Referral Resources for Suffolk Students

Introduction
This list of resources is provided for information purposes only to assist students in accessing non-emergency outpatient or other community services. Students in an immediate mental health crisis should call the national crisis line (1-800-273-TALK), utilize CHW emergency resources [LINK: CHW/COUNSELING SERVICES/EMERGENCIES AND AFTER-HOURS CARE], or call 911. Users are encouraged to learn more about each resource listed to determine if it is a fit for their specific needs. Not every resource will be a fit for every individual; users are also reminded that community groups and organizations change over time. This list is reviewed by CHW staff annually.

Students with questions or concerns about community referrals are encouraged to make an appointment with CHW Counseling Services [LINK: CHW/COUNSELING SERVICES/SERVICES AND APPOINTMENTS] to discuss specific referral needs. CHW’s Case Manager provides students with 1:1 assistance regarding community referrals.

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Outpatient Treatment Options

Local Therapy Group Practices

**Trust Therapeutics** (multiple therapists)
8 Faneuil Hall Marketplace, 3rd Floor, Boston, MA
617-861-4958
[https://trusttherapeutics.com](https://trusttherapeutics.com)
scheduling@trusttherapeutics.com

**Collaborative Insight Counseling Associates** (multiple therapists)
399 Boylston Street, Suite 900B, Boston, MA 02116
617-336-3246
[https://www.cic.associates/meet-the-team](https://www.cic.associates/meet-the-team)
admin@cic.associates

**Rasi Associates** (therapists, psychiatrists, psychological testing)
607 Boylston Street, 2nd Floor, Boston, MA
617-266-2266 x131
[https://rasiassociates.com](https://rasiassociates.com)

**LifeStance Health** (therapists, psychiatrists, psychological testing)
Boston, MA (multiple locations)
617-259-1895
[https://commpsych.com](https://commpsych.com)

**OptiMindHealth** (therapists, psychiatrists, psychological testing)
800 Boylston Street, 16th Floor, Boston, MA
617-507-1472
[https://optimindhealth.com](https://optimindhealth.com)

**Life Changes Group** (multiple Boston-area locations, therapists, psychiatrists, psychological testing)
617-354-4450
[https://lifechangesgroup.com](https://lifechangesgroup.com)

**Azimuth Psychological LLC** (therapists, psychological testing)
264 Beacon St #4F, Boston, MA, 02116
617-431-3749
[https://azimuthpsych.com/](https://azimuthpsych.com/)
contact@azimuthpsych.com

**Boston University CARD** (Center for Anxiety and Related Disorders - individual/group therapists, psychological testing, and offers free treatment to those who participate in research studies about anxiety and other related disorders)
648 Beacon St 6th floor, Boston, MA
617-353-9610
[https://www.bu.edu/card/](https://www.bu.edu/card/)
Community Mental Health Resources (takes most insurance, lower sliding scale fees)

Arbour Counseling Services-Allston
14 Fordham Rd, Allston, MA
617-782-6460
www.arbourhealth.com

Brighton-Allston Mental Health Association
77B Warren Street, Brighton, MA
617-787-1901 x121

North Suffolk Mental Health - Freedom Trail Clinic
25 Staniford Street, Boston, MA
617-912-7800
https://northsuffolk.org/services/adult-services/outpatient-services/

Riverside Community Care Outpatient Center
5 Sacramento St., Suite 200, Cambridge, MA
617-354-2275
https://www.riversidecc.org/

The Brookline Center for Community Mental Health
41 Garrison Rd., Brookline, MA
617-277-8107
www.brooklinecenter.org
info@brooklinecenter.org

The Therapy Center at Boston Graduate School of Psychoanalysis (based on financial need, sliding scale fees negotiated with clinicians)
1581 Beacon Street. Brookline, MA
617-934-6085
www.talk-therapy.org

Therapist/Psychiatrist Search Websites

Psychology Today: https://psychologytoday.com/us

Zencare: https://zencare.co

Open Path Psychotherapy Collective (in-person and online therapists offering $30-$60 per session without insurance): https://openpathcollective.org
International OCD Foundation: An organization helping those affected by obsessive compulsive disorder (OCD) and related disorders to live full and productive lives to increase access to effective treatment through research and training, and maintains provider list as well. 617-973-5801
https://iocdf.org/

