Governmental Assistance

Disabled Persons Protection Commission (DPPC) (800) 426-9009 | TTY (888) 822-0350 Anonymous hotline for suspected abuse or neglect of disabled adults

Massachusetts Department of Mental Health Information and Resource Line (800) 221-0053 | www.mass.gov/dmh Information and referral, DMH services, patient rights, human rights, and other resources

Mass Relay TTY (800) 439-2370 Voice and Hearing (800) 439-0183 www.mass.gov/massrelay Free and confidential communication relay service for persons who are deaf, hard-of-hearing, late deafened, or with speech disabilities, or for persons wishing to communicate with them

Massachusetts Rehabilitation Commission (800) 245-6543 | (617) 204-3600 www.mass.gov/mrc Health and human services agencies and programs, education, job placement, and training for individuals with disabilities

MassHealth Customer Service Center (800) 841-2900 | TTY (800) 243-7389 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 (800) 772-1213 | TTY (800) 325-0778 www.socialsecurity.gov Information about Social Security benefits

Mutual Support/12-Step Support Groups

Al-Anon/Alateen Family Groups (508) 366-0556 | www.ma-al-anon-alateen.org Support group meetings for family members of individuals with addictions

Alcoholics Anonymous (AA) (617) 426-9444 | www.aaboston.org For assistance locating AA meetings in MA

Depression & Bipolar Support Alliance of MetroBoston (617) 855-2795 | www.dbaboston.org Support meetings, education, and information

Dual Recovery Anonymous (DRA) (781) 788-8803 | www.dualrecovery.org/dual-recovery-meetings DRA meetings for people with mental health conditions and addictions

Massachusetts Council on Compulsive Gambling (800) 426-1234 | (617) 426-4554 www.masscompulsivegambling.org Lists of GA and Gam-Anon meeting and resources

Debtors Anonymous (800) 421-2383 | (781) 453-2743 www.debtersonanonymous.org

Emotions Anonymous (617) 647-9712 | www.emotionsanonymous.org

Food Addicts in Recovery Anonymous (781) 932-6300 | www.foodaddicts.org

Narcotics Anonymous (617) 624-3578 | www.nora.org/find-a-meeting/ Overeaters Anonymous (617) 624-3578 | www.nora.org/find-a-meeting/

Smart Recovery (866) 951-5357 | (440) 951-5357 www.smarterecover.com

Statewide meeting list of alternative addiction recovery meetings

Legal Assistance

Center for Public Representation (617) 267-1212 | (413) 586-6824 www.centerforpublicrep.org

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

Committee for Public Counsel Services (617) 482-6212 | www.publiccounsel.net Information on legal counsel

Disability Law Center (800) 872-9992 | www.idlc-ma.org Legal information, education, consultation, advocacy, and representation for people with disabilities

Mental Health Legal Advisors Committee (800) 342-9082 | (617) 338-2345 www.mhlac.org Legal information, education, referral, consultation, and advocacy for people with mental illness

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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 1-877-520-6981 if you are deaf, hard of hearing, or speech impaired.

Tenemos información en español. Servicio de intérpretes gratis!
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.

Resources

AIDS Action Committee of Massachusetts Hotline (617) 327-5000 | help@aac.org
Information, resources, and referral

Massachusetts Substance Use Helpline (800) 370-9085 | www.namimass.org
Information, referral, and support

Massachusetts 2-1-1 Dial 2-1-1 | (877) 211-MASS | (877) 211-6277 | www.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.

Statewide Independent Living Centers (508) 620-7452 | www.nu.edu
Centers provide information, referral, skills training, and advocacy services for people with disabilities

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National Suicide Prevention Lifeline (800) 273-8255 | www.suicidepreventionlifeline.org
A recovery website by young adults for young adults that includes links to relevant resources

The Transformation Center (877) 769-7683 | www.transformcenter.org
Statewide, peer-run organization providing information, referral, education, leadership training, advocacy, peer support, and regional contacts for people with mental health conditions

Warmlines http://warmline.org/massachusetts
Listing of local and national peer-run listening lines

Resources for Families

National Alliance on Mental Illness of Massachusetts (NAMI-Mass) (800) 370-9085 | www.namimass.org
Information, referral, education, support groups, and advocacy

National Alliance on Mental Illness of Western Massachusetts (NAMI-Western Massachusetts) (800) 295-2121 | (413) 788-9119 | www.namiwm.org
Information, referral, education, support groups, and advocacy

Parents Helping Parents (800) 632-6188 | (617) 926-5008 | www.parentshelpingparents.org
Parenting support groups

Parent/Professional Advocacy League (PPL) (866) 615-8122 | (617) 542-7860 | www.pplnet.org
Information, referral, education, support groups, and advocacy for families of children and adolescents with mental health needs