

TEMPLE BETH ELOHIM

Mental Health Community Resources Guide

www.tbewellesley.org/mentalhealth

This Resource Guide provides a basic list of community-based mental health care providers serving the many Temple Beth Elohim members cities and towns. It is intended to be a reference source if you, a member of your family, or someone you know is facing mental health, emotional, or behavioral challenges. We will update this guide periodically. If you have any feedback or requests, please contact Shepard Cohen at shepcohen@aol.com.

There should never be any hesitation in asking for help and support from the Temple clergy, educators, youth workers, or caring Temple members. Whether or not you seek assistance from the Temple community, this Resource Guide can help direct you to community-based mental health agencies and providers.

**FOR AN INDIVIDUAL BEHAVING IN A WAY POSING A THREAT TO SELF OR OTHERS:
CALL 911, IMMEDIATELY**

URGENT CARE SERVICES:

- Newton-Wellesley Hospital: Emergency Department 617-243-6193
- Riverside Community Care Emergency Services: 781-769-8674
- MetroWest Medical Center 24-Hour Crisis Assessment Team: 508-650-7380

TBE PASTORAL EMERGENCY NUMBER:

- If it is a pastoral emergency, please call the temple (781-235-8419). This works even after hours - just follow the voice prompts.

ACUTE AND ROUTINE SERVICES:

AGENCIES SERVING MULTIPLE COMMUNITIES:

The Human Relations Service, Inc. (HRS) www.hrshelps.org 781-235-4950

A community mental health agency serving Wellesley, Weston and Wayland residents, with a full range of mental health services, regardless of ability to pay.

Riverside Community Care (RCC) www.riversidecc.org 617-969-4925 or 888-851-2451

A not-for-profit agency offering a wide range of behavioral health services for children, and adults, including emergency response, urgent care, and outpatient services.

Jewish Family and Children's Service: www.jfcsboston.org 781-647-JFCS (5327)

Conducts a mental health clinic supporting families, offers geriatric mental health services as well as services for people with disabilities.

AGENCIES SERVING SPECIFIC LOCAL COMMUNITIES:

Most municipalities in the Temple Beth Elohim area offer a range of mental health care and counseling services through the public schools, youth services, councils on aging, and health departments, and by providing financial support of community-based agencies as list above. Several examples follow:

Needham and Wellesley Health Departments support a website focused on suicide prevention at: www.Needhamacts.org and Wellesleyacts.org.

Newton, Wayland and Wellesley offer online mental health screening at:

www.screening.mentalhealthscreening.org/newton (Newton)

www.screening.mentalhealthscreening.org/massprevents (Wayland)

www.screening.mentalhealthscreening.org/wellsleyacts (Wellesley)

Newton Coalition for Suicide Prevention and Mental Health (NewtonCares) provides helpful information about suicide prevention and portals to several services at: www.newtonma.gov/newtonhealth

REGIONAL RESOURCE AND REFERRAL GUIDES

NAMI MASS Compass: compass@namimass.org, 617-704-NAMI (6264)

The NAMI Mass Compass is operated by peers and family members who have dealt with these issues first hand. Navigators are available to answer a wide range of questions and refer to NAMI support & education programs and other community resources. Compass online resource guide provides information in more than 20 categories of services.

William James College Interface: www.interface.williamjames.edu

INTERFACE Community Resource & Referral Helpline is can assist in finding appropriate mental health services for children, families and adults. The Helpline is available Monday - Friday from 9:00am-5:00pm at 617-332-3666 x1411 or 1-888-244-6843 x1411, limited to residents of those municipalities which subscribe to this service: Dedham, Natick, Needham, Newton, and Waltham. The website contains over 30 online resource guide and references in three categories: Starting Places, General Guides, and Resource Lists, all available to the general public.

COMMON DIAGNOSES: HELPFUL INFORMATION AND HELPLINES - (Below)

Anxiety

Center for Anxiety and Traumatic Stress Disorders at Massachusetts General Hospital

Call: 1-800-44-WORRY

Online: www.bostonsocialanxiety.com

Anxiety and Depression Association of America

Online: www.adaa.org

Autism

Autism Speaks

Call: 1-888-288-4762

Online: www.autismspeaks.org

Autism Research Institute

Call: 1-866-366-3361

Online: www.autism.com

National Autism Center

Online: www.nationalautismcenter.org

Bipolar Disorder

Depression and Bipolar Support Alliance of Boston

Call: 617-855-2795

Online: www.dbsaboston.org

Chronic and Persistent Mental Illness

Schizophrenia and Related Disorders Alliance of America (SARDA)

Call: 1-800-493-2094

Online: www.sardaa.org

Crisis and Suicide

NAMI Massachusetts

Call: 800-379-9085

Text NAMI to 741741

Online: www.namimass.org

National Suicide Prevention Line

Call: 1-800-273-TALK (8245)