Referral Resources for Students of Color

The Sukhi Project (Therapist search directory for culturally sensitive therapists):
https://www.thesukhiproject.com/therapist-directory

Innopsych (Therapist search website for clinicians of color):
https://www.innopsych.com/findatherapist

My Tru Circle (Therapist search website for black-identified clinicians): https://www.mytrucircle.com/

Therapy for Black Girls: https://www.therapyforblackgirls.com/

Therapy for Black Men: https://therapyforblackmen.org/

Therapy for Latinx: https://www.therapyforlatinx.com/home

Melanin and Mental Health: https://www.melaninandmentalhealth.com/

Asian, Pacific Islander, and South Asian American Therapist Directory:
https://www.asianmhc.org/apisaa

South Asian Mental Health Initiative & Network: https://samhin.org/provider-directory/

South Asian Mental Health Agencies in the United States:

National Queer & Trans Therapist of Color Network: Therapist directory and Mental Health Fund
https://nqttcn.com/en

Ayana Therapy: Mental Health Care for Marginalized and Intersectional Communities
Offering affordable therapy
https://www.ayanatherapy.com/
Resources for Students of Color

DeeDee's Cry: Weekly support group for suicide survivors of Color
https://deedeescry.com/services

Fearless Leon: Provides Soul Chats (peer support conversations) and Soul Tribe sessions (peer group support) for women of Color
https://fearlessleon.com/soultalk

Melanie Santos: Intuitive Alignment Readings & Soul Circles for people of Color
https://melaniesantos.co/offerings

Sage & Spoon: Weekly support groups for BIPOC or Black Folx Struggling with their Relationship with Food and Body Image
https://nalgonapositivitypride.com/sage-and-spoon

Cambridge Health Alliance (Multicultural Mental Health Clinics)
Services are provided by providers with shared identities and in various languages including
Asian Mental Health Program
Haitian Mental Health Program
Latino Mental Health Program
Portuguese Mental Health Program
https://www.challiance.org/services/programs/mental-health-and-substance-use/psychiatry-specialty-services/specialty-services-in-psychiatry

Fireweed Collective: Variety of support groups for BIPOC folx with varying intersectional identities (e.g. QTBIPOC support group, BIPOC Disabled/Chronically Ill/Neurodivergent Folx)
https://fireweedcollective.org/support-groups/

The Boris Lawrence Henson Foundation: Free Virtual Therapy for African American Teens & Young Adults
https://borislhensonfoundation.org/covid-19-free-virtual-therapy-application

The Loveland Foundation: Therapy fund for Black girls & women needing financial assistance for therapy
https://thelovelandfoundation.org/

Ethel's Club: Online subscription based social and wellness club for people of Color
Includes Wellness Clubs, Group Healing Sessions, Guided Meditations, Workouts, Book Clubs, etc..
https://www.ethelsclub.com/

Young People of Color Online Support Group:
https://www.7cups.com/home/poc/
**BlackLine:** Peer-to-peer support for BIPOC individuals for the reporting of negative, physical and inappropriate contact with police and/or vigilantes from a Black, LGBTQ, Black Femme lens.

[https://www.callblackline.com/](https://www.callblackline.com/)

800-604-5841

**DeQH:** Confidential Desi LGBTQ+ Helpline for South Asian Individuals

Fill out an online contact form at: [https://www.deqh.org/](https://www.deqh.org/) to hear back from a trained volunteer

Call 908-367-3374 Thursdays and Sundays 8-10pm
LGBTQIA+ Resources

Referral Resources for LGBTQIA+

**Fenway Health:** Provides mental health and medical services for the LGBTQ+ community
Fenway Neighborhood: 1340 Boylston St, Boston; 617-267-0900
South End: 142 Berkeley St, Boston; 617-247-7555
Sidney Borum (young adults age 12-29 services currently at Boylston and Berkeley St locations): 617-457-8140
https://fenwayhealth.org/
https://fenwayhealth.org/info/locations/the-borum/

