Strong Bodies + Strong Minds = A Strong Community

Brought to the community by

McLean
HARVARD MEDICAL SCHOOL AFFILATE

NAACP BOSTON
“Therapy truly saved my life.”

For Ivy, getting help for her mental health issues was life-changing. Facing self-doubt, anxiety, and thoughts of suicide—along with fighting mental health stigma in her community—Ivy started seeing a therapist not long ago.

Therapy truly saved my life. I learned to value who I am. I learned confidence. I learned to love myself, and I gained a sense of self-worth.

Ivy
Project Manager
Massachusetts

Learn how you can share your story at DeconstructingStigma.org/NAACP
Boston Community Health Centers

Allston
Joseph M. Smith Community Health Center
charlesriverhealth.org
617.208.1539 (Spanish and French)

Charlestown
Charlestown HealthCare Center
massgeneral.org/charlestown
73 High Street, Charlestown, MA 02149

Chinatown
South Cove Community Health Center
scchc.org
Chinese (Mandarin, Cantonese, Toisanese, Taiwanese), Vietnamese, Malay, and Khmer

South Street Clinic
617.521.6700
145 South Street, Boston, MA 02111

Dorchester
Bowdoin Street Health Center
bidmc.org
617.754.0100 (Spanish, French-Creole, Vietnamese, Portuguese)
230 Bowdoin Street, Dorchester, MA 02122

Codman Square Health Center
codman.org
617.825.9660 (Creole, Spanish, French)
637 Washington Street, Dorchester, MA 02124

Dorchester Multi-Service Center
dorchesterhouse.org
617.288.3230 (Vietnamese, Spanish)
1353 Dorchester Avenue, Dorchester, MA 02122

Geiger Gibson Community Health Center
617.288.1140
250 Mount Vernon Street, Dorchester, MA 02125
Harvard Street Neighborhood Health Center
harvardstreet.org
617.825.3400
632 Blue Hill Avenue, Dorchester, MA 02121

Daniel Driscoll Neponset Health Center
617.282.3200
398 Neponset Avenue, Dorchester, MA 02122

Upham’s Corner Health Center
uphamscornerhealthctr.com
617.287.8000 (Spanish, Portuguese, French)
415 Columbia Road, Dorchester, MA 02125

East Boston
East Boston Neighborhood Health Center
Behavioral Health
ebnhc.org
617.568.4545 (Spanish)

Fenway
Fenway Health
fenwayhealth.org
617.927.6202 (Several languages)
1340 Boylston Street, Boston, MA 02115
Specializes in serving the LGBT community

Jamaica Plain
Brookside Community Health Center
brighamandwomens.org/brookside
617.522.4700 (Spanish)
3297 Washington Street, Jamaica Plain, MA 01230

Southern Jamaica Plain Health Center
brighamandwomens.org
617.983.4100 (Spanish)
640 Centre Street, Jamaica Plain, MA 02130

Martha Eliot Health Center
childrenshospital.org
617.971.2100 (Spanish and French Creole)
75 Bickford Street, Jamaica Plain, MA 022130
Roslindale
Greater Roslindale Medical & Dental Center
roslindale.org
617.323.4440 (Spanish)
4199 Washington Street, Suite 1,
Roslindale, MA 02131

Roxbury
Dimock Community Health Center
dimock.org
617.442.8800, ext. 1600
(Spanish and Haitian Creole)
55 Dimock Street, Roxbury, MA 02119
Whittier Street Health Center
wshc.org
1125 Tremont Street, Roxbury, MA 02120

South Boston
South Boston Community Health Center
sbchc.org
617.269.7500 (several languages)
409 West Broadway,
South Boston, MA 02127

South End
South End Community Health Center
sechc.org
617.425.2000 (Spanish, Haitian Creole, Mandarin)
1601 Washington Street, Boston, MA 02118

Quincy
North Quincy Clinic
617.745.0280
435 Hancock Street, Quincy, MA 02171
Multi-Cultural Behavioral Health Providers in Greater Boston

Find the right mental health or substance abuse provider for you or a loved one.

