

SOCIAL AND MENTAL HEALTH RESOURCES

Anxiety

BU Center for Anxiety and Related Disorders (CARD) – a clinical and research center that provides treatment for a variety of anxiety and anxiety-related conditions. Their website provides a wealth of information regarding different anxiety-related disorders and their treatments.
www.bu.edu/card (617) 353-9610

www.childanxiety.net - great resource for information regarding anxiety

Bullying

Massachusetts Aggression Reduction Center – website contains a wealth of information for parents, students and schools regarding bullying.
<http://marccenter.webs.com>

Department of Elementary and Secondary Education website – website contains information about new legislation and the Bullying Prevention and Intervention Plan now required by the state. www.doe.mass.edu/bullying/

www.ryanpatrickhalligan.org -website developed by the father of a boy who committed suicide after being bullied. Contains information and resources about both bullying and suicide.

www.stopbullyingnow.com - website lists information and resources on how to identify and prevent/intervene in bullying in schools

Cancer

<http://www.cancercenter.com/community/thrive/creating-a-safe-place-for-kids/> - Information and resources for children and families who have a family member who has cancer.

Child Protection

Child-At-Risk Hotline (to report child abuse) 1-800-792-5200

Plymouth County Children's Advocacy Center – Provides a variety of services including mental health services, medical services and advocacy for children who are victims of abuse and severe neglect
<http://www.mass.gov/daplymouth/cac/> 508-580-3383

Child Psychiatrists & Clinical Nurse Specialists

Erin Ackland, NP, CNS – Norwell, 781-347-4717 Ext. 3 (Only older Adolescents)

Brian Banks, NP – Hingham, 781-427-7071 (Cash only currently)

RoseMarie Carvelli, CNS - Hingham, 781-749-5854

Dr. Tolga Ceranoglu, M.D. - Milton 617-296-5437

Theresa Damien, NP Psych - Plymouth 508-586-2660

Dr. Alaa Elrefai, M.D. - Randolph 781-963-7775

Green Light Behavioral Health - Hingham 781-312-7377 (BC/BS, Tufts)

Judith Israel, APRN - Braintree 781-849-6176

Dr. Victor Komry, M.D. - Taunton 508-821-7777

Susan Long, APRN - Hingham 781-374-4100 (has evening and weekend hours) – she also has several RN's who treat adults

Dr. Mary Ann McDonnell, CNS, Ph.D. - Hingham 781-837-8833

Dr. Richard Netsky, M.D. - Hingham 617-876-4099

Dr. Roger Pottanat, M.D. and Dr. Kirk Lum - E. Weymouth 781-551-0999

Dr. Juris Triebergs - Plymouth 508 747-2705

Crisis

Aspire Health Alliance Crisis Team - (617) 774-6036 or 1-800-528-4890 - Aspire Health Alliance's Emergency Services Program (ESP) provides in-home, community, and hospital ER-based services to children, teens, and adults who are at risk of harming themselves or others. Available 24 hours a day, seven days a week, ESP's master's level clinicians provide psychiatric evaluation and treatment to support and stabilize clients while transitioning them to the appropriate level of care within the community.

National Suicide Prevention Lifeline - The National Suicide prevention Lifeline is a 24 hour, toll-free suicide prevention hotline. You will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, their mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself or someone you care about. Your call is free and confidential. **1-800-273-(TALK)8255.**

Crisis Text Line - Crisis Text Line is a free, 24/7, confidential text message service for people in crisis. Text HOME to 741741 in the United States. <https://www.crisistextline.org/>

Community Support and Outreach

Advocates South Coastal Family Support Center – provides a variety of services, including mental health services, advocacy, family supports and psychiatric emergency services. Office is located in Randolph.
<https://www.advocates.org/> 781-767-3048
24 Hour Crisis Support Hotline 1-800-640-5432

Brockton Area Multi-Services, Inc. (BAMSI) is a private, non-profit human services organization providing services to adults and children with developmental disabilities, mental illness, behavioral health, and public health needs. www.bamsi.org 508-580-8700.
Family Support Center - Hanover 781-878-4074

Community Outreach and Family Support Program (Hull Board of Health) - provides assistance in the form of support and referral services, home visits, case management and service planning to families in need. Contact SandieGauds at 781-925-2000 x3829.
http://www.town.hull.ma.us/Public_Documents/HullMA_Health/CommunityOutreach

Department of Developmental Services – provides services and supports for children with developmental disabilities in the form of service coordination, family support, respite and camps. 617-727-5608
<http://www.mass.gov/eohhs/gov/departments/dds/>

Department of Mental Health – provides services and support to those with a qualifying mental health disorder. 617-626-8000
<http://www.mass.gov/eohhs/gov/departments/dmh/>

Hull Family Network – Provides free services for parents of children ages 0-3 such as playgroups, support groups, parent education and family events.
(781) 925-0771 x21

MSPCC: Connecting Parents – weekly support groups and trainings for parents of children with mental health concerns 617-983-5803
www.mspcc.org/connectingparents

Wellspring Multi-service Center - provides support and skills to people facing challenges to their financial, physical or emotional well-being in order to help them achieve independence and self-sufficiency. 781-925-3211
www.wellspringhull.org/index.php

