



Behavioral Health Resources

Free Adult Peer Support Opportunities

Support groups facilitated by people living with mental health conditions

NAMI Connection Recovery Support Groups:

nanimass.org/nami-connection-recovery-support-groups

Northeast Recovery Learning Community (NERLC):

nilp.org/nerlc

Advocates Peer Support Groups:

advocates.org/news/virtual-support-groups

Depression Bipolar Support Alliance (DBSA):

dbsaboston.org

Kiva Centers:

kivacenters.org/peer-support-groups

Wildflower Alliance:

wildfloweralliance.org/online-support-groups

Other support options

Peer Warm Lines: Friendly phone lines staffed by people with lived experience with mental health challenges or dual diagnosis.

Metro Boston RLC Peer Support Line: 877-733-7563, Daily 4:00 - 8:00PM

Wildflower Alliance Peer Support Line: 888-407-4515, Mon–Thurs, 7:00 - 9:00PM; Fri–Sun, 7:00 - 10:00PM

Kiva Centers Peer Support Line: 508-688-5898, Mon-Fri, 8:00PM - 12:00AM

Department of Mental Health Clubhouses:

massclubs.org
Supportive day programs with simplified access for adults with a history of mental health conditions.

Cole Resource Center Workforce Program:

coleresourcecenter.org/workforce-program

Coaching to those living with mental health challenges as they find their next career steps.

NAMI Peer to Peer Course:

nanimass.org/nami-peer-to-peer
A weekly 8-session recovery-focused program for people who wish to establish and maintain their wellness, taught by individuals with personal experience.

NAMI MA Compass Helpline:

nanimass.org/nami-mass-compass-helpline
Mon–Fri, 10:00AM - 6:00PM, at 617-704-6264 or 800-370-9085, or compass@nanimass.org.

An information and referral helpline that provides resources and support to help navigate the mental health system and problem solve in difficult circumstances.