**The Meeting Point:** (LGBTQ+-affirming therapists and bodywork practice)
3464 Washington Street, Jamaica Plain, MA
http://themeetingpoint.org/
themeetingpointboston@gmail.com

**SAYFTEE** (LGBTQ+ and gender expansive social conscious group practice offering family, individual, couple/relationship and group therapy)
https://www.sayftee.com/

**OutCare:** Searchable database of LGBTQ competent doctors and healthcare providers. Therapists are listed under specialties of “mental health counseling”, “psychiatry”, and “social work”.
https://www.outcarehealth.org

**Transcaresite:** Database of trans-allied health professionals, including therapists and psychiatrists. Also links to other organizations and resources for transgender individuals.
http://transcaresite.org/

**Boston Area GSM (Queer, Poly, Kink) Friendly Therapist List:** Google spreadsheet with info entered by clients or therapists; rating of friendliness towards non-monogamy, queer, kink, BIPOC, and sex worker communities.
https://docs.google.com/spreadsheets/d/1zrEkpd6vOEyXpqT2sDi2hIbfCSPop28IIMQxINISac/edit#gid=705239455

Transgender Health and Gender-Affirming Treatment

**Fenway Health Transgender Health Program:** Hormone therapy, referrals for surgery, support groups, and other resources
857-313-6589
transhealth@fenwayhealth.org
http://fenwayhealth.org/care/medical/transgender-health/
Massachusetts General Hospital Transgender Health Program: Comprehensive primary care, endocrine/hormone management, case management and links to behavioral health and surgical services
617-643-7210
https://www.massgeneral.org/transgender-health-program/our-team/

Boston Medical Center for Transgender Medicine and Surgery: Gender surgery, non-surgical treatments, and other resources
617-638-1833
Transgender.center@bmc.org
https://www.bmc.org/center-transgender-medicine-and-surgery

Brigham and Women's Hospital Transgender Program: Offers endocrine, surgical, and behavioral health services to adult patients
617-732-5666
https://www.brighamandwomens.org/medicine/endocrinology-diabetes-and-hypertension/transgender-program

Transbucket: Healthcare and surgery resources for transgender individuals
http://www.transbucket.com

Other LGBTQ+ Resources:
AIDS Action Committee: Prevention and health and wellness service for people living with HIV/AIDS.
75 Amory St, Boston, MA
617-437-6200
https://www.aac.org

Boston GLASS (Gay Lesbian Adolescent Social Services): A drop-in space for youth with case management services, peer support, and educational opportunities that focuses on LGBTQ+ youth of color ages 13-25.
https://jri.org/services/health-and-housing/health/boston-glass

The Network/La Red: A survivor-led, social justice organization that works to end partner abuse in LGBTQ+ and other communities through organizing, education, and support services.
Office: 617-695-0877
Hotline: 617-742-4911
https://www.tnlr.org/en/

Boston Alliance of Gay, Lesbian, Bisexual and Transgender Youth (BAGLY): A youth-led, adult-supported social support organization, committed to social justice and creating, sustaining, and advocating for programs, policies, and services for the LGBTQ+ youth community.
https://www.bagly.org/

LGBT Asylum Task Force: An LGBT organization in Massachusetts that advocates for and supports LGBTQ+ individuals that are seeking asylum in the United States.
http://www.lgbtasylum.org/
Massachusetts Transgender Political Coalition (MTPC): An organization that promotes advocacy, community building and resource connection on the basis for gender identity and expression.
617-778-0519
https://masstpc.org
Info@masstpc.org

Gay & Lesbian Advocates & Defenders (GLAD): Legal assistance and information resource for youth and adults who have questions about their rights.
18 Tremont St, Suite 950, Boston, MA
617-426-1350
https://www.glad.org
Gladlaw@glad.org

LGBTQ+ Social Group Meetups in Boston:
https://www.meetup.com/topics/lgbt-social-group/us/ma/boston/

Bisexual Resource Center: An organization committed to providing support to the bisexual community and raising public awareness about bisexuality and bisexual people.
617-424-9595
http://biresource.org/
Brc@biresource.org

