

## **TEMPLE 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:
4. <https://www.psychologytoday.com/us>
5. Riverside ER services (emergency services mental health unit): (800)-529-5077.
6. National Association of Mental Illness Resource Helpline: (800)-950-6264 and support groups at [www.nami.org/Support-Education/Support-Groups](http://www.nami.org/Support-Education/Support-Groups)
7. National Association of Social Worker's Therapy Matcher: (617)-720-2828 or [info@therapymatcher.org](mailto:info@therapymatcher.org)
8. 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>
9. Parents support hotline: (800)-632-8188
10. National Domestic Violence Hotline: Confidential 24/7 support and resources. [www.thehotline.org](http://www.thehotline.org). 1-800-799-7233
11. National Suicide Prevention Lifeline: 1-800-273-8255
12. 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 Scariest 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](#)