TEMPEL BETH ZION – MENTAL HEALTH RESOURCES

General Resources:

1. Your health insurance behavioral health line: (the phone number is usually on the back of the health insurance card).
2. William James Referral for mental health providers: https://interface.williamjames.edu
3. Psychology Today website to search for providers: https://www.psychologytoday.com/us
4. Riverside ER services (emergency services mental health unit): (800)-529-5077.
6. National Association of Social Worker’s Therapy Matcher: (617)-720-2828 or info@therapymatcher.org
7. Massachusetts Child Psychiatry Access Program (MCPAP) for mothers up to one year postpartum (a referral for mothers through a doctor’s office): https://www.mcpapformoms.org
8. Parents support hotline: (800)-632-8188
10. SAMSHA (Substance Abuse and Mental Health Services Administration National Helpline): free confidential 24/7 treatment referral and info service for individuals and families facing mental and/or substance abuse disorders 1-800-63-4357

Adolescents:
1. Teen Crisis Helpline (ages 12-24): (800)-843-5200
2. Massachusetts Child Psychiatry Access Program (MCPAP) for adolescents (a referral for youth through a doctor’s office): http://mcpap.org
3. The Trevor Project (teen LGBTQ suicide): (866)-488-7386

Veterans:
1. Veterans Crisis Hotline: (800)-273-8255

Elders:
1. Sage National LGBTQ Elder Hotline: (877)-360-LGBT
2. Brookline Council on Aging: (617) 730-2770
3. JF&CS Elder Supports: (781) 693-5052
Mental Health Resources During Covid-19 from CJP website:

It's important to remember that we are collectively going through a stressful event, and that everybody copes differently. If you are struggling to manage anxiety and stress levels, it can be helpful to try a variety of approaches. The following articles contain expert advice and describe different approaches to reducing anxiety and uncertainty related to COVID-19 suggested to us by The Center For Anxiety.

- What's Scarier than the Coronavirus — Scientific American (David H. Rosmarin)
- 8 Ways to Reduce Corona Virus Anxiety — Prevention Magazine
- Managing Anxiety and Stress — US Center for Disease Control
- Managing COVID-19: Expert Tips — Anxiety & Depression Association of America
- Coping with stress, fear, and uncertainty — HelpGuide.org
- Parenting in a Pandemic
- Talking to Kids About the Coronavirus - Child Mind Institute
- Talking to Kids about COVID-19 - US Center for Disease Control
- Talking to Child/Teen about Coronavirus - Anxiety & Depression Association of America
- Comic to Discuss Coronavirus - National Public Radio (NPR)
- Mental Health Support at JF&CS