New England Aces: A group for asexual spectrum individuals and allies that promotes awareness of asexual spectrum identities in the New England area through outreach, trainings, and collaboration with community partners.
https://neaces.org/
newenglandaces@gmail.com

https://www.trevorspace.org/

Fenway Health Peer Listening Line for LGBTQ Youth: Confidential, referral, information and support line for LGBTQ+ folks 25 and under; Monday-Saturday 6 pm-11 pm, call only
800-399-7337
https://fenwayhealth.org/care/wellness-resources/help-lines/

Fenway Health LGBTQ Hotline: Confidential, referral, information and support line for LGBTQ+ folks Monday-Saturday 6 pm-11 pm, call only
888-340-4528
https://fenwayhealth.org/care/wellness-resources/help-lines/

LGBT National Help Center: Provides peer support, community connections and resource information to LGBTQ+ individuals. Online peer support chat, weekly moderated youth chat rooms and three hotlines
http://www.glnh.org/
Specialized Treatment Resources

Substance Use Treatment

Adcare Treatment Centers (multiple locations): Addiction treatment programs in multiple locations within MA and RI including inpatient, outpatient, and family services.
866-396-0368
www.adcare.com

The Haven at College Outpatient Center: Support for students currently enrolled at colleges in the Boston area and college-aged students, providing on-campus and telehealth support for college students struggling with mental health and substance use disorders.
200 Boston Ave, Suite 1925, Medford, MA
617-600-6775
www.thehavenatcollege.com

Spectrum Health Systems (multiple locations around MA): Addiction treatment services including inpatient detoxification, residential rehabilitation, medication-assisted treatment, outpatient counseling and peer recovery support.
877-697-3422
https://www.spectrumhealthsystems.org/services

12-Step and SMART Recovery Meetings

Alcohol Anonymous: https://alcoholicsanonymous.com/aa-meetings/massachusetts/

Narcotics Anonymous: https://www.na.org/meetingsearch/

ALANON: a support program for people whose lives have been affected by someone else’s drinking
https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

Adult Children of Alcoholics: https://adultchildren.org/meeting-search/

SMART Recovery (Self-Management and Recovery Training): a global community of mutual-support groups for any addiction (drugs, alcohol, gambling, overeating, etc.) where participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by a science-based program.
Link to download meeting list: https://www.smartrecoverytest.org/local/full-meeting-list-download/

SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline: Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
800-662-HELP (4357)
https://www.samhsa.gov/find-help/national-helpline
Massachusetts Substance Use Helpline: Free, public resource for finding substance use treatment and recovery services. 800-327-5050
https://helplinema.org/

Start Your Recovery: Resources for learning about substance abuse and finding substance abuse treatment and recovery services
https://startyourrecovery.org/

Intensive Outpatient or Partial Hospitalization Programs (coping-focused care for mental health, substance use, or a combination)

Arbour Hospital Adult & Adolescent Dual Diagnosis IOP: 49 Robinwood Ave., Boston, MA 1-833-2ARBOUR (227-2687)
https://arbourhospital.com/treatment-services/adults/adult-substance-abuse/

Arbour Counseling Dual Diagnosis PHP/IOP: Programs for adults at Fall River, Haverhill, Norwell, and Woburn 855-575-2273(CARE)
https://arbourhealth.com/treatment-services/substance-use-services/

HRI Hospital Dual Diagnosis PHP: 227 Babcock St, Brookline, MA 02446 833-378-7377

Bournewood Hospital Dual Diagnosis Adult & Adolescent PHP: Programs in multiple locations of MA that offer mental health and dual diagnosis treatment for adults and adolescents. 800-468-4358
https://www.bournewood.com/partial-hospital-program/

Brigham & Women’s Faulkner Hospital Addiction Partial Day Program: Short-term stabilization and treatment program that addresses the needs of patients who have both substance use and psychiatric disorders. 1153 Centre Street , Boston, MA 02130 617-983-7474
https://www.brighamandwomensfaulkner.org/programs-and-services/addiction-recovery-program/dual-diagnosis-partial-hospital-program

To Write Love on Her Arms Treatment and Recovery Scholarship Fund Scholarship to eliminate financial barriers to treatment
https://twloha.com/find-help/apply/
Other Resources

