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National Resources

ADHD

ADDitude
www.additudemag.com

Children and Adults with Attention-
Deficit/Hyperactivity Disorder
800-233-4050
www.chadd.org

Anxiety

Anxiety in Teens
www.anxietyinteens.org

www.adaa.org
Social Anxiety Association
www.socialphobia.org

Anxiety and Depression Association of
America
240-485-1001

Autism

Autism NOW Center
www.autismnow.org

Autism Spectrum Connection
www.aspergersyndrome.org

Autism Research Institute
www.autism.com

Autism Speaks
www.autismspeaks.org

Borderline Personality Disorder

BPDWORLD
<https://www.bpdworld.org/>

Association – NEPDA
<http://www.nepda.org>

National Education Alliance for Borderline
Personality Disorder
www.borderlinepersonalitydisorder.org

Treatment and Research Advancements for
Borderline Personality Disorder
888-482-7227
www.tara4bpd.org

New England Personality Disorder

Black, Indigenous, and People of Color Specific Resources

AAKOMA Project Inc. (African-American

Knowledge Optimized for Mindfully

Healthy Adolescents)
www.aakomaproject.org

Asian Mental Health Collective
www.asianmhc.org

Black Emotional and Mental Health
(BEAM)
www.beam.community
www.beam.community/tool-kits-education

Black Girls Smile
www.blackgirlssmile.org

Black Mental Health Alliance
www.blackmentalhealth.com

Black Mental Wellness
www.blackmentalwellness.com

Indian Health Service
www.ihs.gov

Loveland Foundation

(organization that assists in making therapy
affordable for Black females)
www.thelovelandfoundation.org/loveland-therapy-fund/

National Indian Child Welfare Association
(NICWA)
www.nicwa.org

National Indigenous Women's Resource
Center, Inc. (NIWRC)
www.niwrc.org

Selected Patient Information in Asian
Languages
http://spiral.tufts.edu/health_centers.shtml#ma

Sista Afya Community Mental Wellness
www.sistaafya.com

We R Native
www.wernative.org

Bullying and Cyberbullying

CyberBullying Research Center
www.cyberbullying.org

CyberTipline
800-843-5678
Twenty-four hours a day, seven days a week
www.cybertipline.com

National Bullying Prevention Center
www.pacer.org/bullying

Stop Bullying Now Campaign
www.stopbullying.gov

Crisis Hotlines

Alcohol Treatment Referral Hotline 1-800-
252-6465
Twenty-four hours a day, seven days a week

Call2Talk
508-532-2255
Twenty-four hours a day, seven days a week

<https://mass211.org/call2talk/>

Crisis Center and Hotlines Locator by State
www.suicidepreventionlifeline.org/ourcrisis-centers

Crisis Support Services
CARE to 839863
Twenty-four hours a day, seven days a week
<https://cssnv.org/>

Crisis Text Line
Text HOME to 741-741 (Text only)
Twenty-four hours a day, seven days a week
www.crisistextline.org

IMAlive Chat (online)
www.imalive.org

LGBT National Help Center
888-843-4564
Hours: Monday thru Friday from 4 PM- 12 AM, Saturday from 12 PM- 5 PM
www.glbthotline.org/hotline.html

National Domestic Violence Hotline
800-799-7233
Twenty-four hours a day, seven days a week
www.thehotline.org

National Sexual Assault Hotline
1-800-656-HOPE (4673)
Twenty-four hours a day, seven days a week

National Suicide Hotline
800-SUICIDE (784-2433)

Depression and Bipolar Disorders

Anxiety and Depression Association of America
240-485-1001
www.adaa.org

The Balanced Mind Foundation
www.bpkids.org

Depression and Bipolar Support
800-826-3632
www.dbsalliance.org

800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
www.imalive.org

National Suicide Prevention Lifeline
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
www.suicidepreventionlifeline.org

Poison Control
800-222-1222
Twenty-four hours a day, seven days a week
www.poisonhelp.org

*Samaritans
877-870-HOPE (4673) (Call or Text)
Twenty-four hours a day, seven days a week
www.samaritanshope.org

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
www.thetrevorproject.org

Trans Lifeline
877-565-8860
Hours: 10 AM- 4 AM; Volunteers may be available during off hours.
www.translifeline.org

Depression Screening
www.depressionscreen.org

Families for Depression Awareness
www.familyaware.org

International Bipolar Foundation
www.ibpf.org

International Foundation for Research and Education on Depression
www.ifred.org

National Hopeline Network
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week