Cambridge Health Alliance (CHA)
cha.harvard.edu/psychiatry/outpatient.shtml#ADULT

African-American Mental Health Program
617.665.3600

Asian Mental Health Program (Hindi, Bengali, Mandarin, and Japanese)
617.591.6033

Haitian Mental Health Program (Haitian Creole and French)
617.591.6033

Latino Mental Health Program (Spanish)
617.665.3900

Portuguese Mental Health Program (Portuguese and Cape Verdean Creole)
617.665.3030

All CHA services are located in Cambridge and Somerville

Latin American Health Institute
hispanicaccess.org
95 Berkeley Street, Boston, MA 02116

Massachusetts Alliance of Portuguese Speakers (MAPS)
maps-inc.org
617.787.0557 – Ask for Abir Baleelim
Free mental health services in Portuguese available in Allston, Somerville, Cambridge, or Dorchester

**North American Indian Center of Boston, Inc**
naicob.org
105 South Huntington Avenue, Jamaica Plain, MA 02130
Substance abuse services for the American Indian community

**North Suffolk Mental Health Association, Inc.**
northsuffolk.org

**Metro Boston Asian Collaborative**
617.912.7573
625 Beach Street, Revere, MA 02151
Serves the Southeast Asian community (Cambodian, Chinese, Vietnamese)

**Southeast Asian Community Clinic**
Vietnamese: 617.912.7586
Khmer: 617.912.7700
265 Beach Street, Revere, MA 02151

**Specialized Services for Refugee Trauma Survivors**

**Boston Center for Refugee Health & Human Rights**
bcrhhr.org
617.414.4794
Boston Medical Center, 771 Albany Street,
Dowling 7, Boston MA 02118

**The Harvard Program in Refugee Trauma**
hprt-cambridge.org
617.876.7879
Department of Psychiatry, Mass General Hospital,
22 Putnam Avenue, Cambridge, MA 02139

**African Women’s Health Center**
brighamandwomens.org/Departments_and_Services/obgyn/services/
africanwomenscenter/default.aspx
617.732.4740
Francis Street, Boston, MA 02115
Bereavement Support for Child Loss

The Bereavement Program at Boston Children’s Hospital
childrenshospital.org/patient-resources/family-resources/bereavement-program
617.355.6279
300 Longwood Avenue, Boston, MA 02115

Bereaved Parents USA – NE Region, MA Chapter
bereavedparentsusa.org
617.529.8686
19 Waverly Street, Lynn, MA 01904

Empty Arms
emptyarmsbereavement.org
413.570.0811
140 Pine Street, Room B2, Florence, MA 01062

Looking for quality treatment options close to home?
This online locator from SAMHSA will help you identify local help:
findtreatment.samhsa.gov

McLean Hospital offers a variety of behavioral and mental health treatment options for people of all ages. Visit McLean.org for more information.

Additional Resources

American Psychiatric Association
A site maintained by the APA with updated education materials, topical blog posts, upcoming events, and resources for seeking psychiatric assistance.

American Psychological Association
The largest scientific and professional organization of psychologists in the United States, with around 117,500 members, including scientists, educators, clinicians, consultants, and students.
Deconstructing Stigma: Changing Attitudes About Mental Health
This public awareness campaign was developed by McLean Hospital in an effort to spark conversation not only about behavioral and mental health but also about the stigma that surrounds it. Told through a series of larger-than-life photographs of people who have been affected by psychiatric conditions, Deconstructing Stigma boldly challenges the misconceptions regarding mental illness. More than just statistics or nameless faces, the volunteers in this project are everyday people—just like you. Yet each one has been affected by mental illness, and each one has also faced stigma. Visit DeconstructingStigma.org for more information.

