

**IN CASE OF
EMERGENCY
CALL
9-1-1**

MENTAL HEALTH

RESOURCE LIST FOR READING, MA

www.reading.k12.ma.us/community/readingcoalition

Visit the coalition on [Facebook](#) or [Twitter](#)



▶ COALITION STAFF - READING POLICE

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FOR NON-
EMERGENCY
POLICE CALLS,
CONTACT THE
READING
POLICE AT
781.944.1212



▶ CRISIS SERVICES - SERVES ALL AGES

Clinical team operates a 24/7 mobile service for psychiatric evaluation, crisis intervention, stabilization & follow-up. Eliot Community Services • 888.988.1111 • www.eliotchs.org

▶ CRISIS HOTLINES - CALL & TEXT 24/7

Crisis Texting Line • TEXT "START" TO 741.741 • www.crisistextline.org

LGBT National Talkline 800.246.7743 • www.glbthotline.org/talkline

National Suicide Prevention Lifeline • 800.273.8255 • www.suicidepreventionlifeline.org

Samaritans Hotline • 800.252.8336 • www.samaritanshope.org

Veterans Crisis Line • 800.273.8255 • www.veteranscrisisline.net

▶ ABUSE • ASSAULT • DOMESTIC VIOLENCE

MA Division of Children & Family "CHILD-AT-RISK" Emergency Hotline • 800.792.5200 • www.mass.gov

MA Elder Abuse Hotline • 800.922.2275 • www.mass.gov/reporting-elder-abuse-neglect

RESPOND Inc. "Working to End Domestic Violence" 24 Hour Hotline • 617.623.5900 • www.respondinc.org

Jane Doe Inc. "MA SafeLink Hotline" • 877.785.2020 • www.janedoe.org/safety

Love is Respect • 866.331.9474 • www.loveisrespect.org

▶ ANXIETY • DEPRESSION • EATING DISORDERS

Anxiety & Depression Association of America • 240.485.1001 • www.adaa.org

Families for Depression Awareness • 781.890.0220 • www.familyaware.org

National Eating Disorders Association • 800.931.2337 • www.nationaleatingdisorders.org

Tufts Mood Disorders Program (depression) • 617.636.0219 • www.tuftsmedicalcenter.org

Walden Behavioral Care (eating disorders) • 781.647.6727 • www.waldenbehavioralcare.com

▶ HELPLINES • MENTAL HEALTH & SUBSTANCE TREATMENT

MA Substance Abuse Info Helpline • 800.327.5050 • www.helpline-online.com

National Alliance on Mental Illness: Mass COMPASS • 800.950.6264 • www.namimass.org/resources

United States SAMSHA Treatment Helpline • 800.662.4357 • www.findtreatment.SAMHSA.gov

▶ RESOURCE DIRECTORIES • TREATMENT

MA Dept. of Mental Health Multicultural Directory • www.mass.gov/mental-health-resources

MA Network of Care (to find behavioral health programs) • www.massachusetts.networkofcare.org/mh

Mystic Valley Public Health Coalition Resource Guide & App • www.mysticvalleypublichealth.org

MASS
2-1-1
INFO
&
RESOURCES

MENTAL HEALTH

RESOURCE LIST FOR READING, MA

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MENTAL HEALTH REFERRAL PROGRAM - ALL AGES

- If you live in Reading and need an outpatient mental health counselor...Start with **INTERFACE!**
- The Town of Reading contracts with William James College to offer this unique service.
- The service, staffed by Referral Specialists, helps children, teens, & adults get connected to outpatient mental health providers. Get a provider match that meets your specific needs, accepts your insurance, is in a convenient location & has available appointments.

WILLIAM JAMES COLLEGE
INTERFACE Referral Service

Free to the town of
READING

Resource Information
Provider Referrals

Where can you learn about Mental Health Resources in or near your community?
How can you access Mental Health Services?
Find answers at the William James College INTERFACE Referral Service website:
interface.williamjames.edu
Or call the **INTERFACE® Helpline** at
1-888-244-6843 Monday-Friday
9:00 am-5:00 pm.

MORE WAYS TO GET MENTAL HEALTH SUPPORT

- Do you need health insurance?
 - Call 877.623.6765 or visit www.mahealthconnector.org
- Do you already have health insurance?
 - Insurers provide a phone # on the back of the membership card to get info on which services are covered in-network.
- Do you have a Primary Care Provider (PCP)?
 - Your provider may have an in-house Behavioral Health Coordinator to assist patients. PCPs are affiliated with hospitals that have agreements with behavioral health providers including ---
www.childrenshospital.org • www.melrose-wakefield.org • www.bidmc.org • www.laheyhealth.org •
www.challiance.org • www.massgeneralbrigham.org • www.massgeneral.org
www.winchesterhospital.org • www.bmc.org • www.tuftsmedicalcenter.org
- Did you know Massachusetts has a strong network of community health centers that specialize in important behavioral health services?
 - Visit www.massleague.org to find the closest one.

MENTAL HEALTH & SUBSTANCE USE SUPPORT

Adcare • 866.539.5247 • www.adcare.com

Bournewood • 800.468.4358 • www.bournewood.com

Children's Hospital Adolescent Substance Abuse Program • 617.355.2727 • www.childrenshospital.org

Counseling Services of Greater Boston in Wakefield • 781.916.9591 • www.csqboston.com

Home Base Program for Veterans & Families • 617-724-5202 • www.homebase.org

Institute for Health & Recovery • 866-705-2807 • www.healthrecovery.org

Lahey Behavioral Services • 978.968.1700 • www.nebhealth.org

MassGeneral Addiction Resource Management • 617.643.4699 • www.massgeneral.org/psychiatry

McLean Hospital • 617.855.2000 • www.mclean.harvard.edu

Psychological Care Associates • 781.646.0500 • www.psychologicalcareassociates.org

INTERACTIVE MENTAL HEALTH SUPPORT

IM HEAR • TeentoTeen • www.samaritanshope.org

IM ALIVE • an online crisis network • www.imalive.org

JED FOUNDATION • www.jedfoundation.org/mental-health-resource-center

STRENGTH OF US • www.strengthofus.org