Pendulum
www.pendulum.org

Eating Disorders

Anorexics and Bulimics Anonymous
www.abal2steps.org

*Eating Disorders Anonymous
www.eatingdisordersanonymous.org

Eating Disorder Hope
www.eatingdisorderhope.com

Multi-Service Eating Disorders Association
www.medainc.org

National Association of Anorexia Nervosa
and Associated Disorders
888-375-7767
9 a.m. to 5 p.m EST, Monday to Friday
www.anad.org

Find a Therapist-Online Directories

Asian Mental Health Collective
www.asianmhc.org/apida

Black Emotional and Mental Health
www.beam.community/bvttnj

Black Female Therapists
www.blackfemaletherapists.com

Black Mental Health Alliance
www.blackmentalhealth.com/connect-with-a-therapist

Suicide Prevention Services Depression
Hotline
1-800-273-8255
Twenty-four hours a day, seven days a week
www.spsamerica.org

National Eating Disorders Association
800-931-2237
9 a.m. to 9 p.m. EST, Monday to Thursday,
9 a.m. to 5 p.m. Friday
24/7 crisis support, text NEDA to 741741
www.nationaleatingdisorders.org

Project Heal
www.theprojectheal.org

Recovery Spark
www.recoveryspark.com

*Overeaters Anonymous
www.oa.org

Find A Multicultural Therapist
Directory of culturally competent therapists
www.findamulticulturaltherapist.com/

HelpPro
www.helppro.com

Inclusive Therapists
www.inclusivetherapists.com

InnoPsych

Directory of therapists of color
www.innopsych.com/findatherapist

Latinx Therapy
www.latinxtherapy.com

MaleSurvivor
Directory of therapists geared toward male sexual abuse survivors
www.malesurvivor.org/therapist-directory

Melanin & Mental Health
www.melaninandmentalhealth.com

National Queer And Trans Therapists Of Color Network
www.nqttn.com/directory

Open Path

Serves clients who lack health insurance or adequate mental health benefits (membership-based)
www.openpathcollective.org

Psychology Today
Psychologytoday.com
The Boris Lawrence Henson Foundation
www.borislhensonfoundation.org/resource-guide/

Therapy for Black Girls
www.providers.therapyforblackgirls.com

Therapy for Black Men
www.therapyforblackmen.org/find-a-therapist

Therapy for Latinx
www.therapyforlatinx.com/home

Grief and Loss

Grief Net
Online support groups (kids and adults)
www.griefnet.org

Journey of Hearts
www.journeyofhearts.org

National Suicide Hotline
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
www.imalive.org

Mental Health America
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
www.mentalhealthamerica.net

Tragedy Assistance Program for Survivors (TAPS)
800-959-TAPS (8277)
Twenty-four hours a day, seven days a week
www.taps.org

Your Life Your Voice
www.yourlifeyourvoice.org
1-800-448-3000 (Twenty-four hours a day, seven days a week)
Text VOICE to 20121 (Twenty-four hours a day, seven days a week)
hotline@boystown.org (can take up to 48-hours to respond)

LGBTQAI+ and Gender Specific Resources

Bisexual Resource Center
www.biresource.org

BiNet USA
www.binetusa.org

DeQH- Desi LGBTQ Helpline for South Asians
908-367-3374
www.deqh.org

GAPIMNY- Queer and Trans Asian Pacific Islanders
www.gapimny.org

Gender Spectrum
Groups for Pre-Teens and Teens, Parents/Guardians and Other Family members (Y Grupo de padres en Español)
www.genderspectrum.org/articles/gender-spectrum-groups

GLAD (GLBTQ Legal Advocates & Defenders)
www.glad.org

GLBT National Youth Talkline
800-246-PRIDE (7743)
4 p.m. to 12 a.m. EST, Monday to Friday
12 p.m. to 5 p.m. EST, Saturday
www.glbthotline.org/youth-talkline

LGBT National Help Center
www.glbthotline.org

GLBT Near Me
www.glbtnearme.org

Help Center on Sexual Orientation
www.apa.org/helpcenter/sexual-orientation

LGBT National Help Center
888-843-4564

Mental Health

2-1-1
www.211.org

American Academy of Child and Adolescent Psychiatry
www.aacap.org

Hours: Monday thru Friday from 4 PM- 12 AM, Saturday from 12 PM- 5 PM
www.glbthotline.org/hotline.html

National Queer Asian Pacific Islander Alliance (NQAPIA)
www.nqapia.org

Prism- Asian & Pacific Islander LGBTQ+
www.theprismfoundation.org

PFLAG
www.pflag.org

*SWAGLY
508-755-3773
www.aidsprojectworchester.org

Trans Lifeline
877-565-8860
This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available twenty-four hours a day, seven days a week.
www.translifeline.org

Trans Youth Family Allies (TYFA)
www.imatyfa.org

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
www.thetrevorproject.org

American Mental Wellness Association
www.americanmentalwellness.org

American Psychiatric Association Answer Center

888-35-PSYCH (77924)
8:30 a.m. to 6 p.m.