Mental Health America
The nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. MHA has an established record of effective national and grassroots advocacy and achievement. With over 200 affiliates in 41 states, 6500 affiliates staff and over 10,000 volunteers.

NAMI
A nationwide grassroots advocacy group, representing families and people affected by mental disorders in the United States. An association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need.

NIMH
The largest scientific organization in the world dedicated to research on understanding treatment. As a lead federal agency for research on mental disorders, NIMH is one of 27 Institutes and Centers that make up National Institutes of Health (NIH), the nation’s medical research agency.

Substance Abuse and Mental Health Services Administration (SAMHSA)
An agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. This site provides education, information on programs and campaigns, grants, as well as assistance with finding help and treatment.
Screening for Mental Health
An organization dedicated to coordinating nationwide mental health screening programs and to ensuring cooperation, professionalism, and accountability in mental illness screenings.

**Anxiety**

**Anxiety and Depression Association of America**
An organization dedicated to increasing awareness and improving the diagnosis and treatment of anxiety disorders in children and adults.

**National Anxiety Foundation**
A nonprofit organization that offers education, reading lists, and resources for those living with anxiety disorders.

**@MHChat**
An online community that is dedicated to creating awareness and understanding about mental health and mental illness. #MHChat takes place on Twitter every Wednesday at 3pm EST.

**Borderline Personality Disorder**

**PROJECT 375**
An organization led by passionate individuals dedicated to the education, support, and treatment of mental health, the Project 375 website offers information, news, and interviews from individuals directly affected by mental illness including borderline personality disorder.

**Personality Disorder Awareness Network (PDAN)**
A not-for-profit organization dedicated to increasing public awareness of personality disorders, alleviating the impact of personality disorders on families, and preventing the development of personality disorders in children.

**National Education Alliance for Borderline Personality Disorder**
This group provides education while raising public awareness and understanding, in an attempt
to reduce stigma and promote research and enhance the quality of life of those affected by borderline personality disorder. They work with Congress to enhance the quality of life for those individuals affected by this serious but treatable mental illness.

**Depression**

**DBSA**
A nonprofit organization providing support groups for people with depression or bipolar disorder, as well as their friends and family. This site offers education, personal wellness tools, access to research studies, and assistance with finding the right treatment.

**Families for Depression Awareness**
This website offers information and tools to help families recognize and cope with depression and bipolar disorder in order to get people well and prevent suicides.

**Eating Disorders**

**Multi-Service Eating Disorders Association Inc (MEDA)**
This organization works to combat the spread of eating disorders through educational awareness and early detection. MEDA serves as a support network and resource for clients including clinicians, educators, and the general public.

**The Alliance for Eating Disorders Awareness**
A nonprofit organization dedicated to providing programs and activities aimed at outreach, education, and early intervention for all eating disorders. Their goal is to raise awareness, eliminate stigma, promote access to care and support for those susceptible to, currently struggling with, and recovered from eating disorders.

**Eating Disorders Anonymous**
A fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from their eating disorders.
Substance Use Disorder

Massachusetts Substance Abuse Information and Education Helpline
Provides free and anonymous information and referral for alcohol and other drug abuse problems and related concerns. The helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts.

12Step.org
A comprehensive list of available 12 step programs as well as the tools to identify the most appropriate. Their site has in-depth information about 12 step programs, how they work, and how to find one near you.

Suicide

National Lifeline
If you are suicidal, please call 800.273.TALK (8255). You’ll be connected to a skilled, trained counselor at a crisis center in your area. Counselors are available 24 hours a day, seven days a week.

Samaritans: Massachusetts 24-Hour Crisis Hotlines
A non-denominational, not-for-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies. The Samaritans provides a free and confidential 24-hour phone befriending line, in Boston at 617.247.0220, and in Framingham at 508.875.4500.
Trauma

The National Child Traumatic Stress Network (NCTSN)
NCTSN brings a singular and comprehensive focus to childhood trauma. A collaboration of frontline providers, researchers, and families committed to raising the standard of care while increasing access to services.

