



Mental Health Resource Guide



BPHC's Center for Behavioral Health and Wellness aims to promote and improve mental health and wellness for everyone in Boston by removing the stigma associated with finding support and treatment for mental health issues. BPHC provides many mental health services, resources, and programs.



NAMI provides ideas for navigating a crisis that you or someone you support is experiencing. It can be frightening when you or a loved one is experiencing a mental health crisis, but there are many resources to help you feel prepared and knowledgeable about how to act and feel.



Ashmont
Counseling

Ashmont Counseling Associates, LLC was founded by Martin Pierre, Ph.D. and Dennis Tyrell, Ph.D. to provide culturally sensitive treatment to individuals, families and organizations. With over twenty five years of collective experience, Drs Pierre and Tyrell have worked diligently to provide services in communities that have traditionally been underserved.



TherapyforBlackMen.org aims to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 427 [therapists](#) and 45 [coaches](#) throughout the fifty states thus far, we are here to provide judgment-free, multiculturally-competent care to Black men. "You don't have to man up. Let's talk it through together."



The Social Impact Center (SIC) offers a peer-centered approach to addressing post-traumatic stress in urban neighborhoods. We foster connection and empower individuals to take active roles in helping themselves and others heal. We bridge multiple systems of care and offer: a safe sacred space of the sharing of painful stories, increased awareness and understanding of trauma, relief from traumatic stress, and mental health support.



InnoPsych's strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy. InnoPsych provides a directory to [Find a Therapist](#) of color, support for therapists of color to launch their own private practice, and a Group Coaching Program for "[The Thriving Therapreneur](#)"



PureSpark seeks to cultivate the kind of mental wellness culture and uses social media and our web interface to provide resources and daily coping mechanisms that would otherwise be out of reach for someone who is unfamiliar with the mental wellness system. While open to providing information for everyone, the organization's focus is on Black women. PureSpark shares a list of [Crisis Helplines](#) and a [Provider Directory](#).





Fathers' UpLift provides mental health counseling, coaching, advocacy, and resource support to assist fathers with overcoming barriers (racism, emotional, traumatic, and addiction-based barriers) that prevent them from remaining engaged in their children's lives.



The Osiris Group Parent Company was formed to offer to the Black community culturally competent mental health practitioners who practice their craft from an Afro-centric paradigm. We believe that the psychological, emotional and spiritual needs of our clients can best be served by individuals who reflect their ethnicity. The Osiris Group practitioner's focus is on teaching our client(s) to live in the present without allowing any past human deficits to become permanent stumbling blocks.



Out For Good, Inc. has a Re-Entry Program to assist in the process of reintegrating individuals who have been incarcerated back into society. This process can be challenging due to obstacles with finding employment, housing, & accessing healthcare.



The Triggered Project shatters the silence of Black and Brown men and boys who have been sexually abused. Nurturing the healing with the use of the arts. The Triggered Project Believes Self-care for the Black community is a political act, which is the first step for social change. The Triggered Project works to nurture healing for black and brown men which we hope provide options to redefine masculinity and end the use to toxic ways of defining manhood.



988 works to ensure that all people have access to the support and resources reflective of their own needs. Your mental health is a priority. Wellness among Black communities is not a one-size-fits-all approach. Click the link above to find tips and resources to support yourself, a loved one, and other members of the Black community. If you are in need of support, you can call, text, or chat with 988. We are available 24/7.



DeeDee's Cry provides resources on suicide prevention and loss and mental health education. DeeDee's Cry supports families impacted by suicide. DeeDee's Cry aims to create a space where conversations begin to lift the stigma on suicide and mental health within Black Indigenous People of Color (BIPOC) communities.



Haitian Mental Health Network is a Boston-based volunteer-led affinity group comprised of Haitian mental health providers and allies that are dedicated to creating a supportive and inclusive learning environment, facilitating community conversations on topics related to mental health, and celebrating culturally and spiritually-based practices that foster community well-being and mental wellness.



Yardtime Entertainment aims to empower *returning citizens* by addressing their mental health needs, facilitating their successful reentry into society, and strengthening family bonds. We envision a future where every returning citizen in Boston has the opportunity for a fresh start, leading to a safer, more inclusive community.



Fireweed Collective Groups are virtual spaces where folks can connect, and offer mutual aid with others who share similar life experiences and struggles. Groups run for a month. They meet once a week online for 60 to 90 minutes. All support groups are sliding scale and are facilitated by members of Fireweed Collective.





The **Massachusetts Behavioral Health Access (MABHA)** website helps both providers and individuals locate openings in youth and family services, mental health, and substance use disorder services. Everyone is welcome to search for services that they can access directly from their community.



The **Massachusetts Association for Mental Health (MAMH)** provides a list of services and resources to find behavioral health clinicians, help with different services, helplines, and legal resources.



Community Behavioral Health Centers (CBHCs) provide a wide range of mental health resources for mental health and substance use treatment programs. There are 29 CBHCs located in communities across Massachusetts. They offer immediate care in both crisis situations and for routine care.



Boston HealthNet is an integrated healthcare delivery system whose partners provide outreach, prevention, primary care and specialty care, behavioral health care and services, and dental services at 12 sites located throughout Boston's neighborhoods and Quincy, Taunton and Winthrop.



FindTreatment.gov offers a search bar to find a treatment facility closest to you. FindTreatment.gov provides the ability to search for substance use and mental health facilities, health care centers, buprenorphine practitioners, and opioid treatment providers.



The **Network of Care MA** Service Directory has a comprehensive list of behavioral health services and supports across Massachusetts. The service directory is searchable by keyword and zip code, and you can narrow your results by the distance from your zip code and the languages spoken by the providers.



CHA understands the connection between mind and body, and provides a wide range of psychiatry services tailored to specific groups or for specific mental health needs.



Safety Plan is a step-by-step Safety Plan for if/when you feel depressed, suicidal, or in crisis.



Mental Health Support Hotlines

- **Suicide and Crisis:** 988
- **Black Line:** 800-604-5841
- **BEST Team:** 800-981-4357
- **MA Behavioral Health**
Helpline: 1-833-773-2445
- **MA Substance Use**
Helpline: 800-327-5050
- **NAMI** Helpline:
800-950-6264 (Call) 62640 (Text)

- **Crisis Text** Line:
Text HOME to 741741
- **AgriStress** Helpline: 833-897-2474
- **National Maternal** Mental
Health Hotline: 1-833-852-6262
- **Psychedelic Support** Line:
623-473-7433, 11am-11pm PT
- **Veterans Crisis** Line:
Call 988 ext 1. Text 838255



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Black Male
Advancement