Brain & Behavior Research Foundation
www.bbrfoundation.org

Child Mind Institute
www.childmind.org

Children's Mental Health Network
www.cmhnetwork.org

Clubhouse International
www.clubhouse-intl.org

Family Resource Centers
www.frcma.org

Half of Us
www.halfofus.com

Mental Health America
24 Hour Helpline
1-800-273-TALK (8255)
24 hr. Crisis Support
text MHA to 741741
www.mentalhealthamerica.net

MentalHelp.Net
www.mentalhelp.net

*National Alliance on Mental Illness
(NAMI)
800-950-NAMI (6264)
www.nami.org
NAMI Central Massachusetts
www.namimass.org
namiworc@hotmail.com
Helpline: 508-368-3562 or 800-370-9085
9 a.m. to 5 p.m. EST, Monday to Friday

National Council for Mental Wellbeing
www.thenationalcouncil.org

National Federation of Families for
Children's Mental Health

www.ffcmh.org

National Institute of Mental Health
Information Center
866-615-6464
8:30 a.m. to 5 p.m. EST, Monday to Friday
www.nimh.nih.gov/site-info/contact-nimh.shtml

Parent/Professional Advocacy League
www.ppal.net

Statewide Office (Boston)
15 Court Square, Suite 660, Boston, MA
02108
866-815-8122
info@ppal.net

Central MA Office (Worcester)
40 Southbridge St., Suite 310, Worcester,
MA 01608
508-767-9725
info@ppal.net

Psychology Today
www.psychologytoday.com

Recovery, Inc.
www.recovery-inc.org

Recovery International
www.recoveryinternational.org

Seize the Awkward
www.seizetheawkward.org

Substance Abuse and Mental Health Service
Administration
www.samhsa.gov

To Write Love on Her Arms
www.twloha.com

Treatment Referral Helpline
800-662-HELP (4357)

www.findtreatment.samhsa.gov

ULifeline (College Mental Health Resources)
www.ulifeline.org

U.S. Department of Health and Human Services
www.mentalhealth.gov

World Health Organization
www.who.int.com

OCD

Beyond OCD
www.beyondocd.org

International OCD Foundation
617-973-5801
www.iocdf.org

www.intrusivethoughts.org
Picking Me Foundation
www.pickingme.org

The Secret Illness
www.thesecretillness.com

Intrusive Thoughts

Rape, Sexual Violence, and Domestic Violence

Center for the Study and Prevention of Violence
www.cspv.colorado.edu

Childhelp USA National Child Abuse Hotline
800-4-A-CHILD (422-4453)
Twenty-four hours a day, seven days a week
www.childhelp.org

*Daybreak- in Central Massachusetts
508-755-9030
Twenty-four hours a day, seven days a week
www.ywcacm.org

loveisrespect, National Teen Dating Abuse Helpline
(866) 331-9474
TTY: 866-331-8453
Text loveis to 22522
Twenty-four hours a day, seven days a week
www.loveisrespect.org

MaleSurvivor
www.malesurvivor.org/therapist-directory

National Indigenous Women's Resource Center, Inc. (NIWRC)
www.niwrc.org

National Domestic Violence Hotline
800-799-SAFE (7233)
Twenty-four hours a day, seven days a week
www.thehotline.org

National Sexual Violence Resource Center
717-909-0710
www.nsvrc.org

*Pathways For Change
800-870-5905
Twenty-four hours a day, seven days a week
www.pathwaysforchange.help/pfc/

Rape, Abuse, and Incest National Network (RAINN)

800-656-HOPE (4673)
Twenty-four hours a day, seven days a week
www.rainn.org

Safe Horizon's Rape, Sexual Assault &
Incest Hotline
Domestic Violence Hotline: 800-621-HOPE
(4673)
Crime Victims Hotline: 866-689-HELP
(4357)
Rape, Sexual Assault & Incest Hotline: 212-
227-3000
TDD phone number for all hotlines: 866-
604-5350
Twenty-four hours a day, seven days a week
www.safehorizon.org

StrongHearts Native Helpline
1-844-7NATIVE (762-8483)
Call or Text

School Violence

National Center for Mental Health
Promotion and Youth Violence Prevention
9 a.m. to 5 p.m. EST, Monday to Friday
www.promoteprevent.org

Koshka Foundation

Twenty-four hours a day, seven days a week
Online chat available
www.strongheartshelpline.org

Take Back the Night
567-SHATTER (742-8837)
(855) 598-4086
www.takebackthenight.org

