

Changing Landscape Resource List

Note: This webinar was hosted by NAMI Massachusetts, and these resources (online and linked) are primarily based in Massachusetts. For other areas of the United States, find your local NAMI [here](#). Or call the NAMI national [HelpLine](#) or check out their online [Resource Center](#). And many of the [resources on the NAMI Mass website](#) are national in scope.

Webinar / Resources

Thomas Insel, MD. *Healing: Our Path from Mental Illness to Mental Health*. Penguin Random House, 2022.

From Q&A discussion:

Peer respite programs--residential, day, and mobile-- available in Massachusetts:

- Metro West and Eastern Mass: [The Living Room](#): 508-661-3333 24-hour phone line and 8am-9pm walk-in center
- Central Mass: [Kiva Centers](#) peer support and respite centers, with mobile respite statewide
- Western Mass: [Wildflower Alliance](#) peer support and respite centers, with LGBTQ+ respite serving people statewide

[Massachusetts Clubhouse Coalition](#) lists clubhouses available and funded by DMH in Massachusetts. List of private pay residential treatment programs with similar philosophy [here](#).

Coordinated Specialty Care directory: <https://www.mapnet.online/program-directory>

Psychosis Access & Triage Hub (M-PATH) <https://www.brooklinecenter.org/centers/mpath/>

From the Talkback discussion

[Enduring Connections](#)--program at Advocates for families and loved ones

[Benchmark Health](#)--mentioned by Dr. Insel, who is a co-founder

Private Pay resources mentioned:

Doro Mind <https://www.doromind.com>

General Resources

- The [NAMI Compass Helpline](#) answers questions about everything related to mental health resources, from family and peer-led supports to crisis planning to housing and more: **800-370-9085** or compass@namimass.org. You can schedule an appointment [here](#).
- Many [online resources](#) within and beyond the medical model can be found at NAMIMass.org, including
 - [therapists and other providers](#)
 - [family supports](#) including groups, warmlines, consultation
 - [peer supports](#) including groups, warmlines, crisis centers, and consultation
 - specific communities such as the [Black community](#), [LGBTQ+](#)
 - specific experiences such as [hearing voices](#) and [thinking about suicide](#)
 - basics like [housing](#) and [health insurance](#)
 - [legal help](#)

Support for Family Members

- [NAMI Family Education and Support Programs](#). Including NAMI's signature Family-to-Family course and Family Support Groups. For specialized family support groups for siblings, partners, Black families, parents of teens, Mandarin speakers, and more, click on the **"statewide"** option under [Family Support Groups](#).
- [Support groups, courses, and coaching offered by other organizations](#), reflecting a range of perspectives, including alternatives based on peer experience and expertise
Support for Loved Ones
- [NAMI peer-led support groups and programs](#)
- [Support groups, coaching, respite, and more offered by other organizations](#)

Communication Strategies for Strengthening Family Relationships

- [Motivational Interviewing for Loved Ones \(MILO\)](#) Strategies for difficult conversations; also a webinar on MILO [here](#) and book summary [here](#).
- [Family Connections \(NEABPD\) Course](#). Strategies for relationships with people challenged by emotional dysregulation.
- *"I'm Not Sick, I Don't Need Help!"* [Free excerpt](#) of the popular book.

- CRAFT approach and [Allies in Recovery](#) Intersection of addiction and mental health issues. Watch [webinars on the CRAFT approach](#) and other communication strategies from McLean Hospital. Allies in Recovery support groups [here](#) and REST support groups [here](#).

In A Crisis

For a full range of options for navigating a crisis, across the state, go to [Navigating A Mental Health Crisis](#). In a life-threatening emergency, call 911. Otherwise consider:

- [Massachusetts Behavioral Health Help Line](#) – Call or text 24-hours a day with all questions and concerns including links to mobile crisis intervention teams and walk-in centers: **833-773-2445**
- Peer-run crisis alternatives:
 - Metro West and Eastern Mass: [The Living Room](#): **508-661-3333** 24-hour phone line and 8am-9pm walk-in center
 - Central Mass: [Kiva Centers](#) peer support and respite centers, with mobile respite statewide
 - Western Mass: [Wildflower Alliance](#) peer support and respite centers, with LGBTQ+ respite serving people statewide
- [Navigating a Mental Health Crisis](#): More ideas, planning, and options