

# 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 Suicide and Crisis Lifeline (988), utilize CHW emergency resources (<https://www.suffolk.edu/student-life/health-wellness/emergencies>), or call 911. Users are encouraged to learn more about each resource listed to determine if it fits 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 (<https://www.suffolk.edu/student-life/health-wellness/counseling-services/referrals-to-community-providers>) to discuss specific referral needs. CHW's Case Manager provides students with 1:1 assistance regarding community referrals.

## Table of Contents

### Outpatient Treatment Options

Local Therapy Group Practices.....	3
Community Mental Health Resources.....	3-4
Therapist/ Psychiatrist Search Websites.....	4-5
Referral Resources for Students of Color.....	5-6

<u>General Crisis Helplines</u> .....	5-6
---------------------------------------	-----

### LGBTQIA+ Resources

Referral Resources for LGBTQIA+.....	6
Transgender Health and Gender Affirming Treatment.....	6-7
Other LGBTQ+ Resources.....	7-8
LGBTQ+ Hotlines.....	8

### Specialized Treatment Options

Substance Use Treatment.....	9
Intensive Outpatient or Partial Hospitalization Programs.....	9-10
Links to 12-Step and SMART Recovery Programs in MA.....	10

### Other Resources

Resources for College Students.....	10-11
Resources for Law Students.....	11
Legal Assistance/Advice.....	11
Immigration/Asylum Services.....	12

Disordered Eating Resources.....	12-13
Women’s Trauma Programs.....	13
Domestic Violence/Sexual Assault Resources.....	14
Early Psychosis Programs.....	15
Shelters.....	15-16
Food Pantries/Food Banks/Transportation.....	16-17
Primary Care Physicians/ Hospital Registration/Provider Search.....	17-18

# Outpatient Treatment Options

## Local Therapy Group Practices

**Aviva Psychology** (therapists)

112 Water St., Boston, MA

617-315-8856

<https://www.avivapsych.com>

**Boston Neurobehavioral Associates** (therapists, prescribers, psychological testing)

101 Arch St, 8<sup>th</sup> Floor, Boston, MA

(508) 979-5557

<https://www.bostonneurobehavioral.com/>

**Health Psychology Associates** (therapists)

264 Beacon St., 5th Floor, Boston, MA

(617) 870-4053

<https://www.bostonhealthpsych.com>

**Massachusetts Mind Center** (therapists and prescribers)

50 Commonwealth Ave., Ste. 2, Boston, MA

617-236-2193

<https://www.massmindcenter.com/about>

**TCA Counseling Group** (therapists)

6 Edgerly Place, 3rd Floor, Boston, MA

(617) 341-8209

<https://www.tcacounseling.com/>

**Trust Therapeutics** (therapists)

8 Faneuil Hall Marketplace, 3rd Floor, Boston, MA

(617) 652-1363

<https://www.trusttherapeutics.com>

**Yu Wang, DNP** (prescriber)

167 Washington Street, Norwell, MA

339-220-5536

<https://zencare.co/provider/psychiatric-nurse-practitioner/yu-wang>

## Community Mental Health Resources

**(takes most insurance or offers lower sliding scale fees)**

**The Therapy Center at Boston Graduate School of Psychoanalysis** (based on financial need, sliding scale fees negotiated with clinicians, in-person only):

1581 Beacon Street, Brookline, MA

(617) 277-3910

[www.talk-therapy.org](http://www.talk-therapy.org)

**Boston Medical Center Community Behavioral Health Center** (offering 24/7 community-based crisis evaluations, urgent visits, routine and follow-up appointments):

850 Harrison Avenue, Boston, MA

800-981-4357 (24/7 Crisis Line)

<https://www.bmc.org/cbhc>

**North Suffolk Mental Health** (multiple locations, outpatient therapy, urgent care walk-in):

Freedom Trail Clinic

25 Staniford Street, Boston, MA

(617) 912-7800

<https://northsuffolk.org/services/adult-services/outpatient-services/>

Community Behavioral Health Center (urgent care walk-in service)

14 Porter Street, East Boston, MA

866-781-NSCS (6727)

**Arbour Counseling Services-Allston** (Outpatient therapy, PHPs/IOP level of care)

14 Fordham Rd, Allston, MA

(617) 782-6460

<https://arbourhealth.com/>

**Riverside Community Care Outpatient Center** (two locations)

23 Mellen St, Cambridge, MA

(857) 331-6331

117 Summer St, Somerville, MA 02143

(617) 354-2275

<https://www.riversidecc.org/adult-services/mental-health/outpatient-services/outpatient-therapy-medication/riverside-outpatient-center-at-cambridge/>

