



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

Depression Bipolar Support Alliance (DBSA): dbsaboston.org

Cole Resource Center: coleresourcecenter.org

Wayside Youth & Family Support Network, for parents of youth and adolescents: waysideyouth.org/forfamilies/parentsupportservices

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

Other support options

NAMI Family to Family Course: 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

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

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, 10:00AM–6:00PM, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org

MA Behavioral Health Helpline: 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.