



DPW Building  
275 Old Lancaster Road  
Sudbury, MA 01776  
978 440-5476

# Town of Sudbury

## Board of Health Social Work Department

### Mental Health Resources

#### Mental Health Helpline and Referral Services:

- **Clinician at the Sudbury Police Department**
  - JDP Clinician: Taylor Hayden, (978) 440-5653
  - Advocates (a community mental health organization) and their JDP program has partnered with the Sudbury Police Department to provide a full-time Master's level clinician to accompany police officers on calls that involve individuals with mental health or substance abuse situations.
  - This clinician can also be contacted if residents think they might need to access emergency services and want to alert the clinician ahead of time.
  
- **NAMI (the National Alliance on Mental Illness) Is The Largest Grassroots Mental Health Organization Dedicated to Building Better Lives for The Millions of Americans Affected by Mental Illness.**
  - (800) 950-NAMI or visit [www.nami.org/](http://www.nami.org/)
  - Open Monday Through Friday, 10 AM to 6 PM (ET)
  - NAMI offers referral resources, education, advocacy, one-on-one support and leadership for individuals who are struggling with mental health issues
  
- **National Suicide Prevention Lifeline (Provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals)**
  - (800) 273-TALK (8255)
  - (800) 799-4889 (deaf and hard of hearing)
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - 24 hours a day, 7 days a week
  - Live online chat is also available. All phone calls are confidential and toll-free, and goes to the nearest crisis center in the Lifeline national network. Centers provide crisis counseling and mental health referrals
  
- **Boston Area Rape Crisis Center (BARCC) Hotline**
  - (800) 841-8371
  - 24 hours a day; 365 days a year
  - Support services for individuals or loved ones of individuals who have experienced any type of sexual assault
  - Provides crisis intervention, assists survivors and their loved ones in understanding options and next steps that best meet their needs. Hotline counselors are trained in sexual assault and trauma counseling

- Assesses for safety
- Offers free legal, case management, resources and counseling services in the Boston area and via phone for survivors and their loved ones
- **Domestic Violence Services Network Helpline**
  - (888) 399-6111 or visit [www.dvsn.org](http://www.dvsn.org)
  - Well-trained and supervised volunteer advocates follow up with referred clients to help them tell their story, assess their risk, develop a safety plan for themselves and their families, and connect with appropriate community resources. Confidentiality and safety are top priorities
- **LGBT National Help Center**
  - LGBT National Youth Talkline (800) 246-7743 (M-F)
  - LGBT National Hotline (888) 843-4564
  - Sage LGBT Elder Hotline (888) 234-7243
  - [www.glbthotline.org](http://www.glbthotline.org)
  - Open Monday Through Friday 4 PM-12 AM; Saturdays 12-5 PM
  - Serving gay, lesbian, bisexual, transgender and questioning individuals by providing free and confidential peer support and local resources related to coming-out, relationships, bullying, safe sex and more.
- **Trevor Project**
  - Trevor Lifeline (866) 488-7386 (24 hours a day/365 days a year)
  - Trevor Text- Text “Trevor” to (202) 304-1200 (Monday through Friday 3-10 PM)
  - Trevor Chat- online instance messaging at [www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/) (Daily 3-10 PM)
  - Visit [www.thetrevorproject.org/](http://www.thetrevorproject.org/) for more information and services.
  - Support, resources, crisis intervention and suicide prevention hotline for gay, lesbian, bisexual, transgendered and questioning youth, or family members or loved ones who need support or resources.
- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline**
  - (877) 726-4727 or visit [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)
  - 24 hours a day, 7 days a week (English and Spanish)
  - Provides referrals for individuals and family members facing mental and/or substance use disorders to local treatment facilities, support groups, and community-based organizations
- **William James INTERFACE Referral Service Helpline (a mental health and wellness referral helpline)**
  - (888) 244-6843 or visit [www.interface.williamjames.edu/](http://www.interface.williamjames.edu/)
  - Monday through Friday 9 AM to 5 PM (ET)
  - This is a free, confidential referral service for individuals across the lifespan living in participating communities. Callers are matched with licensed mental health providers

from our extensive database. Each referral meets the location, insurance, and specialty needs of the caller

### **Alternative Support Options**

- **The Living Room by Advocates**

- 284 Union Ave, Framingham MA
- (508) 661-3333 or email [TheLivingRoom@Advocates.org](mailto:TheLivingRoom@Advocates.org)
- The Living Room is a 24-hour crisis alternative to emergency departments visits and hospitalization.
- Walk-ins are welcome.
- They do not administer medications or take clinical notes. Support is offered through personal connections and resource referrals.

