

## Governmental Assistance

### Disabled Persons Protection Commission (DPPC)

1-800-426-9009 | TTY: (888) 822-0350

[www.mass.gov/dppc](http://www.mass.gov/dppc)

Anonymous hotline for suspected abuse or neglect of disabled adults

### Massachusetts Department of Mental Health (DMH) Information and Resources Line

1-800-221-0053 | [www.mass.gov/dmh](http://www.mass.gov/dmh)

Information, DMH services, patient records, human rights, and other resources

### MassRelay

TTY (English): 1-800-439-2370 or 711

TTY (Spanish): (866) 930-9252

[www.mass.gov/massrelay](http://www.mass.gov/massrelay)

Free and confidential communication relay service for persons who are Deaf, hard-of-hearing, or speech disabled

### Massachusetts Rehabilitation Commission

1-800-245-6543 | (617) 204-3600

[www.mass.gov/mrc](http://www.mass.gov/mrc)

Health and human services agencies and programs, education, job placement, and training for individuals with disabilities

### MassHealth Customer Service Center

1-800-841-2900 | TTY: MassRelay 711

[www.mass.gov/masshealth](http://www.mass.gov/masshealth)

Information about covered services, referral to specialists, changing your address or phone number, and reporting a lost MassHealth card

### Social Security Administration

1-800-772-1213 | TTY: 1-800-325-0778

<https://ssa.gov>

Information about Social Security benefits

## Mutual Support/12-Step Support Groups

### Al-Anon/Alateen Family Groups

(508) 366-0556 | [www.alanonma.org](http://www.alanonma.org)

Support group meetings for family members of individuals with addictions

### Alcoholics Anonymous (AA)

(617) 426-9444 | [www.aaboston.org](http://www.aaboston.org)

For assistance locating AA meetings in MA

### Depression & Bipolar Support Alliance of MetroBoston

(617) 855-2795 | [www.dbsaboston.org](http://www.dbsaboston.org)

Support meetings, education, and information

### Dual Recovery Anonymous (DRA)

<https://www.massclubs.org/dra-overview>

DRA meetings for people with mental health conditions and addictions

### Debtors Anonymous

1-800-421-2383 | (781) 453-2743

[www.debtorsanonymous.org](http://www.debtorsanonymous.org)

### Emotions Anonymous

(651) 647-9712 | [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

### Food Addicts in Recovery Anonymous

(781) 932-6300 | [www.foodaddicts.org](http://www.foodaddicts.org)

### Massachusetts Council on Compulsive Gambling

1-800-426-1234 | (617) 426-4554

<https://www.macgh.org>

Lists of GA and Gam-Anon meetings and resources

### Narcotics Anonymous

(866) 624-3578 | <https://nera.org>

### Overeaters Anonymous

(505) 891-2664 | <https://oa.org>

### Smart Recovery

(440) 951-5357 | [www.smartrecovery.org](http://www.smartrecovery.org)

Statewide meeting list of alternative addiction recovery meetings

## Legal Assistance

### Center for Public Representation

Northampton: (413) 586-6024

[www.centerforpublicrep.org](http://www.centerforpublicrep.org)

Legal information, education, consultation, and advocacy for people with disabilities

### Committee for Public Counsel Services

[www.publiccounsel.net](http://www.publiccounsel.net)

Information on legal counsel

### Disability Law Center

1-800-872-9992 | [www.dlc-ma.org](http://www.dlc-ma.org)

Legal information, education, consultation, advocacy, and representation for people with disabilities

### Mental Health Legal Advisors Committee

1-800-342-9092 | (617) 338-2345

[www.mhlac.org](http://www.mhlac.org)

Legal information, education, referral, consultation, and advocacy for people with mental illness

MBHP complies with applicable federal civil rights laws and does not discriminate, exclude, or treat people differently because of race, color, national origin, ancestry, age, disability, religious creed, sex, sexual orientation, gender identity, gender stereotyping, genetic information, or veteran status. MBHP's notice of non-discrimination can be found at <http://www.masspartnership.com/member/NonDiscriminationNotice.aspx>.

You can get this information in other languages and other formats, such as large print or Braille.

Call us at 1-800-495-0086 from Monday to Thursday, 8 a.m. to 5 p.m. and Friday 9:30 a.m. to 5 p.m. The call is free! Call TTY 1-877-509-6981 if you are deaf, hard of hearing, or speech impaired.

Tenemos información en español. Servicio de intérpretes gratis!

# MBHP Consumer Information Guide

Massachusetts Behavioral Health Partnership  
A Carelon Behavioral Health Company



Resources for people with mental health and substance use disorders and their families

This booklet is published by the Massachusetts Behavioral Health Partnership (MBHP), which manages mental health and substance use disorder services for people who have MassHealth (Medicaid) insurance. For information about MBHP, call our Member Engagement Center at 1-800-495-0086 (TTY: 1-877-509-6981 or MassRelay 711 for people with partial or total hearing loss).

