

Resources

EMERGENCY SERVICES:

Immediate Help

- Dial 911

or

- Advocates Emergency Psychiatric Service

508 872-3333

<http://www.advocatesinc.org>

-Help families obtain emergency services 24 hours 7 days a week

-Provide counseling and psychiatric services

- Samariteens Suicide Hotline

1 800 282-8336

Boston: 617 247-0220

Framingham: 508 875-4500

Toll Free: 877 870-4673

<http://www.samaritansofboston.org>

- Voices Against Violence

1 800 593-1125

508 626-8686

<http://www.smoc.org/index.asp?pgid=45>

-24 hour hotline

- provides free and confidential services to victims of domestic/partner violence and sexual assault/rape in the Metro west area.

- Domestic Violence Roundtable

<http://www.domesticviolenceroundtable.org>

-advice on securing safety and links to resources in our area

GENERAL MENTAL HEALTH:

Massachusetts Help Finder Clearinghouse

Dial 211

<http://www.mass211.org>

-national abbreviated dialing code for free access to health and human services, information and referral.

Massachusetts Department of Public Health

31 St. James Street

Boston, MA

617 624-6000

<http://www.mass.gov>

National Institute of Mental Health

866 615-6464

<http://www.nimh.nih.gov/index.shtml>

Human Relations Service

11 Chapel Place

Wellesley Hills, MA 02481

781 235-4950

<http://www.hrshelps.org>

-comprehensive community mental health center for all ages

-services include assessment, counseling, and psychiatry

Massachusetts General Hospital

School Psychiatry Program and MADI Resource Center

<http://www.schoolpsychiatry.org>

-a guide to child and adolescent mental health in school and at home

Information about anxiety, depression, bipolar disorder, attention-deficit/hyperactivity disorder and autism spectrum disorders in children and adolescents

- -Online access to dozens of the most effective screening tools and rating scales to aid in assessment of school-age children
- -Recommended interventions for the home and the classroom
- -Treatment options including counseling and medication

Massachusetts General Hospital

MADI Resource Center Mood and Anxiety Disorders Institute

<http://www.moodandanxiety.org>

- Information about anxiety, depression, bipolar disorder, and attention-deficit/hyperactivity disorder in adults and young people
- Links to mental health organizations, family support programs and services, treatment centers, and advocacy assistance across the United States and in Massachusetts
- Links to support groups
- Free online viewing of researchers and clinicians from Massachusetts General Hospital speaking on a wide range of mental health and wellness topics

Mental Health Toolkit for Parents

http://www.wayland.k12.ma.us/middle_school/psych/list2.htm

SUBSTANCE ABUSE:

Substance Abuse & Mental Health Services Administration

1 Choke Cherry Road

Rockville, MD 20857

<http://www.samhsa.gov>

Alcoholics Anonymous

617 426-9444

<http://www.aa.org>

-national website provides links to local meeting finder directories and contact numbers

Massachusetts Substance Abuse Referral Helpline:

1 800 327-5050

-provides free and confidential information and referrals for alcohol and other drug abuse problems and related concerns.

<http://www.helpline-online.com>

Massachusetts ALANON ALATEEN:

57 East Main Street, Suite 109

Westborough, MA 01581

508 366-0556

<http://www.ma-al-anon-alateen.org>

Narcotics Anonymous

1 866 624-3578

<http://www.newenglandna.org>

Genesis Counseling Services

24 Union Ave. Suite 11

Framingham, MA 01702

508 620-2992

-provides outpatient substance abuse treatment for adolescents, women, men and families.

<http://www.genescounselingservices.org>

Right Turn

299 Broadway

Arlington, MA 02474

781-646-3800

-provides outpatient assessment and treatment for adolescents and adults

www.right-turn.org

Sameem Associates

34 Lincoln St.

Newton, MA 02461

617 964-1060

-drug and alcohol assessment and treatment for youth

<http://www.sosdrugs.org>

Wayland Cares

-formerly Wayland Substance Abuse Prevention Coalition

-a community coalition committed to educating and empowering youth and adults to foster a healthy lifestyle including preventing substance abuse.

<http://waylandcares.org/>

EATING DISORDERS

Klarman Eating Disorders Center at McLean Hospital

115 Mill St.

Belmont, MA 02478

617 855-2000

<http://www.mclean.harvard.edu/patient/child/edc.php>

Mass General Hospital Eating Disorders Program – Clinical and Research

617 724-7792

<http://www2.massgeneral.org/allpsych/edcrp/services.asp>

Newton Wellesley Eating Disorder and Behavioral Medicine

617 332-2700 ext. 2

<http://www.nwedbmed.com>

Walden Behavioral Health Eating Disorders and Psychiatric Care

9 Hope Ave. Suite 500

Waltham, MA 02453

781 647-6700

<http://www.waldenbehavioralcare.com>

Arbour Health System

1 800 222-2237

<http://www.arbourhealth.com>

Something Fishy

-online resources for recovery from eating disorders

-good referral and links

<http://www.something-fishy.org>

Massachusetts Eating Disorders Association

92 Pearl St.

Newton, MA 02458

617 558-1881

<http://www.medainc.org>