

SCITUATE AREA MENTAL HEALTH RESOURCES

Below is a list of resources that you or your child may find helpful. Scituate Public Schools does not endorse any specific provider, service or resource. As always, please preview any resource for appropriateness prior to encouraging your child to utilize.

CRISIS

911-Dial 911 if imminent danger to self or others. Scituate uses the Enhanced 911 emergency telephone system.

South Shore Mental Health -Crisis Team 617-774-6036

South Shore Mental Health's Emergency Services Program (ESP) provides in-home, community, and hospital ER-based services to children, teens, and adults who are at risk of harming themselves or others. Available 24 hours a day, seven days a week, ESP's master's level clinicians provide psychiatric evaluation and treatment to support and stabilize clients while transitioning them to the appropriate level of care within the community. SSMH's Emergency Services Program also includes an open, six-bed stabilization unit that offers an alternative to hospitalization for clients in need of short-term crisis intervention.

National Suicide Prevention Lifeline- 1-800-273-(TALK)8255. The National Suicide prevention Lifeline is a 24 hour, toll-free suicide prevention hotline. You will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, our mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself or someone you care about. Your call is free and confidential.

Crisis Text Line- Text HOME to 741741 in the United States. <https://www.crisistextline.org/>
Crisis Text Line is a free, 24/7, confidential text message service for people in crisis.

FIND A THERAPIST OR PRESCRIBER

Interface Referral Service, William James College- 888-244-6843 (toll free)

The William James INTERFACE Referral Service maintains a mental health and wellness referral Helpline **Monday through Friday, 9 am-5 pm**. This is a free, confidential referral service for individuals across the lifespan living in Scituate and participating communities. Callers are matched with licensed mental health providers from our extensive database. Each referral meets the location, insurance, and specialty needs of the caller. More information about the service, terms of confidentiality, and other mental health resources are on their website <https://interface.williamjames.edu/>

Massachusetts Behavioral Health Partnership <https://masspartnership.com/member/FindAProvider.aspx>

The MBHP behavioral health provider network is one of the largest in Massachusetts. It includes over 1,200 clinics, inpatient programs, individual practitioners such as social workers and psychologists, and many more. Many of our providers speak multiple languages. They all share a commitment to providing high quality, culturally sensitive care. Services offered range from detox, to crisis counseling, to long-term therapy.

Massachusetts Behavioral Health <https://www.mabhaccess.com/>

The Massachusetts Behavioral Health Access (MABHA) website is designed to enable behavioral health and health care providers to locate potential openings in mental health and substance use services for the purpose of referring individuals to those available services. We welcome youth, families, and other stakeholders, such as state agency staff, to utilize the website to locate those services that they can access directly from the community. There are currently three groups of services that are available on this website: CBHI services, Substance Use services, and Inpatient and other 24-hour levels of care. Please refer to each of these sections below for details about who can search for openings in these services and how to do so. The services that you are able to locate using this website may expand over time.

Psychology Today referral service <https://www.psychologytoday.com/us>

South Shore Coalition of Independent Therapists <https://sscit.org/>

APPLY FOR MASS HEALTH INSURANCE to be considered for Mass Health eligibility *** based on mental health diagnosis*** for Intensive Care Coordination, In Home Therapy, Therapeutic Mentor. Make an appointment at a Community Agency below to submit documents to determine eligibility (you need not be a client of these agencies to utilize their financial counseling department):

- Manet Community Health Center, Hull- 781-925-4550
- Quincy Family Resource Center-617-481-7227
- South Shore Hospital-Financial Counseling Department-781-624-4329

ADDITIONAL MENTAL HEALTH RESOURCES

- **AnxietyBC™** is a leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. Our site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety. <https://www.anxietybc.com/>
- **Anxiety and Depression Association of America** <https://adaa.org/understanding-anxiety>
- **Child Mind-** The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most. <https://childmind.org/>
- **Department of Mental Health-Southeast Area Office**
The Department of Mental Health's (DMH) Division of Child, Youth and Family Services provide a variety of supports to Massachusetts youth with mental illness and their families. DMH believes that families are experts on their children and that both youth and family participation in treatment is essential to the recovery process. Every youth and family has strengths, which are important to help overcome challenges, and DMH services focus on building upon those strengths. Services offered through DMH to eligible youth are intended to be strength-based, trauma-informed, family-driven, youth-guided, and respectful of the culture and preferred language of the youth and family. Howard Baker-Smith, Area Director, 165 Quincy Street, Brockton, MA 02302, Phone (508) 897-2000, Fax (508) 897-2024, TTY (508) 897-2102
- **National Alliance on Mental Illness** <https://www.nami.org/> A state resource for individuals and families facing the challenges of mental illness, providing free mental health family-based education, family and peer support and grassroots advocacy. Massachusetts chapter-<http://namimass.org/>

