

Emotional and Mental Health Resource Guide

Online Resources

The Rice Center for Young children and Families at the Boston Institute for Psychotherapy

Located in Brookline Massachusetts, the Rice Center provides counseling/psychotherapy services for children and their families working through mental and/or emotional health problems at their location and also in families' homes if needed.

<http://www.bostoninstitute.org>

The Massachusetts Department of Mental Health (DMH)

DMH provides services for children and adolescents who have serious mental illness or emotional disturbance who need more than acute short term care.

DMH provides treatment and support services when those services are not reimbursable through public or private insurance or other agencies.

<http://www.mass.gov/dmh>

The Massachusetts Department of Education (DOE)

A child with mental health or emotional problems that interfere with educational progress may be eligible for specialized services for disabled children offered through schools and overseen by the DOE.

<http://www.mass.gov/doe>

Department of Public Health (DPH)

DPH provides a range of services and support around mental health to children and families.

<http://www.mass.gov/dph>

Department of Social Services (DSS)

DSS provides a number of family-based services to help parents to better care for their children. Although the primary focus of DSS is in serving abused and neglected children while supporting the families, many children may also have mental health problems.

<http://www.mass.gov/dss>

Department of Youth Services (DYS)

DYS provides assessments and services to children convicted of a crime or referred through juvenile court.

<http://www.mass.gov/dys>

Office of Child Care Services (OCCS)

Provides subsidized child care for low-income families and those transitioning off welfare. Child care programs that serve children through an OCCS child care subsidy may access additional funding to meet the needs of children with a diagnosed disability, including mental health problems.

<http://www.mass.gov/occs>

Mental health information including diagnoses, medications, articles and Internet links

<http://www.mentalhealth.com>

National Institute of Mental Health. The lead federal agency for mental health research provides information about symptoms, diagnosis and treatment for childhood and adult disorders. Website includes brochures, fact sheets, and reports.

<http://www.nimh.nih.gov>

Anxiety Disorders and most other conditions are listed alphabetically under pediatric problems. Provides information, including symptoms, treatment, and helpful books.

<http://www.keepkidshealthy.com>

The Anxiety Disorders Association of America web site. Materials are available on anxiety disorders in children, adolescents and young adults.

<http://www.adaa.org>

CHADD (Children and Adults with Attention Deficit Disorder) home page. CHADD works to improve the lives of people with AD/HD through education, advocacy and support.

<http://www.chadd.org>

The Council for Children with Behavioral Disorders (CCBD) is the official division of the Council for Exceptional Children (CEC) committed to promoting and facilitating the education and general welfare of children and youth with behavioral and emotional disorders.

<http://www.cec.sped.org>

A site about Borderline Personality Disorder.

<http://www.bpdcentral.com>

Local Resources

Massachusetts Department of Mental Health Child and Adolescent Services
Worcester State Hospital

508-795-1197 (Ext. 1253)

Tri-Valley Counseling -Mental Health deals with all types of mental health issues. Whether patients have a mental health disorder or just need any type of counseling, Tri-Valley is available.

Milford Office
Franklin Office
508-473-4984
508-528-8343

Worcester Youth Guidance Center is a Center that is dedicated to helping local youth grow up in the right environment. Kids can come to adults with any issues that they have in life, whether in school or at home.

275 Belmont Street, Worcester
www.communityhealthlink.org

Milford Psychological Associates - Mental Health are specialists in determining possible diagnosis if there is something of that sort. Also provides psychotherapy for anyone who may need it.

89 Main Street, Milford
508-478-6725

MSPCC is dedicated towards preventing the cruelty of children by helping both parents and children (mostly with learning disorders) learn to build a healthy relationship. Many of the clients here are also underprivileged but they are always willing to lend a helping hand.

286 Lincoln Street, Worcester 01605
508-753-2967

Mass. Behavioral Health Partnership is an office that is dedicated towards analysis and treatment of Behavior Health Issues, including emotional and mental health.

Boston Office
Worcester office
800-495-0086
888-855-6277

North Central Human Services provides expertise in counseling, medical, emergency services, and more.

Gardner, MA
www.northcentralhumanservices.org
978-632-9400

Teen Education and Crisis

If you are having any drug issues or thoughts of suicide, you should call 1-800-367-7287 for their immediate counseling services. They will personally

recommend a number of treatment programs that would best serve anyone in need.

Children's Friend - Counseling Center Includes The Carriage House Grief Center, offering grief counseling for children, teen and families, free of charge.
20 Cedar Street, Worcester, MA 01609