

## ▶ TRYING OUT HELPLINES...

Helplines are there for you if you need someone to talk to, but are not in crisis. Helplines are typically staffed by people who have experienced similar conditions themselves. Helplines can provide emotional support, help callers find resources, and referrals.

- NAMI MA COMPASS HELPLINE
  - 617-704-6264 or 1-800-370-9085
  - compass@namimass.org
  - Monday through Friday
    - 10:00 am – 6:00 pm
    - English and Spanish

## ▶ TRYING OUT PEER SUPPORT...

Peer support is a type of mental health support that involves people who have similar experiences sharing their knowledge, providing emotional support, and helping each other.

- Metro Boston Recovery Learning Community Peer Support Line
  - 877-733-7563
  - Hours of Operation: Open 7 days a week from 4:00 pm – 8:00 pm.

## ▶ TRYING OUT PSYCHIATRY...

Unlike therapists, psychiatrists are medical doctors. Therefore, during your appointment, they will evaluate for any co-occurring medical diagnoses, and then can prescribe and monitor medication.

- Youth Psychiatry: mcpap.org
- Association of LGBTQ+ Psychiatrists: aglp.org

## CRISIS LINES

24/7/365

Free  
Confidential

988

**Call or Text or ASL: 9-8-8**

988lifeline.org

Offers Spanish-language, LGBTQI+, or Veteran services. Can address crisis such as thoughts of suicide, extreme overwhelm, and other mental health crises.

### Behavioral Health Help Line

**Call or Text: 833-773-2445**

ASL- MassRelay: 7-1-1

Real-time interpretation in 200+ languages. Will connect you directly to clinical help. Also has comprehensive resource directory.

### Safelink

**(877) 785-2020**

ASL- MassRelay: 7-1-1

English and Spanish and translation in more than 130 languages. MA statewide domestic violence hotline and a resource for anyone affected by domestic or dating violence.

### Boston Area Rape Crisis Center

**1-800-841-8371**

Will support survivors of sexual violence, their families and friends, and providers.

### Substance Use Helpline

**1-800-327-5050**

**or text "HOPE" to 800327**

Whether you are ready for treatment, worried about a loved one, or simply want to know what your options are, let us help you take that first step.

# HOW TO FIND BEHAVIORAL HEALTH CARE



## THERAPY MATCHING SERVICES:

### NASW MA Therapy Matcher

Therapy Matcher is a free, confidential referral service that connects people with licensed independent clinical social workers (LICSWs) in Massachusetts. The service is run by the Massachusetts Chapter of the National Association of Social Workers (NASW).

<https://therapymatcher.org>  
1-800-242-9794

Email: [info@therapymatcher.org](mailto:info@therapymatcher.org)  
Or use online form at:  
[www.therapymatcher.org/contact](http://www.therapymatcher.org/contact)

### The Massachusetts Behavioral Health Access (MABHA)

The Massachusetts Behavioral Health Access (MABHA) website helps people find openings in mental health and substance use disorder services in their community.

[mabhaccess.com](http://mabhaccess.com)



## THERAPY DIRECTORIES

### General:

[psychologytoday.com/us/therapists](https://psychologytoday.com/us/therapists)

[zencare.co/massachusetts/therapists](https://zencare.co/massachusetts/therapists)

### Identity Oriented:

**InnoPsych** - Find your therapist of color:  
[innopsych.com/findatherapist](https://innopsych.com/findatherapist)

**Inclusive Therapists** - Centering the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC),  
[www.inclusivetherapists.com/get-matched](https://www.inclusivetherapists.com/get-matched)

**Therapy for Black Girls** - Find trusted, culturally responsive therapists to provide support and help you navigate life.  
[therapyforblackgirls.com](https://therapyforblackgirls.com)

**Anise Health** - For mental health for the Asian community  
[anisehealth.co](https://anisehealth.co)

**National Queer & Trans Therapists of Color Network** -  
for queer and trans  
Black, Indigenous and People of Color  
[nqttn.com/en](https://nqttn.com/en)



## HOW TO IDENTIFY A THERAPIST WHO MEETS YOUR NEEDS

- **Ask Around!** You can ask your primary care doctor, other health professionals, friends, family, or peers for recommendations.
- **Search!** You can search for providers in your area online. Use the therapy directories or therapy matcher info in this brochure for starters!
- **Insurance!** If you have health insurance, you can call your insurer's information number to get a list of professionals who are covered under your plan. Make sure any therapist you find takes your insurance, if you plan to use this benefit.
- **Research!** You can research therapists by visiting their websites and reading their bios. You can also call to learn about their practice, such as whether they conduct telehealth visits, and if they've worked with people who have similar challenges to you.
- **Ask!** When you first meet with a therapist, it's reasonable to ask questions. You can ask about their years in practice, their viewpoints on treatment and styles of treatment, for example.
- **Check-in!** You should choose a therapist who makes you feel comfortable, seen, valued, and supported. It is OK to see a few therapists for intake until you find the match for you!
- **Tips for queer and trans Black, Indigenous, and people of color (QTBIPOC) people:**
  - <https://screening.mhanational.org/content/https-screening-mhanational-org-content-questions-help-qtbi poc-find-affirming-mental-health-providers/>
    - QR link:

