

BEHAVIORAL HEALTH RESOURCES CHILD, YOUTH & FAMILY SUPPORT OPPORTUNITIES FREE SERVICES

SUPPORT GROUPS FOR FAMILY MEMBERS OF YOUTH W/MENTAL HEALTH CHALLENGES

- **NAMI Family Support Groups, including specialty groups for specific interests-** namimass.org/nami-family-support-groups
- **Wayside Youth & Family Support Network** - waysideyouth.org/parents
- **Parent Professional Advocacy League (PPAL) Parent Support Groups** - ppal.net
- **Depression Bipolar Support Alliance (DBSA) Family Support Groups** - dbsaboston.org

OTHER FAMILY SUPPORT OPPORTUNITIES

- **NAMI Basics Courses** - 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, 9am-5pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org

AREA YOUTH MENTAL HEALTH PROVIDERS, FEE FOR SERVICE & MASSHEALTH

- **Wayside Youth & Family Support Network** - waysideyouth.org
- **The Eliot Center at Concord** - eliotchs.org/behavioral-health-clinics
- **Advocates Youth & Family Counseling** - advocates.org/services/youth-family-services