

## MENTAL HEALTH RESOURCES

### HELP DURING A CRISIS

**National Suicide Prevention Hotline 1-800-273-TALK. 1800-799-4TTY**(for DEAF)

**Samaritans, Inc.** is a non-denominational, free and confidential 24-hour phone befriending line. Boston at (617) 247-0220 Framingham at (508) 875-4500. [www.befrienders.org](http://www.befrienders.org) **Samaritans Teen Line: 1-800-252-8336** (Statewide)

### National Hopeline Network

[www.hopeline.com](http://www.hopeline.com)

**1-800-422-4673 or 800-SUICIDE**

### Eliot Community Human Services

111 ORNAC Concord, MA 01742 **1-978-369-1113**

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

Services for adults and families: individual and family treatment, group therapy, support groups, medication consultation. Low cost services.

### SMOC Behavioral Health Services

508-879-2250

Serving individual, family or group counseling for children adolescents and families. Home-based therapy and counseling programs at area schools.

### Widowed Outreach Service

Emerson Hospital

978-287-3270/[www.Emersonhospital.org](http://www.Emersonhospital.org)

Support group for all those who have recently lost a spouse or significant other.

### Hospice Care, Inc.

**781-279-4100**

### Hospicecarema.org

Offers various support groups for those who are recently bereaved.

1 781-982-3318

### Project INTERFACE

[www.projectinterface.org/Concord](http://www.projectinterface.org/Concord)

**Helpline Mon-Fri 9am-5pm**

**(617) 332-3666 x411**

**Access to Mental Health & Wellness services and systems. YOUTH SERVICES**

### VCAT Substance Abuse Program

781-687-2580

[visn1.med.va.gov/bedford/](http://visn1.med.va.gov/bedford/)

Substance abuse counseling, support groups, and other services, and aftercare programs for veterans with substance abuse difficulties.

**Alcoholics Anonymous** [www.aaboston.org](http://www.aaboston.org) 617-426 9444. The only requirement for membership is a desire to stop drinking.

**Al-anon Family Groups of Massachusetts** [www.al-anon-alateen.org](http://www.al-anon-alateen.org) Boston area(508) 366-0556 For Family and Friends of Alcoholics. Includes **Ala-teen meeting listings**

**Drug and Alcohol Help-line** 1800-327-5050

### Wayside Youth and Family Services

**Recovery Groups for Women with Controlling Partners**

Carol Lambert, LICSW

978-369-0259 or 617-484-2272

Hadley Taylor Risk, LICSW

978-369-2208

Insurance accepted. All Groups are sliding fee scale. All conversations are confidential

**American Association for Marriage and Family Therapy.** [www.aamft.org](http://www.aamft.org) 703-838-9808

**National Association of Social Workers.**

[www.socialworkers.org](http://www.socialworkers.org) 1-202-408-8600

### Depression Bipolar Support Alliance of Boston

617-855-2795 For people with affective disorders such as depression and bipolar disorder and their families.

Group meets Wednesday from 7:00 to 9:00pm at

McLean Hospital (in Belmont, Massachusetts)

deMarneffe Building cafeteria. Call for other mtg times

**National Alliance on Mental Illness (NAMI) Central Middlesex Affiliate.** 781-982-3318 Email:

[nami.cmsx@gmail.com](mailto:nami.cmsx@gmail.com) <http://www.nami.org> support

groups for family and friends of person with mental

illness. West Concord Union Church meeting-

First Thursday of the month. Call for other meeting

times