- **Warmlines**

- Warmlines are non-crisis support lines run by and for people living with mental health conditions. Warmlines support and promote the process of recovery, empowerment, hope and healing to people with mental health concerns.
- The Peer Warm Line - Metro Boston Recovery Learning Community (MBRLC)
  - Toll Free: (877) 733-7563
  - Hours: Monday to Sunday, 4 PM - 8 PM.
- Western Mass RLC Peer Support Line - Western Mass Recovery Learning Community (WMRLC)
  - Toll Free: (888) 407-4515
  - Hours: Friday through Monday, 8 PM – Midnight
- Edinburg Center Warplane
  - (617) 875 0748
  - Monday, Tuesday, Thursday, Friday, Saturday: 5:30 PM - 9:30 PM (closed Wednesday and Sunday)
- Cross-Connection Warm-Line
  - 4:00 PM-7:00 PM and 10:00 PM - 12:00 PM, 365 days a year
  - Call (978) 629-8485
  - After three beeps enter your phone number and a volunteer will call you back shortly.
- South Shore Warmline
  - (617) 689-1050, (617) 689-1051, Monday-Friday & Sundays
  - For the crisis line call 1-(800)-528-4890 or (617) 774-6036, OPEN 24 HOURS

### **Pet Therapy**

- Alliance of Therapy Dogs
  - (307) 432-0272 or visit [www.therapydogs.com/contact-us/](http://www.therapydogs.com/contact-us/) for requests.
  - For members and facilities
- Therapy Dogs International, Inc.
  - (973) 252-9800 or visit [www.tdi-dog.org/ContactUs.aspx](http://www.tdi-dog.org/ContactUs.aspx) for additional contact information.
  - Serving facilities since 1976.

## **Multi-Service Mental Health Centers**

- **Advocates (provides residential and outreach programs, community-based counseling and psychiatry services, and peer supports)**
  - (800) 640-5432 (24-hour crisis support)
  - (508) 628-6300 (Framingham office number)
  - 1881 Worcester Road, Framingham, MA, 01701
  - [www.advocates.org/services/mental-health-services](http://www.advocates.org/services/mental-health-services)
  - Office hours: 9 AM to 5 PM (ET)
  - Counseling and psychiatric services accept MassHealth and most private insurance plans
  - Please call organization to determine insurance eligibility
  
- **Eliot Community Human Services (provides adult mental health, counseling and psychiatry services, children, youth and family services, emergency psychiatric services, homeless services, brain imaging services, and developmental disabilities services)**
  - (800) 988-1111 (Psychiatric Emergency Services, 24-hour crisis support)
  - (781) 861-0890 (Lexington office number)
  - (978) 369-1113 (Concord Clinic)
  - 125 Hartwell Avenue, Lexington, MA, 02421
  - [www.eliotchsweb.wpengine.com/about-us](http://www.eliotchsweb.wpengine.com/about-us)
  - Office hours: 9 AM to 5 PM (ET)
  - Counseling and psychiatric services accept MassHealth and most private insurance plans
  - Please call organization to determine insurance eligibility
  
- **Wayside Youth and Family Support Network (provides counseling and family support programs and services, as well as a residential, day and educational facility to support children, youth and families)**
  - (508) 879-9800
  - 1 Frederick Abbott Way, Framingham, MA 01701
  - [www.waysideyouth.org/ourservicesoverview/waysidemetrowest](http://www.waysideyouth.org/ourservicesoverview/waysidemetrowest)
  - Office hours: 9 AM to 5 PM (ET)
  - Accepts MassHealth and most private insurance plans
  - Please call organization to determine insurance eligibility