Chat: www.crisischat.org

Samaritans

Call/Text: 1-877-870-4673
Online: www.samaritanshope.org

Samariteens
Call: 1-877-252-8336

Depression
Families for Depression Awareness
Call: 781-890-0220
Online: www.familyaware.org

Depression and Bipolar Support Alliance of Boston
Call: 617-855-2795
Online: www.dbsaboston.org

National Network of Depression Centers
Online: www.nndc.org

Anxiety and Depression Association of America
Online: www.adaa.org

Eating Disorders
Cambridge Eating Disorder Center
Call: 617-547-2255
Online: www.eatingdisordercenter.org

National Eating Disorders Association
Call: 1-800-931-2237
Text: Text NEDA to 741741
Chat: www.nationaleatingdisorders.org

Multi-Service Eating Disorder Association
Call: 617-558-1881
Online: www.medainc.org

National Association of Anorexia Nervosa and Associated Disorders
Call: 630-577-1330
Online: www.anad.org

Obsessive Compulsive Disorder (OCD)

OCD Massachusetts

Call: 617-855-8263

Online: www.ocdmassachusetts.org

International OCD Foundation

Call: 617-973-5801

Online: www.iocdf.org

Postpartum Depression

Postpartum Support International Massachusetts

Call: 1-866-472-1897

Online: 1-866-472-1897

Massachusetts Child Psychiatry Access Program for Moms (MCPAP)

Call: 855-MOM-MCPAP

Online: www.mcpapformoms.org

Post-Traumatic Stress Disorder (PTSD)

The Trauma Center at Justice Resource Institute

Call: 617-232-1303

Online: www.traumacenter.org

Trauma Abuse Treatment

Call: 1-866-612-7506

Online: www.traumaabusetreatment.com

Substance Use

Massachusetts Substance Abuse Information and Education Line

Call: 1-800-273-5050

Online: www.helpline-online.com

National Alcohol and Substance Abuse Information Center

Call: 1-800-784-6776

Online: www.addictioncareoptions.com

SAMHSA

Call: 1-800-622-HELP

Online: www.samhsa.gov

National Council on Alcoholism and Drug Dependence Hopeline

Call: 1-800-622-2255

Online: www.ncadd.org

National Institute on Alcohol Abuse and Alcoholism

Call: 1-800-821-4357

Online: www.niaaa.nih.gov

Al Anon/Alateen Hotline

Call: 1-800-344-2666

Online: www.al-anon.alateen.org

TYPES OF MENTAL HEALTH PROFESSIONALS

There are several categories of mental health professionals. If you are unclear as to what it is you need, a good start is to have a discussion with your primary care physician and describe the symptoms and/or problems you are experiencing. He or she might then suggest the type of mental health professional you should contact.

Psychiatrist

A Psychiatrist is a physician trained in the medical and psychological components of mental, emotional, and behavioral disorders. They are qualified to prescribe medications, order diagnostic tests, and practice psychotherapy.

Psychologist

A Psychologist is a clinician trained to make diagnoses and provide individual and group therapy. Counseling and psychotherapy are common practices, as well as neuro-psychological testing.

Clinical Social Worker

A Clinical Social Worker provides mental health services for the prevention, diagnosis, and treatment of mental, behavioral, and emotional disorders in individuals, families, and groups. Their goal is to improve and maintain their patients' physical, psychological, and social function.

Certified Alcohol and Drug Abuse Counselor

A certified alcohol and drug abuse counselor is a counselor with specific clinical training in alcohol and drug abuse and is trained to diagnose and provide individual and group counseling. Alcohol and drug

abuse counselors help guide addicts through their recovery by leading groups, having individual sessions, and offering intensive case management.

Marital and Family Therapist

A marital and family therapist works with families and couples in intimate relationships to support change and development. Marital and family therapists focus on the dynamics of the family and issues of interpersonal conflict and values.

A NOTE ON INSURANCE

If you have medical insurance than you wish to use, to access appropriate care, you should first call your insurance company and find out what your coverage provides for mental health care. Your insurance company can provide you with the names of clinicians who are approved providers for your specific plan and other information that you need to know.

Disclaimer:

The information available on this website ("site") is presented in summary form as a supplement to, and NOT a substitute for, the knowledge, skill, and judgment of qualified psychiatrists, psychologists, physicians, other health care professionals and other professionals such as, but not limited to attorneys. This information in this guide has been obtained from sources believed to be accurate and reliable. However, Temple Beth Elohim does not warrant the accuracy, reliability, or completeness of this information. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. Information accessed on or throughout this site is neither complete nor exhaustive and does not cover all disabilities, diseases, illnesses, and physical conditions or their management or treatment. Information accessed on and throughout this site is provided "AS IS" and without warranty, express or implied, including, but not limited to, any implied warranty or merchantability or of fitness for a particular purpose.

