

BEHAVIORAL HEALTH RESOURCES

FAMILY SUPPORT OPPORTUNITIES

FREE SERVICES

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