

# Mental Health Resource List

## Emergency Psychiatric Crisis Intervention

Emergency Services Programs (ESP) (877-382-1609) statewide (call to get the toll free number for your local area)

[www.masspartnership.com/member/ESP.aspx](http://www.masspartnership.com/member/ESP.aspx)

## Elder Mental Health Outreach Teams (EMHOT)

Link to fact sheet from MOCA website:

<https://mcoaonline.com/wp-content/uploads/2018/05/EMHOT-Fact-Sheet-4-18-18-FINAL1.pdf>

- **Amesbury Council On Aging (978-388-8138 x 543)**

<https://www.amesburyma.gov/senior-community-center/webforms/elder-mental-health-outreach-team-emhot>

Contact: Doreen Brothers, MA, LSW, CPT- [brothersd@amesburyma.gov](mailto:brothersd@amesburyma.gov)

- **New Bedford Council On Aging (508-991-6250)**

<http://newbedford.wpengine.netdna-cdn.com/community-services/wp-content/uploads/sites/17/2017/EMOTcoa.pdf>

Contact: Deb Lee, New Bedford COA Director,  
[CoA-Debra.Lee@newbedford-ma.gov](mailto:CoA-Debra.Lee@newbedford-ma.gov)

- **Somerville Cambridge Elder Services**

Contact: Somerville Cambridge Elder Services- Catherine Cramer  
[ccramer@eldercare.org](mailto:ccramer@eldercare.org)

- **LifePath, Inc. (Franklin County and Athol, Petersham, Royalston and Phillipston, Massachusetts)**

Contact: Laurie Deskavich - [ldeskavich@lifepathma.org](mailto:ldeskavich@lifepathma.org)

- **Bellingham Council On Aging**

Contact: Gail Bourassa - [GBourassa@BellinghamMA.org](mailto:GBourassa@BellinghamMA.org) -508-657-2791.

## **MENTAL HEALTH**

- **Citipsych Resource Guides (very comprehensive guides specific to local areas)**  
<http://citypsych.net/community-resource-guides/>
- **DMH (MA Department of Mental Health) 617-626-8000**  
<https://www.mass.gov/orgs/massachusetts-department-of-mental-health>  
Resource guide: <https://www.mass.gov/service-details/dmh-resource-guides>
- **MBHP (Massachusetts Behavioral Health Partnership) 617-790-4000**  
<https://www.masspartnership.com/>
- **MAMH (Massachusetts Association for Mental Health)**  
<https://www.mamh.org/>
- **MA Elder Protective Services ELDER ABUSE HOTLINE  
1-800-922-2275**
- **NAMI (National Alliance on Mental Illness)**  
<http://namimass.org/resources/mental-and-medical-health-services>
- **JF&CS Tips and Techniques Guide for Supporting Residents with Mental Health Issues**  
[www.jfcsboston.org/agingsupport](http://www.jfcsboston.org/agingsupport)

**KNOW YOUR LOCAL COMMUNITY MENTAL HEALTH PROVIDERS !**

## **SUBSTANCE USE DISORDER**

- **SAMHSA (Substance Abuse and Mental Health Services Administration)**  
<https://findtreatment.samhsa.gov/>

## **Suicide Prevention/Postvention**

- **Riverside Community Care (781-329-0909)**  
[www.riversidecc.org](http://www.riversidecc.org)
- **Samaritans (877-870-HOPE (4673))**

**samaritanshope.org**

- **MA Suicide Prevention Program**

[www.Mass.gov/dph/suicideprevention](http://www.Mass.gov/dph/suicideprevention)

- **MCSP (MA Coalition for Suicide Prevention)**

[www.masspreventssuicide.org](http://www.masspreventssuicide.org)

- **JF&CS Training Workshops & Suicide Prevention Guide for Staff in Massachusetts Independent Senior Housing 781-693-1369**

[www.jfcsboston.org/agingsupport](http://www.jfcsboston.org/agingsupport)

## **Hoarding**

- **Metro Housing Boston 617-859-0400**

<https://www.metrohousingboston.org/what-we-do/hoarding-intervention/>

- **MassHousing**

[www.masshousing.com/hoarding](http://www.masshousing.com/hoarding)

- <https://www.bostonglobe.com/metro/regionals/west/2017/09/01/how-get-help-for-hoarding/7buiLZOqAdU20LTQctkPJJ/story.html>

- **Buried In Treasures**

[http://www.mutual-support.com/the\\_buried\\_in\\_treasures\\_workshop\\_and\\_facilitators\\_guide](http://www.mutual-support.com/the_buried_in_treasures_workshop_and_facilitators_guide)

## **Bullying**

- **Jewish Family & Children's Services Training workshops (781-647-5327 X 1369)**

[www.jfcsboston.org/agingsupport](http://www.jfcsboston.org/agingsupport)

- **Stop Bullying Coalition**

<http://www.stopbullyingcoalition.org/resources>