Resources for Law Students

Lawyers Concerned for Lawyers (LCL): A lawyer assistance program in Massachusetts exclusively dedicated to helping with the many personal and professional challenges of life in the legal profession.
31 Milk Street, Suite 810, Boston MA 02109
800-525-0210
www.lclma.org

Lawyers with Depression: A website including articles, blogs and podcasts regarding depression and other mental health issues within the legal profession.
http://www.lawyerswithdepression.com/

International Lawyers in Alcoholics Anonymous: Online AA meetings every Monday at 8pm
http://www.ilaa.org/home/

Immigration/Asylum Services

De Novo Center for Justice and Healing
47 Thorndike Street, SB-LL-1, Cambridge, MA
617- 661-1010
https://www.denoovo.org/

Rian Immigrant Center
One State Street, 8th Floor, Boston, MA 02109
617-542-7654
https://www.riancenter.org/

Boston Medical Center Immigrant Refugee Health Center
617-414-1994
https://www.bmc.org/immigrant-refugee-health-center

Catholic Charities
275 West Broadway, Boston, MA 02127
617-464-8500
https://www.ccab.org/ils
info@ccab.org

Centro Presente
12 Bennington St #202, Boston, MA 02128
857-256-2981
https://cpresente.org/
Eating Disorder Resources

Multi-Service Eating Disorder Association: List of therapists and nutritionists that specialize in disordered eating
https://www.medainc.org/treatment-providers/

The Renfrew Center: An outpatient facility specializing in the treatment of eating disorders. In-person and virtual options including Day Treatment, Intensive Outpatient and Outpatient Services.
870R Commonwealth Avenue, Boston MA, 02215
1-800-736-3739
https://renfrewcenter.com/locations/boston-ma/

Walden Behavioral Care: Multiple levels of specialized eating disorder care for children, teens and adults of all genders including residential, day and evening programs near Boston and in around MA.
888-305-2997
https://www.waldeneatingdisorders.com/locations/massachusetts-locations/

Cambridge Eating Disorder Center: Eating disorders treatment including anorexia nervosa, bulimia nervosa and binge eating disorder, as well as all other types of eating disorders, among male and female adolescents and adults. Treatment includes residential, PHP, IOP, outpatient, and transitional living.
3 Bow Street, Cambridge, MA 02138
888-900-2332
info@cedcmail.com
https://www.eatingdisordercenter.org

National Eating Disorders Center Helpline
800-931-2237
https://www.nationaleatingdisorders.org/help-support/contact-helpline
Phone: Monday-Thursday 11:00 AM-9:00 PM ET, Friday 11:00 AM-5:00 PM ET
Chat: Monday-Thursday 9:00 AM-9:00 PM ET, Friday 9:00 AM-5:00 PM ET

Women’s Trauma Programs

HRI Hospital Women’s Partial Hospitalization Program: A program for women that address multiple issues including trauma, substance use, domestic violence, and eating disorders. Every patient receives a multidisciplinary treatment plan and individualized care.
833-378-7377
227 Babcock St, Brookline

McLean Hospital Hill Center for Women: Psychiatric and psychological services for women with histories of trauma and related disorders, borderline personality, mood, and anxiety disorders.
877-434-0144
115 Mill Street, Belmont, MA
Hospital for Behavioral Medicine Women’s Connection Program: A specialized treatment program for women with a history of trauma, relationship issues, depression, anxiety and parenting issues. 844-319-0000 100 Century Dr, Worcester
https://www.hospitalforbehavioralmedicine.com/programs/inpatient/womens-connection/

Domestic Violence/Sexual Assault Resources

Boston Area Rape Crisis Center: 24/7 hotline for survivors of sexual violence ages 12+, phone or chat, other resources 800-841-8371 https://barcc.org/

SAFELINK: MA statewide 24/7 toll-free domestic violence hotline and a resource for survivors affected by domestic or dating violence. Statewide Hotline: 877-785-2020

Casa Myrna: Boston's largest provider of shelter and supportive services to survivors of domestic violence, providing safety, resources, advocacy and information. 617-521-0100 info@casamyrna.org http://www.casamyrna.org/

