



## Behavioral Health Resources

# Free Family Support Opportunities

## Support groups for family members/supporters of people living with mental health conditions

**NAMI Family Support Groups, including specialty groups for specific interests:**

[namimass.org/nami-family-support-groups](https://namimass.org/nami-family-support-groups)

**Depression Bipolar Support Alliance (DBSA):** [dbsaboston.org](https://dbsaboston.org)

**Cole Resource Center:** [coleresourcecenter.org](https://coleresourcecenter.org)

**Parent Professional Advocacy League (PPAL) Parent Support Groups, for parents of youth and adolescents:** [ppal.net](https://ppal.net)

## Other support options

**NAMI Family to Family Course:** [namimass.org/nami-family-to-family](https://namimass.org/nami-family-to-family)

*An evidence-based, eight-session, weekly course for family members and friends of individuals living with mental health conditions. Topics include understanding the symptoms of mental illness, learning about treatments and therapies, practicing communication and problem-solving skills, creating a positive team approach, and selfcare.*

**NAMI Basics Course:** [namimass.org/nami-basics](https://namimass.org/nami-basics)

*A six-session weekly course designed for parents and caregivers of children and adolescents showing signs of behavioral and emotional challenges. Highlights include accessing care, communication skills, working with schools, and self-care. This program is also available as a self-paced online program, NAMI Basics On Demand.*

**NAMI MA Compass Helpline:** [namimass.org/nami-mass-compass-helpline](https://namimass.org/nami-mass-compass-helpline)

*An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances, Mon–Fri, 9:00 AM - 5:00 PM, Contact: 617-704-6264 or 1-800-370-9085, or [compass@namimass.org](mailto:compass@namimass.org)*

**MA Behavioral Health Helpline:** [masshelpline.com](https://masshelpline.com) or 833-773-2445

*Call or text 24/7 for urgent care evaluation, connection to clinical services and mobile crisis response. Those concerned about someone who may need support are welcome to call.*