM (MA resource site)

Aging Care (formerly known as Geriatric Care Managers Assoc. Online: [www.agingcare.com](http://www.agingcare.com)

CJP Senior Direct (at Jewish Family and Children's Services) [www.ifcsboston.org/Our-Services/Older-Adults/CJP-SeniorDirect](http://www.ifcsboston.org/Our-Services/Older-Adults/CJP-SeniorDirect) 800-980-1982

## Gambling Addiction Call: 800-426-1234

Massachusetts Council on Compulsive Gambling Online: [www.masscompulsivegambling.org](http://www.masscompulsivegambling.org)

Hoarding AND CLUTTER Mass. Housing Authority

[https://www.masshousingrental.com/portal/server.pt/document/11093/hoarding\\_resource\\_directory\\_pdf](https://www.masshousingrental.com/portal/server.pt/document/11093/hoarding_resource_directory_pdf)

## Infertility Support

Resolve New England Online: [www.resolvenewengland.org/support/](http://www.resolvenewengland.org/support/)

Boston IVF Mind/Body Program Online: [www.bostonivf.com/wellness-center/mind-body-program-for-fertility/](http://www.bostonivf.com/wellness-center/mind-body-program-for-fertility/)

Journey to Parenthood (Norwood) Online: [www.meetup.com/Journey-to-Parenthood-Boston](http://www.meetup.com/Journey-to-Parenthood-Boston)

## LGBTQIA+

BAGLY (Boston Alliance for Gay, Lesbian, Bisexual, and Transgender Youth; Boston, MA)

Call: 617-227-4313 email: [info@bagly.org](mailto:info@bagly.org) Online: [www.bagly.org](http://www.bagly.org)

GEMS (Gender Management Service at Children’s Hospital, Boston, MA) Call: 617-355-4367

Fenway Health Center (Boston, MA) Call: 617-927-6178 Online: [www.fenwayhealth.org](http://www.fenwayhealth.org)

Keshetonline.org for LGBTQ equality in Jewish life.

BRYT Program in Brookline – bridge for resilient youth in transition.

### Obsessive-Compulsive Disorder (OCD)

OCD Massachusetts Call: 617-855-8263 Online: [www.ocdmassachusetts.org](http://www.ocdmassachusetts.org)

### Psychosis

Massachusetts Psychosis Network – early detection and treatment for 1<sup>st</sup> episode psychosis.

Call: 617-754-1229 [www.mapnet.online/program-directory](http://www.mapnet.online/program-directory)

NAMI free downloadable book for family/friends dealing with individuals in denial of need. The book title is I’m Not Sick I Don’t Need Help by Xavier Amador.

NAMI listed under resources for Mental health.

### Postpartum Depression

Postpartum Support International Massachusetts Call: 1-866-472-1897

Massachusetts Child Psychiatry Access Program for Moms (MCPAP)

Call: 1-855-MOM- MCPAP Online: [www.Mcpapformoms.org](http://www.Mcpapformoms.org)

Jewish Family and Children’s Services (JF&CS Waltham, MA) CERS-The Center for Early

Relationship Support Call: 781-647-5327 Online: [www.jfcsboston.org](http://www.jfcsboston.org)

### Post-Traumatic Stress Disorder (PTSD)

The Trauma Center at Justice Resource Institute (JRI, Brookline, MA)- Youth with Trauma

Call: 617-232-1303 Online: [traumacenter.org](http://traumacenter.org)

Trauma Abuse Treatment Call: 1-866-612-7506 Online: [traumaabusetreatment.com](http://traumaabusetreatment.com)

### Special Needs

Independent Educational Consultants Association

Help with finding an educational consultant. Online: [www.iecaonline.com](http://www.iecaonline.com)

Federation of Children with Special Needs

Help with finding an educational advocate. Online: [fcsn.org](http://fcsn.org)

Gateways Access to Jewish Education <https://www.igateways.org/> 617-630-9010

## Substance Abuse

Alcoholics Anonymous

AA Central Service Committee of Eastern MA (includes search engine for area meetings)

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

Massachusetts Al-Anon and Alateen

Online: <http://ma-al-anon-alateen.org/> (includes search engine for area meetings)

Jewish Alcoholics, Chemically Dependent Persons, and Significant Others (JACS)

Online: [www.jacsweb.org](http://www.jacsweb.org)

Learn to Cope (for opioid abuse and other drugs) Call: 508-738-5148 Online:

[www.learn2cope.org](http://www.learn2cope.org)

Massachusetts Substance Use Helpline (including opioid abuse)

Call: 1-800-327-5050 Online: <http://helpline-online.com/>

Massachusetts Organization for Addiction Recovery (MOAR)

Online: <http://www.moar-recovery.org>

## Suicide

National Suicide Prevention Line Call: 1-800-273-TALK (8255)

Online: <https://www.suicidepreventionlifeline.org/>

Samaritans Call/text Hotline: 1-800-870-HOPE (4673) Online: [www.samaritanshope.org](http://www.samaritanshope.org)

Crisis Text Hotline Online: <https://www.crisistextline.org/> text: 741741

## Tourette Syndrome

Tourette Association of America – MA Chapter Call: 1-888-4-Touret

<https://www.tourette.org/chapter/MA/>

## Vision: Vocational/Social Rehabilitation Services

Mass Eye and Ear Vision Rehabilitation, Boston Call: 617-573-4177

New England College of Optometry (NECO) – Low Vision Rehabilitation Service

Boston Call: 617-262-2020

Jewish Braille Institute [www.jbilibrary.org](http://www.jbilibrary.org) 800-433-1531 [admin@jbilibrary.org](mailto:admin@jbilibrary.org)

Carroll Center for the Blind <https://carroll.org/> 800-8523131

Perkins School for the Blind [www.perkins.org](http://www.perkins.org) 617-924-3434 [Info@Perkins.org](mailto:Info@Perkins.org)

## Vocational Guidance

Massachusetts One Stop Career Centers

Online: <http://www.mass.gov/lwd/employment-services/career-services/career-center-Services/>

Massachusetts Rehabilitation Commission Online: <https://Mass.gov/MRC>

Find a career center near you: <https://www.mass.gov/service-details/find-a-career-center-near-you>

Jewish Vocational Services Career Solution Call: 617-399-3100

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[www.mass.gov/info-details/resources-for-reducing-stress-and-healthy-coping](http://www.mass.gov/info-details/resources-for-reducing-stress-and-healthy-coping)

[www.mass.gov/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak](http://www.mass.gov/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak)

HBT is a supportive community here to help. Please turn to the Rabbi, Benita Block, or Hillary Pinsker, and to friends for support and, when necessary, referrals and recommendations of providers.