Quincy Community Action Programs, Inc. (QCAP) – Consists of many programs to help support families living in poverty such as, programs for, adult education, food and nutrition, housing and energy. Website provides more information and phone numbers for specific programs.
<http://www.qcap.org>

Counseling

Arbour Counseling- located in Norwell, offering individual, group and family therapy. 781-871-6550 www.arbourhealth.com

Aspire Health Alliance – located in Quincy, offering office based and in home services, provide services for children, adolescents and adults experiencing emotion problems, behavioral problems, developmental disabilities and substance abuse. www.aspirehealthalliance.org 617-847-1950

Baystate Community Services - located in Quincy, offering individual and group counseling. A walk-in intake process is also available for more immediate child and adolescent outpatient services. 617-471-8400
<http://www.baystatecs.org/>

Cedar Clinic - (Center for Early Detection, Assessment & Response to Risk)
a specialized center, located in Boston, for young people aged 12-35 who are experiencing new or worsening symptoms that may be warning signs for psychosis. Website Provides Resources. (617) 754 – 1223
www.cedarclinic.org

Center for Integrative Counseling and Wellness – Located in Hingham. Wide variety of specialties including child and young adult counseling, social skills groups and trauma counseling. 781-749-9227
<http://www.centerforintegrativecounselingandwellness.com>

Cynthia Garrett Counseling – located in Marshfield, working with youth and families. 781-733-6044 www.cynthiagarrettcounseling.com

Dana Group Associates - located in Norwell treating children, adolescents and adults. Services offered include individual, group, expressive and family therapy; medication management; and neuropsychological testing. (781) 429-7755 www.dana-group.com

Julie Farris – located in Weymouth. Services provided for mood issues, anxiety, children, family and couples. 781-561-9161
<https://www.psychologytoday.com/us/therapists/julie-farris-jalewsky-weymouth-ma/147975>

South Bay Mental Health – counseling in-home or at their Weymouth office (781)-331-7866. <https://www.southbaycommunityservices.com/>

South Shore Behavioral Health Clinic – located in Norwell with office and home based services. 781-878-8340.
www.southshorecounselingandassociates.com

South Shore Mental Health - provide services for children, adolescents and adults experiencing emotion problems, behavioral problems, developmental disabilities and substance abuse. <http://www.ssmh.org> 617-847-1950

PREP (Prevention and Recovery in Early Psychosis) Program –

Treatment program ran through Beth Israel Deaconess Medical Center for older adolescents or young adults who are grappling with the early stages of psychotic illness. (617) 626-9559 <http://www.bidmc.org/Centers-and-Departments/Departments/Psychiatry/The-Prevention-and-Recovery-in-Early-Psychosis---PREP/Program-Information.aspx>

Terry Sherrick –Located in Norwell, provides mental health counseling for children ages 3+, adults, families and elders. (781) 352-0746
<https://www.psychologytoday.com/us/therapists/theresa-sherrick-lmhc-norwell-ma/245366>

***Listings of Counselors based on specialties and insurance:**

<https://www.psychologytoday.com/us/therapists> - Contains extensive listing of counselors, their areas of specialty and the insurance they accept.

South Shore Coalition of Independent Therapists - directory of therapists on South Shore. This resource provides a listing of independent therapists, their areas of specialty and the insurance they accept.
www.sscit.org/directory

Massachusetts Behavioral Health Partnership - The MBHP behavioral health provider network is one of the largest in Massachusetts. It includes over 1,200 clinics, inpatient programs, individual practitioners such as social workers and psychologists, and many more. Many of their providers speak multiple languages. They all share a commitment to providing high quality, culturally sensitive care. Services offered range from detox, to crisis counseling, to long-term therapy.
<https://masspartnership.com/member/FindAProvider.aspx>

Domestic Violence

Department of Children and Families Abuse Hotline – 1-(800)-792-5200

Domestic Violence Ended (DOVE) Youth Hotline 1-617-773-HERT
Domestic Violence Ended (DOVE) 24 Hour Hotline 1-617-471-1234 or 1-888-314-3683

Domestic Violence Ended (DOVE) – Provides services and support for victims of dating and domestic violence, as well as their children.
<http://dovema.org> 617-770-4065

Plymouth County Children's Advocacy Center - offers a comprehensive approach to serving child victims and their families. The Center coordinates and supports an interdisciplinary response in a child-friendly environment that promotes children's safety, health, and well-being. 309 Pleasant Street, Brockton, MA 02301. 508-580-3383.
www.mass.gov/daplymouth/cac/cac.html

South Shore Women's Resource Center - comprehensive domestic violence programs, and advocacy support that provides center based services as well as outreach programs and services. Services are free and confidential. Plymouth, MA. 508-746-2664
24-hour hotline: 888-746-2664

Eating Disorders

MEDA – resources and treatment providers www.medainc.org

Walden Behavioral Care – adolescent intensive outpatient program (ages 12-17) 781-647-6727 <http://www.waldenbehavioralcare.com/treatment/eating-disorder-treatment/>