TECHNOLOGY RESOURCES

APPS and WEBSITES-free and fee based

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- **3 Minute Mindfulness**-Free meditation and breathing app. There is also a subscription level of service.
- **Breathe2relax**- an app with hands-on diaphragmatic breathing exercise.
- **Buddhify**-mediation app for a fee.
- **Izen**-free relaxing light and music app
- **Calm.com**-Free website and mobile app with guided meditation and relaxation exercises.
- **Calmharm**-an app that provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected.
- **Colorfly**-free coloring book app
- **eCBT**-is a set of Apple™ apps that provides therapeutic skills and education based on the principles of Cognitive Behavioral Therapy (CBT).
- **Happify**-Activities and games for stress and anxiety
- **Headspace**-“Meditation made simple.” This app has a free introductory period, after which it requires a paid subscription to continue to use.
- **Insight Timer**-Free mobile app with virtual “bells” to time and support your meditations.
- **Ichill**-
- **iSleepEasy**-A calm female voice helps you quell anxieties and take the time to relax and sleep, in an array of guided meditations
- **Meditation Oasis**-meditation and music
- **Mindshift**- Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety
- **Mood 24/7**-website
- **Mood meter**-free app with available upgrades that aims to build emotional intelligence.
- **Optimism**-Track your moods, keep a journal, and chart your recovery progress with this comprehensive tool for depression, bipolar disorder, and anxiety disorders.
- **Smiling Mind**-Free mobile mindfulness app for young people, from Australia
- **Sosh**-aSosh™ is an approach to social skills based on a decade of work with children, adolescents, and young adults who struggle with social difficulties. The Sosh framework divides social functioning into five areas essential to social skills development and success: **Relate** (Connect with Others), **Relax** (Reduce Stress), **Regulate** (Manage Behaviors), **Reason** (Think it Through) and **Recognize** (Understand Feelings).
- **Stop Breathe Think**-Free web and mobile app for youth, with meditations for mindfulness and compassion
- **Virtual Hope box**-teaches breathing, relaxation, inspirational quotes, save coping tools.
- **For more apps visit:** <http://bit.ly/2fpqmNr>

BOOKS/ARTICLES for PARENTS

Preventing Parent Burnout article

<https://childmind.org/article/preventing-parent-burnout/>

Why Self Care is Essential to Parenting article <https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/>

Transition of Care Guide-If you/your child received treatment for a mental health condition while in high school or before, there are several things you can do to continue to stay healthy while transitioning to and attending college.

<https://www.settogo.org/wp-content/uploads/2017/03/Transition-of-Care-Guide.pdf>

Adolescent Depression: A Guide for Parents by Francis Mark Mondimore. (2002).

Boys of Few Words: Raising our sons to Communicate and Connect by Adam J. Cox (2006).

Emotional First Aid for parents by Koocher & LaGreca, Eds (2011).

Freeing Your Child from Anxiety by Tamare Chansky, PhD. (2004).

Freeing Your Child from from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents by Tamare Chansky, PhD. (2001).

Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry by Sheila Achar Josephs, PhD. New Harbinger Publications Inc. (2016).

Helping Teens Who Cut: Using DBT Skills to End Self-Injury by Michael Hollander, PhD. (2017).

Helping Your Troubled Teen by Cynthia S. Kaplan (2007).

If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents by Edna B. Foa and Linda Wasmer Andrews. (2006).

If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents by Dwight L. Evans, M.D. and Linda Wasmer Andrews. (2005).

Parenting That Works: Building Skills That Last a Lifetime by Edward R. Christophersen, Ph.D., ABPP and Susan L. Mortweet, Ph.D. (2002).

The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts by Lee Baer, Ph.D (2001).

The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping them Find Success in School and Life by Michael Thompson (2004).

Unholy Ghost-writers on depression edited by Nell Casey. (2001).

CHILDREN'S BOOKS

What to do When You Grumble Too Much: A kids guide to overcoming anxiety by Huebner, D (2005). Ages 6-12.

Mookey the Monkey gets Over Being Teased by Lonczak, H. (2006). Ages 4-8.

Double Dip Feelings: Stories to help Children Understand Emotions, 2nd Ed., Cain, B (2001). Ages 4-8.

Blue Cheese Breath and Stinky Feet : How to Deal with Bullies by DePino, C. (2004). Ages 6-12.

Mind Over Basketball: Coach Yourself to Handle Stress by Weierbach, J, PhD, Phillips-Hershey, E, PhD. (2007). Ages 8-12.

ADOLESCENT BOOKS

I Don't Want to Talk About It – Overcoming the Secret Legacy of Male Depression by Terrence Real. (1997).

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School and Everywhere Else by Christopher Willard, PsyD. (2014).

Recovering From Depression: A Workbook for Teens by Mary Ellen Copeland and Stuart Copans. (2002).

The Anxiety and Phobia Workbook by Edmund J. Bourne, PH.D. (2005).

The Feeling Good Handbook by David D. Burns, MD. (1999).

The Grieving Teen-A Guide for Teenagers and Their Friends by Helen Fitzgerald. (2000).

The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dzung X. Vo, MD, FAAP. (2015).

The Self Esteem Workbook for Teens: Activities to Help you Build Confidence and Achieve Your Goals by Lisa M. Schab, LCSW. (2013).

When A Friend Dies – A Book for Teens About Grieving and Healing by Marilyn E. Gootman. (2005).

