

# BEHAVIORAL HEALTH RESOURCES

## ADULT PEER SUPPORT OPPORTUNITIES

### FREE SERVICES

#### SUPPORT GROUPS FACILITATED BY PEOPLE LIVING WITH MENTAL HEALTH CONDITIONS

- **NAMI Connection Recovery Support Groups** - [namimass.org/nami-connection-recovery-support-groups](https://namimass.org/nami-connection-recovery-support-groups)
- **Northeast Recovery Learning Community (NERLC)** - [nilp.org/nerlc](https://nilp.org/nerlc)
- **Advocates Peer Support Groups** - [advocates.org/news/virtual-support-groups](https://advocates.org/news/virtual-support-groups)
- **Hearing Voices Support Groups** - [hearingvoicesusa.org](https://hearingvoicesusa.org)
- **Depression Bipolar Support Alliance (DBSA)** - [dbsaboston.org](https://dbsaboston.org)
- **Cole Resource Center** - [coleresourcecenter.org](https://coleresourcecenter.org)

#### OTHER SUPPORT OPTIONS

- **Peer Warm Lines**- Friendly phone lines staffed by people with lived experience of mental health challenges or dual diagnosis
  - **Metro Boston RLC Peer Support Line** - 1-877-733-7563
    - Every day, 4–8 pm
  - **Western Mass RLC Peer Support Line** - 1-888-407-4515
    - Mon-Thur 7–9 pm, Fri-Sun 7-10 pm
- **NAMI Peer to Peer Course** - [namimass.org/nami-peer-to-peer](https://namimass.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 lived experience
- **The Living Room, Advocates** - [advocates.org/livingroom](https://advocates.org/livingroom)
  - A 24-hour crisis alternative to emergency department visits and hospitalization, staffed by peer specialists, 508-661-3333
- **Department of Mental Health Clubhouses** - [massclubs.org](https://massclubs.org)
  - Supportive day programs with limited barriers to entry for adults with a history of mental health conditions
- **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, 9am–5pm, Contact: 617-704-6264 or 1-800-370-9085, or [compass@namimass.org](mailto:compass@namimass.org)