## Resources

### **AIDS Action/Fenway Health**

(617) 437-6200 | [www.aac.org](http://www.aac.org)  
Information, referral, and advocacy

### **Health Care For All**

Helpline: 1-800-272-4232 | (617) 350-7279  
[www.hcfama.org](http://www.hcfama.org)

Information, advocacy, and legal resources about healthcare access, insurance, and prescription drug coverage

### **Index and Autism Resource Center**

1-800-642-0249 | [www.disabilityinfo.org](http://www.disabilityinfo.org)  
Search for programs or services, consultants, doctors, dentists, general emergency services, and links to organizations that serve diverse communities

### **Cole Resource Center (CRC)**

(617) 855-3298 | [www.coleresourcecenter.org](http://www.coleresourcecenter.org)  
Information, education, and peer support for both persons with mental health conditions and their family members

### **Massachusetts Clubhouse Coalition**

(617) 872-0190 | [www.massclubs.org](http://www.massclubs.org)  
Employment support, activities, and Dual Recovery Anonymous groups

### **Massachusetts Organization for Addiction Recovery (MOAR)**

(877) 423-6627 | (617) 423-6627  
[www.moar-recovery.org](http://www.moar-recovery.org)  
Education and advocacy

### **MA Behavioral Health Help Line (BHHL)**

(833) 773-2445 | [www.masshelpline.com](http://www.masshelpline.com)  
Call, text, or chat 24/7/365 for connection to real-time support and clinical assessment for outpatient, urgent, and immediate crisis care, free and available to all MA residents

### **Massachusetts Statewide Independent Living Council**

(508) 620-7452 | [www.masilc.org](http://www.masilc.org)  
Centers provide information, referral, skills training, and advocacy for people with disabilities

### **Massachusetts Substance Use Helpline**

1-800-327-5050 | [helplinema.org](http://helplinema.org)  
Information, resources, and referral

### **Massachusetts 2-1-1**

Dial 2-1-1 | (877) 211-MASS | (877) 211-6277  
<https://mass211.org/>  
24/7 local information about food banks, shelters, doctors, crisis services, benefits, disabilities, and other services and programs; Funded by the United Way

### **National Empowerment Center (NEC)**

1-800-769-3728 | [www.power2u.org](http://www.power2u.org)  
Peer-run mental health education and advocacy

### **988 Suicide & Crisis Lifeline**

1-800-273-8255  
<https://988lifeline.org>  
24-hour support for people who are suicidal or despairing

### **Recovery Learning Communities (RLCs)**

<https://www.mass.gov/service-details/recovery-learning-communities>  
Information, referral, peer support, alternative healing, education, training, employment support, advocates, and warmlines located in peer-run centers around the state

### **SafeLink**

(877) 785-2020 | [www.casamyrna.org](http://www.casamyrna.org)  
Information and referral for counseling, shelter, and other resources for all people facing domestic violence

### **Speaking of Hope**

[www.speakingofhope.org](http://www.speakingofhope.org)  
A recovery website by young adults for young adults that includes links to relevant resources

### **The Transformation Center, Inc. (dba Kiva)**

(617) 442-4111 | [www.transformation-center.org](http://www.transformation-center.org)  
Statewide, peer-run organization providing training and peer support for people with mental/emotional health challenges and traumatic experiences. Kiva provides Certified Peer Specialist training for MA.

### **Warmlines**

<http://warmline.org/#massachusetts>  
Listing of local/national peer-run listening lines

## Resources for Families

### **Families for Depression Awareness**

(781) 890-0220 | [www.familyaware.org](http://www.familyaware.org)  
Information and education

### **Federation for Children with Special Needs**

1-800-331-0688 | (617) 236-7210  
<https://fcsn.org>  
Information, education, referral, and advocacy

### **Greater Boston Parents, Families, and Friends of Lesbians and Gays (GBPFLAG)**

(781) 891-5966 | <https://gbpflag.org>  
Information, referral, education, support groups, and advocacy for families of gay, lesbian, bisexual, or transgendered people

### **Massachusetts Child Abuse Emergency Line**

1-800-792-5200  
Anonymous hotline for suspected abuse or neglect of children up to age 18

### **National Alliance on Mental Illness of Massachusetts (NAMI-Mass)**

(617) 580-8541 | <https://namimass.org>  
Information, referral, education, support groups, and advocacy

### **National Alliance on Mental Illness of Western Massachusetts (NAMI-Western Massachusetts)**

(413) 786-9139 | [www.namiwm.org](http://www.namiwm.org)  
Information, referral, education, support groups, and advocacy

### **NAMI-Mass COMPASS Helpline**

1-800-370-9085 | (617) 704-6264  
Email: [compass@namimass.org](mailto:compass@namimass.org)  
Trained peers and family members answer questions/refer to NAMI support, education programs, and community resources

### **Parents Helping Parents**

Parental Stress Line: 1-800-632-8188  
(617) 926-5008 | [www.parentshelpingparents.org](http://www.parentshelpingparents.org)  
Parenting support groups

### **Parent/Professional Advocacy League (PPAL)**

(866) 815-8122 | (617) 542-7860 | <http://ppal.net>  
Information, referral, education, support groups, and advocacy for families of children and adolescents with mental health needs