## **Specialized Mental Health Resources:**

- **Children's Behavioral Health Initiative (CBHI)**
  - [www.mass.gov/eohhs/consumer/insurance/cbhi/](http://www.mass.gov/eohhs/consumer/insurance/cbhi/)
  - Provides in-home services to youth on MassHealth with significant behavioral, emotional and mental health needs. Services may include case management, in-home therapy, therapeutic mentor, and/or family partner

- **Advocates Psychiatric Emergency Services**
  - (800) 640-5432
  - 24 hours a day; 365 days a year
  - [www.advocates.org/services/psychiatric-emergency-services](http://www.advocates.org/services/psychiatric-emergency-services)
  - Provides mobile crisis intervention to assess emergency mental health needs of both children and adults at home, schools or in the community. Assesses needs and can refer to additional services
- **Elder Community Care Program**
  - (508) 573-7250 or visit [www.eldercommunitycare.org](http://www.eldercommunitycare.org)
  - Mental health services, including in-home therapy, for older adults through a collaboration of Bay Path Elder Services and Advocates.

### **Grief Resources**

- **William James INTERFACE Referral Service Helpline (a mental health and wellness referral helpline)**
  - Database of grief resources and hotlines: <https://interface.williamjames.edu/topic-overview/grief/lincoln-sudbury>
  - (888) 244-6843 Monday through Friday 9 AM to 5 PM (ET)
  - This is a free, confidential referral service for individuals across the lifespan living in participating communities. Callers are matched with licensed mental health providers from their extensive database. Each referral meets the location, insurance, and specialty needs of the caller
- **One Step at a Time (provides peer-led support group for families and friends dealing with the loss of a loved one from substance abuse)**
  - 37 High Street, Marlborough, MA 01752
  - (508) 460-2002, Kathy Leonard
  - [www.learn2cope.org/grief-resources/](http://www.learn2cope.org/grief-resources/)
  - Group hours: 6:30 PM to 8 PM (ET), First Thursday of every month
  - Free admission
- **Heartplays - Is A Bereavement Program for Children, Teens, And Young Adults Who Have Experienced a Death During Their Lifetime Express Grief Through Conversation, Music, Movement, Visual Expression, Writing, And Story -Telling.**
  - 266 Cochituate Road, Wayland, MA 01778
  - (508) 358-3001, ext. 361, Jennifer Wiles or visit [www.heartplayprogram.org](http://www.heartplayprogram.org)
  - Heartplay groups are offered free of charge through the generosity of grants and donations
  - Please call organization for Group hours. Registration is required
- **Camp Erin Boston (associated with Heartplay) is a free weekend overnight camp for children and teens ages 6 through 17 who have experienced the death of someone close to them in their lifetime**
  - 266 Cochituate Road, Wayland, MA 01778

- (508) 309-5107, Jennifer Wiles, Camp Director or visit [www.camperinboston.org/](http://www.camperinboston.org/)
- Free admission (based on eligibility)
- **Jeff's Place Children's Bereavement Center - Offers Comprehensive Bereavement Support Services Ensuring That All Children, Teens, And Families Experience a Healthy Grieving Process in A Supportive Environment**
  - 34 Deloss Street, Framingham, MA 01702
  - (508) 879-2800 or email [info@jeffsplacemetrowest.org](mailto:info@jeffsplacemetrowest.org)
  - Fee based individual therapy on a sliding scale
  - Please call organization to determine insurance eligibility for individual therapeutic support
- **The Tears Foundation - Provides Emotional and Financial Support for Parents and Families Grieving the Loss of a Child**
  - (253) 200-0944 or email [office@thetearsfoundation.org](mailto:office@thetearsfoundation.org)
  - Financial assistance applications for different services and children's' ages can be found here: [www.thetearsfoundation.org/services/](http://www.thetearsfoundation.org/services/)
  - Pregnancy and Infant Loss Support Group
    - Becker College, Linden Hall, 64 William Street in Worcester, MA
    - Time: 7-9 PM, 1st Monday of every month
    - Contact: Brenda Johnston, MA Chapter Leader, (617) 650-0499
    - These meetings are open discussion support groups. Any bereaved parent is welcome to drop in.

For additional questions, or suggested additions to this list, please call Bethany Hadvab, Sudbury Town Social Worker, at (978) 440-5476.

Please visit <https://sudbury.ma.us/socialworker/> for up to date information and additional resources.