

Mental Health for All: Help from People with Mental Illness and Resources for Peers and Family Members

Howard Trachtman

Jewish specific resources:

Jewish Family and Children's Service Chaverim Shel Shalom program for people with psychiatric conditions

<https://www.jfcsboston.org/About/Upcoming-Events/Upcoming-Events/chaverim-shel-shalom-css>

CSS director Alex Maslow at jewishlife@jfcsboston.org or 781-693-5004 Has annual Passover Seder with Haggadah created by members

Clinical Case Management <https://www.jfcsboston.org/Our-Services/CHAI-Disability-Services/Clinical-Case-Management>

Other JFCS programs: Support for Families with Young Children, Support for Families with School-aged children, support for meeting basic needs, support for adults, support for community organizations.

Jewish Vocational Service

<https://www.jvs-boston.org/>

serves people of all religions

operates family table: kosher food pantry for people in need

Other Resources:

The Department of Mental Health funds five Recovery Learning Communities, one for each part of the state. Offers services to all people at no cost and with no referral needed.

Howard Trachtman is the co-founder of both the Metro Boston Recovery Learning Community and the Southeast Recovery Learning Community.

RLCs are all peer-run, staff identify as people with lived experience with mental illness.

peer support line

<https://www.mass.gov/service-details/recovery-learning-communities> directory of all RLCs

collection of support groups by WMRLC

<http://www.westernmassrlc.org/hidden-community-happenings-fix/888-on-line-and-phone-supports-march-2020>

MBRLC offers peer support line 7 days a week 4pm-7:45pm 1 877 PEER LNE (1 877 733 7563)

<https://www.mbrlc.org/peer-support-line>

NAMI is the National Alliance on Mental Illness. www.nami.org

40 years old, has programs for both peers and family members

National strategic plan: people get help early, people get the best possible care, people get diverted from criminal justice system

<https://nami.org/NAMInet/Board-of-Directors/Governance-Documents/NAMIStrategicPlan2020>

NAMI Massachusetts -- NAMI State Organization

www.namimass.org

Has local grassroots affiliates which are mostly geographical, NAMI Greater Boston PSAN is unique

State organization in Charlestown

<http://www.namimass.org> 617-580-8541 info@namimass.org

peer programs include: In Our Own Voice, NAMI Connection, PEER to PEER, NAMI Mass @home

family programs include: Family support groups, Family to Family, NAMI Basics

Community programs include: Allies for student mental health, ending the silence, Criminal justice diversion, CEOs against stigma

NAMI Greater Boston

www.namiboston.org

Peer Support and Advocacy Network (PSAN) <https://namiboston.org/people-living-mental-illness/>

Family Support and Advocacy Network

Dorchester/Mattapan/Roxbury Support and Advocacy Network

Latino Communities Support and Advocacy Network

NAMI Massachusetts COMPASS help line, information and referral, all inquiries answered in detail

<http://www.namimass.org>

ask any questions about mental health and accessing services

compass@namimass.org 617-704-6264

A portal of **information on peer support lines**/many take out of area calls

www.warmline.org

Additional information and referral from **Network of Care/Massachusetts Association on Mental Health**

<https://www.mamh.org/education/network-of-care>

Guide to Mental Health Resources for COVID-19 from MGH

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources>

Opening Doors to the Arts

www.OpeningDoorsToTheArts.org

free and reduced priced tickets to theater, concerts and more

www.twohats.org

Monthly networking dinner for peers interested in working in human services

<http://www.middle-path.org/>

Help for **borderline personality disorders** (peer and other resources)

www.DBABoston.org

Support groups for people with bipolar/depression/schizoaffective disorder in Belmont, Boston, Revere and other locations

For national: <https://www.dbsalliance.org/>

Help with hoarding

<https://mutual-support.com/> Peer support on hoarding from people with lived experience in having issues or supporting those who do

Riversidecc.org (mental health vendor that has experts in helping with hoarding)

Legal Resources:

www.mhlac.org

non-profit providing legal assistance specifically with mental health

www.dlc-ma.org

Disability Law Center: legal resources and referral

www.dlc-ma.org/paimi Protection & Advocacy for Individuals with MI

CPCS public defenders/mental health litigation division

<https://www.publiccounsel.net/mh/>

represents people at risk of hospitalization

If you are being held in an emergency room or hospital and want to speak with us, call: 617-988-8341

www.ColeResourceCenter.org

Peer support based at McLean in Belmont; 1st in nation peer resource center at a hospital

www.mamh.org

Massachusetts Association for Mental Health. Does much advocacy

www.moar-recovery.org

Help for people with addictions

Help for people who are unhoused

<https://www.mhsa.net/>