

To find more resources on Substance Abuse & Mental Health First Aid trainings, visit <http://bit.ly/RCASAWebsite>



Reading Coalition Against Substance Abuse



To find school behavioral health updates on the Multi-Tiered Support System (MTSS), visit <http://bit.ly/ReadingMTSS>

MENTAL HEALTH & SUBSTANCE ABUSE COUNSELING

Riverside Outpatient Care	781-246-2010	www.riversidecc.org
Hallmark Community Counseling	781-979- 3315	www.hallmarkhealth.org
Institute for Health & Recovery	617-661-3991	www.healthrecovery.org
South Bay Mental Health	978-542-1951	www.southbaymentalhealth.com
Arbour Counseling	781-322-1503	www.arbourhealth.com
Psychological Care Associates	781-646-0500	www.psychologicalcareassociates.org
Riverway Counseling Associates	781-395-1560	www.riverwaycounseling.net
CASPAR	617-371-3022	www.casparinc.org
Team Coordinating Agency, Inc.	978-694-9997	www.teamca.net
MassGeneral Addiction Resource Management (ARMS)	617-643-4699	www.massgeneral.org/psychiatry/arms/home.aspx
Children's Hospital Adolescent Substance Abuse Program	617-355-2727	www.childrenshospital.org
McLean Hospital	617-855-2000	www.mclean.harvard.edu

MENTAL HEALTH & SUBSTANCE ABUSE DETOX/STABILIZATION SERVICES

Central Intake & Care Coordination	866-705-2807	www.healthrecovery.org
Motivating Youth Recovery	508-860-1244	www.communityhealthlink.org
The CASTLE (Clean and Sober Teens Living Empowered) High Point Treatment Center	508-638-6000	www.hptc.org

MENTAL HEALTH & SUBSTANCE ABUSE INPATIENT SERVICES

Some units may be unable to serve teens, ask when calling or work with your PCP or counselor to access other resources.

Adcare Health System	800-ALCOHOL	www.adcare.com
Bournewood- Brookline	800-468-4358	www.bournewood.com

SELF HELP & FAMILY SUPPORT GROUPS

Strength of Us: An Online Community for Youth & Young Adults Impacted by Mental Health	800-273-8255	www.strengthofus.org
CopeCareDeal: A Mental Health Website for Teens	website only	www.copecaredeal.org
Al-Anon/Alateen	508-366-0556	www.al-anon.alateen.org
Families Anonymous	800-736-9805	www.familiesanonymous.org
Learn 2 Cope for Parents and Family Members	508-738-5148	www.learn2cope.org
Parents Helping Parents of MA & Parental Stress Line	800-632-8188	www.parentshelpingparents.org
AA Young People Meetings (St. Charles Woburn on Sat, 12 noon & First Baptist Stoneham on Fri at 8pm)	978-957-4690	www.aa.org

SELF HELP "APPS" FOR IPHONE OR ANDROID

Recent studies show that tech-based tools may extend therapeutic impact. Apps only recommended as an adjunct to professional support.

Breathe2Relax is a portable stress management tool @ http://t2health.dcoe.mil/apps/breathe2relax
Mood 24/7 uses text messages and a secure website to help people log and track their moods @ www.mood247.com
MindShift is designed to help teens and young adults cope with anxiety @ www.anxietybc.com/mobile-app
Codeblue provides immediate support for young people experiencing depression or bullying @ www.codeblue.io
Lantern is scientifically designed web based platform & app to help improve emotional well-being @ www.golantern.com

2015 RESOURCE LIST • READING, MA



IN CASE OF EMERGENCY CALL 9-1-1

Eliot Community Services operates a 24/7 mobile service for psychiatric evaluation, crisis intervention, stabilization & follow up for children, adults, elders in acute psychiatric distress.	800-988-1111	www.eliotchs.org/Emergency-Services
National Suicide Prevention Lifeline for those in a crisis, whether or not you are thinking about killing yourself. People call for help w/ substance abuse, financial worries, family problems, sexual orientation, abuse, depression, mental health, illness, & loneliness.	800-273-8255	www.suicidepreventionlifeline.org
Crisis Texting Line serves youth in any type of crisis, providing them access to free, 24/7, emotional support & info via text.	TEXT "START" TO 741-741	www.crisistextline.org
Samaritans 24 hour Hotline available emphasizing confidential, non-judgmental, and compassionate listening.	800-252-8336	www.samaritanshope.org

ABUSE, ASSAULT & DOMESTIC VIOLENCE SUPPORT

Child-at-Risk Emergency Hotline MA Dept. of Children & Family Services	9-1-1 or 800-792-5200	www.mass.gov/eohhs/gov/departments/dcf/child-abuse-neglect/
Reading Police: Trained officers available to advise on obtaining restraining orders & managing safety concerns.	9-1-1 or 781-944-1212	www.readingma.gov/police-department
RESPOND: Working to End Domestic Violence Hotline	617-623-5900	www.respondinc.org
Jane Doe Inc./MA SafeLink Hotline	877-785-2020	www.janedoe.org/safety
GLBTQ Domestic Violence Project Hotline	800-832-1901	www.glbtdvp.org
National Child Abuse Hotline	800-422-4453	www.childhelp.org/hotline
National Domestic Violence Hotline	800-799-7233	www.thehotline.org
National Sexual Assault Hotline	800-656-4673	www.rainn.org
National Teen Dating Abuse Helpline	866-331-9474	www.loveisrespect.org

GLBTQ SUPPORT

GLBT National Youth Talkline	800-246-7743	www.glnh.org/talkline
Trevor Project Crisis Line – LGBTQ Youth	866-488-7386	www.theTrevorProject.org
Fenway Community Health Center	617-267-0900	www.fenwayhealth.org
Boston Alliance of Gay, Lesbian, Bisexual & Transgender Youth	617.227.4313	www.bagly.org
Reading Memorial High School Gay Straight Alliance (GSA)	meets weekly	www.edline.net/pages/reading_hs

HEALTH INSURANCE

Most insurers provide a phone # on the back of the membership card to get more info on which behavioral health services are allowed. If you need health insurance, visit MA Health Connector @ www.mahealthconnector.org

HOSPITAL SYSTEMS

Boston Children's Hospital @ www.childrenshospital.org • Hallmark Health @ www.hallmarkhealth.org • Lahey Health @ www.laheyhealth.org • Partners Healthcare @ www.partners.org • Winchester Hospital @ www.winchesterhospital.org

HOTLINES FOR MENTAL HEALTH, SUBSTANCE ABUSE & MORE

MA Substance Abuse Info & Education Helpline	800-327-5050	www.helpline-online.com
U.S. Substance Abuse & Mental Health Services Helpline	800-662-4357	www.findtreatment.SAMHSA.gov
National Alliance on Mental Illness (NAMI) Info Helpline	800-950-6264	www.nami.org/Find-Support
Mental Health: Let's Talk About It	877-726-4727	www.mentalhealth.gov
IM Hear Program Teen to Teen (Mon-Thurs. nights from 6-9pm)	IM only	www.samaritanshope.org/im-hear
IMAlive: An Online Crisis Network	Online Chat	www.imalive.org