

Mental Health Resources for Families

Faith-Based Resources

1. The Salvation Army - Provides mental health services, family support, and addiction recovery programs with a Christian foundation (www.salvationarmyusa.org).
2. Catholic Charities USA - Offers counseling services, crisis support, and financial assistance for families in need (www.catholiccharitiesusa.org).
3. Focus on the Family - Provides Christian-based resources for counseling and family mental health support, including referrals to faith-based therapists (www.focusonthefamily.com).
4. Celebrate Recovery - A Christ-centered program supporting individuals and families dealing with mental health challenges, addiction, and trauma (www.celebraterecovery.com).
5. Hope Restored - Offers Christian counseling retreats for families, focusing on restoring relationships and emotional well-being (www.hoperestored.com).
6. Church-Based Counseling Ministries - Many local churches partner with Christian counselors or have their own pastoral counseling services. Check with your local church or diocese.

Massachusetts Resources

1. Massachusetts Behavioral Health Helpline (MBH) - Call 833-773-2445 for 24/7 support for mental health crises and connection to care services.
2. NAMI Massachusetts - Offers free mental health support groups, education, and advocacy for families (www.namimass.org).
3. Massachusetts Department of Mental Health (DMH) - Provides access to mental health services, including outpatient and inpatient care, for residents with serious mental illness (www.mass.gov/dmh).
4. Samaritans of Massachusetts - Free, confidential 24/7 support for individuals and families dealing

with suicide or crisis (www.samaritanshope.org | Helpline: 1-877-870-4673).

5. Interface Referral Service - A free, confidential service that matches individuals in Massachusetts with local therapists and counselors (www.interface.williamjames.edu).

Financial Assistance and Advocacy

1. Mental Health Legal Advisors Committee (MHLAC) - Provides free legal advice and representation for low-income individuals dealing with mental health-related issues (www.mhlac.org).

2. Community Action Agencies - Offers financial assistance, housing support, and mental health referrals through a network of agencies across the state (www.masscap.org).

Faith-Based Programs in Massachusetts

1. Catholic Charities of Boston - Offers mental health counseling, crisis assistance, and family support rooted in Catholic faith values (www.ccab.org).

2. Jewish Family & Children's Service (JF&CS) - Provides counseling, support groups, and financial aid for families dealing with mental health issues, with programs open to people of all faiths (www.jfcsboston.org).

3. Episcopal City Mission (ECM) - A faith-based organization focused on supporting families with crisis needs, including mental health resources (www.episcopalcitymission.org).

4. Grace Alliance Groups - Faith-based mental health support groups available online and in some Massachusetts churches (www.mentalhealthgracealliance.org).

5. Boston Dream Center - A Christian nonprofit providing counseling, recovery programs, and mental health resources in the Greater Boston area (www.bostondreamcenter.org).