**The Brookline Center for Community Mental Health**

41 Garrison Rd., Brookline, MA

(617) 277-8107

<https://www.brooklinecenter.org/>

### **Therapist/Psychiatrist Search Websites**

**Zencare:** <https://zencare.co>

**Alma:** <https://helloalma.com/>

**Headway:** <https://headway.co/>

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

**Open Path Psychotherapy Collective** (in-person and online therapists offering \$40-\$70 per session without insurance): <https://openpathcollective.org>

**International OCD Foundation** (Lists providers and resources that specialize in OCD treatment):  
(617) 973-5801  
<https://iocdf.org/>

### **Referral Resources for Students of Color**

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

**Inclusive Therapists** (Virtual directory of culturally competent and social justice-oriented therapists, includes list of therapists currently offering reduced-fee teletherapy):  
<https://www.inclusivetherapists.com/united-states/massachusetts>

**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 Mental Health Collective:** [https://www.asianmhc.org/therapists-us/?\\_state=massachusetts](https://www.asianmhc.org/therapists-us/?_state=massachusetts)

**National Asian-American Pacific Islander Mental Health Association:**  
<https://www.naapimha.org/aanhpi-service-providers>

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

**Greater Boston Chinese Golden Age Center** (Individual, family and group counseling for Chinese clients, Mandarin, Cantonese, Taishanese, or English-speaking):  
75 Kneeland Street, Unit 204, Boston, MA  
Tel: (617) 357-0226. Ext. 208  
<https://www.gbcgac.org/>  
[gli@gbcgac.org](mailto:gli@gbcgac.org) (Kandee Li, LCSW)

**HRI Hospital Ascend PHP Program** (Program for Black and Indigenous women of color and members of the LGBTQIA+ community):  
227 Babcock Street  
Brookline, MA 02446  
Phone: 617-390-1320  
<https://hrihospital.com/programs-services/outpatient-services/partial-hospitalization-php/ascend-partial-hospitalization-program/>

### **Crisis Hotlines**

**National Lifeline** (24/7, free and confidential support for people in distress, prevention and crisis resources):  
Call or text **988**  
<https://988lifeline.org/> (chat feature on website as well)

**Crisis Text Line** (in the US and Canada): Free, 24/7 crisis support via text message  
Text **HOME** to **741741**  
<https://www.crisistextline.org/>

### **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 Jr. Health Center (young adults age 12-29): 142 Berkeley St, Boston; (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/>

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

**LiveWell Therapy Associates** (LGBTQ+-affirming/identifying therapists)  
266 Beacon St 4R, Boston, MA  
(617) 678-8954  
<https://www.livewelltherapyboston.com/>

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

**The Queer, Trans, Poly, Kink SW Friendly Therapist List** (Website with info entered by clients or therapists; rating of friendliness towards non-monogamy, queer, kink, BIPOC, and sex worker communities):  
<https://www.friendlytherapy.info/therapist-list-1>

**Out at Home at Home for Little Wanderers** Provides outpatient, therapeutic support services for LGBTQ+ individuals of all ages:  
10 Guest Street, Boston, MA  
617-267-3700  
[thehome.org/out-at-home](http://thehome.org/out-at-home)

### **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** (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/about>

**Boston Medical Center Gender Care Center** (Gender surgery, non-surgical treatments, other resources):

(617) 638-1833

<https://www.bmc.org/center-transgender-medicine-and-surgery>

**Brigham and Women's Hospital Center for Transgender Health** (Offers endocrine, surgical, and behavioral health services to adult patients):

(617) 732-5303

<https://www.brighamandwomens.org/transgender-health>

**Transcaresite** (Database of trans-allied health professionals, including therapists, psychiatrists, and other resources):

<http://transcaresite.org/>

### **Other LGBTQIA+ Resources**

**Boston GLASS (Gay Lesbian Adolescent Social Services):** A drop-in space for LGBTQ+ youth of color ages 16-29 that includes case management services, counseling, peer support, HIV/STI testing and educational opportunities.

555 Amory St., Suite 2, Jamaica Plain, MA; (857) 399-1920

1 Grant St., Framingham, MA

<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: (800) 832-1901

<https://www.tnlr.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.lgbtasyllum.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://www.masstpc.org/>

**Trans Resistance MA** (A nonprofit organization based in Boston that advocates for the safety, joy and liberation of TQBIPOC and organizes an annual march and festival):

<https://www.transresistancema.com/>

**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>

**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/>

**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/>

**Trevor Space** (An affirming international community for LGBTQ young people ages 13-24):

<https://www.trevorspace.org/>

**Muslims for Progressive Values** (An organization that advocates for human rights, social justice and inclusion in the United States and around the world):

323-696-2678

<http://www.mpvusa.org/lgbtqi-resources>

### **LGBTQ+ Hotlines**

**LGBT National Help Center** (Confidential support peer support for the LGBTQ+ community):

LGBT National Hotline: (888) 843-4564

LGBT National Youth Talkline: (800) 246-7743

LGBT National Coming Out Support Line: (888) 688-5428

1-on-1 Online Peer Support Chat: <https://lgbthotline.org/chat/>

<https://www.lgbthotline.org/>

**Trevor Lifeline for LGBTQ Youth** (Provides crisis intervention and suicide prevention services to LGBTQ+ folks 25 and under; available 24/7, call, text, or chat online):

