

Strong Bodies + Strong Minds = A Strong Community



Brought to the community by



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

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



McLean
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BOSTON

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 02130

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

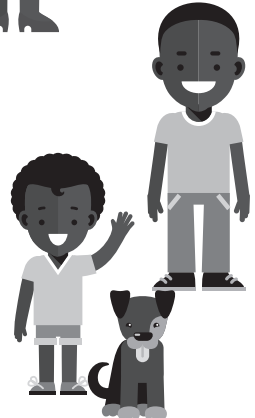
South End

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

bcrhr.org

617.414.4794

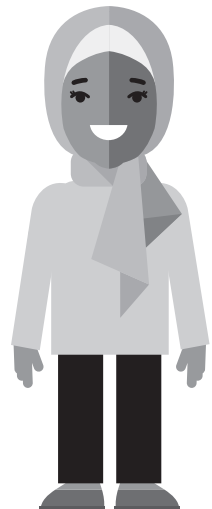
Boston Medical Center, 771 Albany Street,
Dowling 7, Boston MA 02118

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

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 McLeanHospital.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: A Change in Thought Can Change a Life

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](https://www.deconstructingstigma.org/NAACP)



McLean
HARVARD MEDICAL SCHOOL
PSYCHIATRIC INSTITUTE

NAACP
BOSTON

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.”

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