Jane Doe Inc. (The Massachusetts Coalition Against Sexual Assault and Domestic Violence): Advocates for responsive public policy, promotes collaboration, raises public awareness, and supports member organizations to provide comprehensive prevention and intervention services. 617-248-0922 info@janedoe.org http://www.janedoe.org/

National Domestic Violence Hotline: Available 24/7, call, text or chat online 800-799-7233; text START http://www.thehotline.org/

RAINN (Rape, Sexual Assault, Abuse and Incest National Network): The nation’s largest national sexual assault hotline, call or chat online 24/7. 800-656-HOPE https://www.rainn.org/

Love is Respect: Offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. 886-331-9474; text LOVEIS to 22522
Massachusetts Office of Victim Assistance (MOVA): Strives to advance victim rights by ensuring all victims and survivors of crime across MA are supported and empowered through access to high-quality services that are trauma-informed, culturally-responsive, and reflective of diverse communities.
1 Ashburton Place, Suite 1101, Boston, MA
844-878-MOVA (6682)
https://www.mass.gov/orgs/askmoval

Victims Rights Law Center: Provides free, comprehensive legal services for sexual assault victims with civil legal issues in MA and OR.
115 Broad Street, 3rd Floor, Boston, MA 02110
617-399-6720 x19
https://victimrights.org/

1in6 Online Helpline: A helpline for male survivors of Childhood Sexual Abuse and Adult Sexual Assault 24 hours a day/7 days per week (free, anonymous)
https://1in6.org/helpline

Homeless Shelters

Bridge Over Troubled Waters: Service for homeless and at-risk youth ages 14-24 including counseling, a shelter for young people ages 18-24, and a warming center.
47 West St, Boston
617-423-9575
https://www.bridgeotw.org/

St. Francis House (Men & Women, Day shelter)
39 Boylston Street
Boston, MA 02116
617-542-4211
https://stfrancishouse.org/

Pine Street Inn (Men & Women, multiple locations)
444 Harrison Ave, Boston, MA
617-892-9100
https://www.pinestreetinn.org/

Woods Mullen Shelter (Women only, 18+)
784 Massachusetts Avenue, Boston, MA
617-534-7101
https://www.bphc.org/whatwedo/homelessness/homeless-services/Pages/locations.aspx

Southampton Street Shelter (men only, 18+)
112 Southampton St, Boston
617-534-2881
Primary Care Physicians/Hospital Registration/Provider Search

Massachusetts General Hospital (MassGeneral Brigham Network)
55 Fruit St, Boston, MA
617-726-2000
https://www.massgeneral.org/appointments-and-referrals/appointment-request

Tufts Medical Center
800 Washington Street, Boston, MA
617-636-5000
https://www.tuftsmedicalcenter.org/

Boston Medical Center
One Boston Medical Center Place, Boston, MA
Main Number: 617-638-8000
Primary Care: 617-414-5951
https://www.bmc.org/primary-care

Brigham & Women's Hospital (MassGeneral Brigham Network)
75 Francis St, Boston, MA
General Information: 617-732-5500
New Patients: 800-294-9999
Find a Doctor: 855-278-8010
https://www.brighamandwomens.org/

Beth Israel Deaconess Medical Center (Lahey Network)
330 Brookline Avenue, Boston, MA
Main Switchboard: 617-667-7000
Find a Doctor: 800-667-5356
https://findadoc.bidmc.org/

St. Elizabeth's Hospital (Steward Health Network)
736 Cambridge Street, Brighton, MA
Main Number: 617-789-3000
DoctorFinder: 800-488-5959
https://www.semc.org/

Carney Hospital (Steward Health Network)
2100 Dorchester Avenue, Dorchester, MA 02124
Main Number: 617-296-4000
DoctorFinder: 800-488-5959
https://www.carneyhospital.org/

Cambridge Health Alliance (multiple locations around Cambridge and surrounding cities/towns)
Main Operator: 617-665-1000
Resources for Neuropsychological Assessments/Neurodiversity Support

Lurie Center for Autism: Multidisciplinary clinical, research, training and advocacy program dedicated to treating individuals with autism spectrum disorder and other developmental disorders across the lifespan

https://www.massgeneral.org/children/autism/lurie-center/