VictimConnect Resource Center
855-4-VICTIM (484-2846)
Text or call, Monday- Friday 8:30 AM- 7:30
PM
Chat.VictimConnect.org
Online chat, Monday- Friday 8:30 AM- 7:30
PM
www.victimconnect.org

YWCA Inc
www.ywca.org

www.koshkafoundation.org

SPEAK UP
866-SPEAK-UP (773-2587)
Twenty-four hours a day, seven days a week
www.speakup.com

Schizophrenia and Related Disorders

Schizophrenia & Psychosis Action Alliance
800-493-2094
9 a.m. to 5 p.m., Monday through Friday
www.sczaction.org

Schizophrenia Treatment and Evaluation Program
www.med.unc.edu/psych

Self-Harm

I Hurt Myself Today
www.ihurtmyselftoday.com

www.sioutreach.org

S.A.F.E. Alternatives
800-DONTCUT (366-8288)
<http://www.selfinjury.com>
Self-Injury Outreach and Support

The Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults
www.selfinjury.bctr.cornell.edu

Substance Use and Behavioral Addictions

*Al-Anon/Alateen
888-425-2666
800-352-9996
8 a.m. to 6 p.m. EST, Monday to Friday
www.al-anon.alateen.org/index.php

www.draonline.org

Families Anonymous
www.familiesanonymous.org

*Alcoholics Anonymous
508-752-9000
www.aaworcester.org
www.aa.org

Gamblers Anonymous
(see website for your state's hotline number)
www.gamblersanonymous.org/ga/

Heroin Anonymous
www.heroinanonymous.org

American Addiction Centers
928-900-2021
www.americanaddictioncenters.org/

In The Rooms
www.intherooms.com

Cocaine Anonymous
www.ca.org

Marijuana Anonymous
800-766-6779
www.marijuana-anonymous.org

Cocaine Helpline
800-262-2463

Massachusetts Addiction Recovery Software, Inc.
www.marsi.org/open-beds

Crystal Meth Anonymous
1-855-638-4373
www.crystalmeth.org

MentalHelp.Net
www.mentalhelp.net

Drug Abuse Resources
www.drugabuse.com

*Nar-Anon
886-624-3578
www.nar-anon.org/naranon

Dual (Diagnosis) Recovery Anonymous
913-991-2703

*Narcotics Anonymous

www.nerna.org
www.na.org

The National Alcohol and Substance Abuse
Information Center
800-784-6776
Twenty-four hours a day, seven days a week
www.addictioncareoptions.com

National Association for Children of
Addiction
www.nacoa.org

National Institute on Alcohol Abuse &
Alcoholism
800-662-HELP (4357)
Twenty-four hours a day, seven days a week
www.niaaa.nih.gov

National Institute on Drug Abuse
www.drugabuse.gov

Suicide

*American Foundation for Suicide
Prevention
888-333-2377
www.afsp.org

American Association of Suicidology
www.suicidology.org

Crisis Text Line
741-741 (Text only)
Twenty-four hours a day, seven days a week
www.crisistextline.org

The Jed Foundation
<https://www.jedfoundation.org/>

Live Through This
www.livethroughthis.org

National Suicide Hotline
800-SUICIDE (784-2433)
800-442-HOPE (4673)

*New England Region of Narcotics
Anonymous
1-866-NA HELP U (624-3578)
<http://www.centralmassna.org>

Pride Institute
888-616-5031
800- 547-7433
Twenty-four hours a day, seven days a week
www.pride-institute.com

ProjectKnow
www.projectknow.com

Substance Abuse and Mental Health Service
Administration
www.samhsa.gov
Treatment Referral Helpline
800-662-HELP (4357)
www.findtreatment.samhsa.gov

Twenty-four hours a day, seven days a week
www.hopeline.com

National Suicide Prevention Lifeline
800-273-TALK (8255)
Video relay Service – 800-273-8255
TTY – 800-799-4889
Voice/Caption Phone – 800-273-8255
Español- 1-888-628-9454
Twenty-four hours a day, seven days a week
www.suicidepreventionlifeline.org

NOW Matters NOW
www.nowmattersnow.org

*Samaritans
877-870-HOPE (4673) (Call or Text)
Twenty-four hours a day, seven days a week
www.samaritanshope.org

Suicide Prevention Initiatives
www.suicidepreventioninitiatives.org

Suicide Prevention Resource Center
www.sprc.org

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
www.thetrevorproject.org

Trauma

After the Injury
www.aftertheinjury.org/

www.pacesconnection.com

National Center for PTSD
www.ptsd.va.gov

PTSD Alliance
www.ptsdalliance.org

The National Child Traumatic Stress
Network
www.nctsnet.org

Sidran Institute
410-825-8888
www.sidran.org

PACEsConnection

The Trauma Center
www.traumacenter.org