Grief

Comfort Zone Camp – free weekend camps for children 7-17 who have experienced the death of a parent, sibling or primary caregiver
www.comfortzonecamp.org

The Good Grief Program – resources for helping children cope with loss, including support groups (The CIRCLE), a family support assessment clinic, and tips for supporting children's grief. 617-414-4005
www.bmc.org/pediatrics-goodgrief/services.htm

Joanna's Place – Offers free consultations, support groups and resources and referrals to families experiencing significant loss or change. (781) 413-5141
<http://www.joannasplace.org>

Homelessness

District Homeless Liaison: Judy Kuehn 781-925-4400 x 1128.
State Coordinator for Homeless Education: Sarah Slautterback 781-338-6330
Hull Community Outreach Coordinator- Sandie Grauds 781-925-8122

www.mahomeless.org - Massachusetts Coalition for the Homeless
<http://center.serve.org/nche/> - National Center for Homeless Education

LGBTQ

Boston Alliance of Gay and Lesbian Youth (BAGLY)-

<https://www.bagly.org/> (617) 227-4313 email: info@bagly.org

GLBT National Health Center- Hotline 1-800-246-PRIDE M-F 4pm to Midnight

email: youth@GLBTNationalhelpcenter.org

PFLAG- Resources for parents and friends of LGBTQ students.

<https://www.pflag.org/chapter/greater-boston-pfla>

Quincy Family Resource Center- Monthly Monday support group for parents of LGBTQ youth and students. 617-481-7227

South Shore Alliance of Gay and Lesbian Youth (SSHAGLY)- Weekly meetings in Duxbury offering peer support second and fourth Mondays of the month 1st Parish Unitarian Universalist Church.

email: sshagly@gmail.com 781-236-3087

Safe Schools- DESE resource on creating safe schools for LGBTQ youth.

<http://www.doe.mass.edu/sfs/lgbtq/>

Mental Health Information/Resources

AnxietyBC™ is a leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. Our site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety. <https://www.anxietybc.com/>

Anxiety and Depression Association of America - Website that provides information and resources on anxiety and depression.

<https://adaa.org/understanding-anxiety>

Child Mind- The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain

and empower parents, professionals and policymakers to support children when and where they need it most. <https://childmind.org/>

Department of Mental Health-Southeast Area Office - The Department of Mental Health's (DMH) Division of Child, Youth and Family Services provide a variety of supports to Massachusetts youth with mental illness and their families. DMH believes that families are experts on their children and that both youth and family participation in treatment is essential to the recovery process. Every youth and family has strengths, which are important to help overcome challenges, and DMH services focus on building upon those strengths. Services offered through DMH to eligible youth are intended to be strength-based, trauma-informed, family-driven, youth-guided, and respectful of the culture and preferred language of the youth and family. Howard Baker-Smith, Area Director, 165 Quincy Street, Brockton, MA 02302, Phone (508) 897-2000, Fax (508) 897-2024, TTY (508) 897-2102

National Alliance on Mental Illness - A state resource for individuals and families facing the challenges of mental illness, providing free mental health family-based education, family and peer support and grassroots advocacy. Massachusetts chapter-<http://namimass.org/>

www.schoolpsychiatry.org - this website contains information for parents and schools regarding a variety of mental health issues.

South Shore Mental Health – provide resources and behavioral health services. www.ssmh.org

<http://www.anxietyinteen.org> - A website for teens and young adults with anxiety to get information, inspiration and community.

Parenting/ Pregnancy

Parental Stress Hotline 1-800-632-8188 (Through Parents Helping Parents of Mass.)

Parenting Wisely – Parenting program and resources – Teen and child version available. <https://www.familyworksinc.com/programs.html>

South Bay Mental Health- Parenting Support Group, Weymouth
781-331-7866

Baystate Community Services- Parent Support Network, Quincy
617-471-8400 x121

MSPCC: Connecting Parents – weekly support groups and trainings for parents of children with mental health concerns 617-983-5803
www.msppcc.org/connectingparents

www.onetoughjob.org - Online resource for parents that offers parenting information, tips and support.

Manet Community Health Center- A reproductive health and family planning program. 857-939-5112 Email: healthychoices@manetchc.org

Blue Hills Healthy Families- located 172 Main Street Hingham, MA - 781-749-1535

Substance Abuse

Al-anon/Alateen – support for relatives and friends of alcoholics.
(508) 366-0556 www.ma-al-anon-alateen.org

Alcohol and Drug Abuse Hotline 1-800-327-5050 <http://helpline-online.com>
- Mass substance abuse information and education helpline.

Caron's Student Assistance Program – support groups, prevention and assessment services, parent programs www.caronsap.org

South Shore Peer Recovery Initiative – support services, education and advocacy 781-378-0453

Substance Abuse Hotline 1-800-454-8966

<http://www.doe.mass.edu/news/news.aspx?id=25475> - **Department of Public Health Article** - risks and resources for student vape, marijuana and opioid use

https://www.addictionpolicy.org/hubfs/Kit4Teachers_ALt_2018-4.pdf - **Children Impacted by Addiction: A Toolkit for Educators.**