Trauma Center at Justice Resource Institute
A program of Justice Resource Institute, a large nonprofit organization dedicated to social justice by offering hope and promise of fulfillment to children, adults, and families who are at risk of not receiving effective services essential to their safety, progress, and/or survival.

RAINN (Rape, Abuse & Incest National Network)
The nation’s largest anti-sexual violence organization, RAINN started and currently runs the National Sexual Assault Hotline (800.656.HOPE) in partnership with over than 1,100 local rape crisis centers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help victims, and ensure that rapists are brought to justice.

International Society for Traumatic Stress Studies
Dedicated to sharing information about the effects of trauma and the discovery and dissemination of knowledge about policy, program, and service initiatives that seek to reduce traumatic stressors and their immediate and long-term consequences. Providing access to education and research, meetings and events, as well as tools for treating trauma and public resources.

Services for Veterans

Vet Centers
This program provides readjustment counseling, outreach, and referral services to veterans and their families in a relaxed, community-based setting. Vet Centers also provide counseling for military sexual trauma and bereavement counseling to parents, siblings, and spouses of service members who die in service. Many Vet Center staff members are combat veterans themselves. Almost all combat veterans are eligible for Vet Center services. There are Vet Centers located in Massachusetts in Boston, Brockton, Hyannis, Lowell, New Bedford, Springfield, and Worcester. There are also Vet Centers located throughout New England that Massachusetts veterans can access.
Suicide Prevention Lifeline
The lifeline provides service for veterans in crisis. Call 800.273.TALK (8255) and press 1 to be connected immediately to VA suicide prevention and mental health service professionals.

Massachusetts SAVE Program
The Statewide Advocacy for Veterans™ Empowerment (SAVE) program assists veterans in need of referral services and seeks to prevent suicide and advocate on behalf of Massachusetts’ veterans. SAVE acts as a liaison between veterans (and their families) and the various agencies within the federal and state governments. A team of SAVE Outreach Coordinators focus on community advocacy, suicide prevention, mental health awareness, and referrals. SAVE outreach coordinators will be in the field responding to the needs of veterans and their families.

National Center for Post-Traumatic Stress Disorder
A part of the VA that works to advance the clinical care and social welfare of America’s veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. Its website is provided as an educational resource concerning PTSD and other enduring consequences of traumatic stress.

Home Base Program
A partnership between the Red Sox Foundation and Massachusetts General Hospital, the program offers OEF/OIF veterans and their families diagnostic assessments, treatment, and referral services. The program is intended to help participants overcome combat-related stress and/or traumatic brain injury. The services are available regardless of whether treatment has previously been sought and regardless of ability to pay. Discharge status does not affect eligibility for services.
“You can’t let mental illness bring you down.”

When Charles reached his one-year sobriety milestone, he knew he still had work to do. Plagued by thoughts of suicide and a diagnosis of bipolar disorder, depression, and anxiety, Charles began to focus on his treatment by charting his moods—and his progress—every day. It’s not easy, but it’s working.

You can’t let mental illness bring you down. The struggle is real, but the fight is stronger.

Charles
Surgical Pathologist
Massachusetts

Learn how you can share your story at DeconstructingStigma.org/NAACP
Keeping your emotions locked up inside can kill you. Trust me. My behavior nearly cost me my career and my family.

Thankfully, Brandon asked for help. After being diagnosed with and treated for borderline personality disorder, Brandon decided that while being a pro football player for the NFL was his career, helping others understand mental illnesses was his calling.

Each year, I wear lime green sneakers during a game. I wear green to raise awareness about mental health. I wear green so others know I am like them and they are like me.

Brandon
NFL Player
New York

“I wear green so others know I’m like them and they’re like me.”

Learn how you can share your story at DeconstructingStigma.org/NAACP