(866) 488-7386; Text: 678-678

<https://www.thetrevorproject.org/>

**Trans Lifeline** (24/7 peer support service run by transgender people for trans- and questioning callers):

(877) 565-8860

<http://www.translifeline.org/>



# Specialized Treatment Options

## Substance Use Treatment

**Adcare Treatment Centers** (Addiction treatment programs in multiple locations within MA and RI including inpatient, outpatient, and family services):

(325) 425-2823

<https://adcare.com/>

**Spectrum Health Systems** (Addiction treatment services including inpatient detoxification, residential rehabilitation, medication-assisted treatment, outpatient counseling and peer recovery support, multiple locations around MA):

(877) 697-3422

<https://www.spectrumhealthsystems.org/>

## Dual Diagnosis (Substance Use & Mental Health) Partial Hospitalization

### Programs/Intensive Outpatient Programs:

**Arbour Hospital Adult & Adolescent Dual Diagnosis IOP**

49 Robinwood Ave., Boston, MA

**(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)

<https://arbourhealth.com/treatment-services/substance-use-services/>

**HRI Hospital Dual Diagnosis PHP**

227 Babcock St, Brookline, MA 02446

(617) 390-1320

<https://hrihospital.com/programs-services/outpatient-services/partial-hospitalization-php/dual-diagnosis-program/>

**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):

Addiction Recovery Program

1153 Centre Street, Boston, MA

617-983-7060

<https://www.brighamandwomensfaulkner.org/programs-and-services/addiction-recovery-program/default>

**Northeast Addictions Treatment Center** (PHP Program and outpatient groups that addresses the need of patients who have both substance use and psychiatric disorders):  
36 Miller Stile Road, Quincy, MA  
855-490-1377  
<https://www.arkbh.com/northeast/>

### **Links to 12-Step and SMART Recovery Meetings in MA**

**Alcohol Anonymous (meeting finder)**  
<https://www.aa.org>

**Narcotics Anonymous (list of AA meetings in MA)**  
<https://nera.org/find-a-meeting/>

**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**  
(310) 534-1815  
<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.  
<https://www.smartrecoverytest.org/local/>

**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  
Text 'HOPE' to 800327  
<https://helplinema.org/>

### **Resources for College Students/Young Adults**

**HRI Hospital Stride PHP Program** (College students/Young Adults, 18-24)  
227 Babcock Street, Brookline, MA  
(617) 390-1320  
<https://hrihospital.com/programs-services/outpatient-services/partial-hospitalization-php/stride-partial-program/>

**The Boston Center Intensive Outpatient Program (IOP)** (College students/Young Adults, 18-29)  
14 Fordham Road, Allston, MA  
(339) 645-9744  
<https://arbourhealth.com/treatment-services/partial-hospitalization-program/>

### **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  
(617) 482-9600  
<https://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/>

### **Legal Assistance and Advice**

**Greater Boston Legal Services** (Provides critical legal advice and representation to low-income individuals):  
197 Friend Street, Boston, MA  
617-371-1234  
<https://www.gbls.org/>

**Mass BAR Lawyer Referral Service**  
<http://www.masslawhelp.com/> (Mon-Fri 10-3 pm) (617) 654-0400  
<https://www.massbar.org/public/dial-a-lawyer> (First Wednesday of every month from 5:30-7:30pm)  
(617) 338-0610

**Volunteer Lawyers Project** (Pro bono civil legal services to eligible clients in the Greater Boston area):  
617-603-1700  
<http://www.vlpnet.org/>

**Health Law Advocates** (Pro bono legal representation to low-income residents experiencing difficulty accessing or paying for needed medical services):  
617-338-5241  
<http://www.healthlawadvocates.org/>

## **Immigration/Asylum Resources**

**De Novo Center for Justice and Healing** (legal and counseling services)

47 Thorndike Street, SB-LL-1, Cambridge, MA

(617) 661-1010

<https://www.denovo.org/>

**Rian Immigrant Center** (legal, and immigration support services)

One State Street, 8th Floor, Boston, MA

(617) 542-7654

<https://www.riancenter.org/>

**Boston Medical Center Immigrant Refugee Health Center**

725 Albany St, Boston, MA (Shapiro Center)

(617) 414-1994

<https://www.bmc.org/immigrant-refugee-health-center>

**Catholic Charities**

275 West Broadway, Boston, MA

(617) 464-8500

<https://www.ccab.org/>

**Centro Presente**

12 Bennington St #202, Boston, MA

(857) 256-2981

<https://cpresente.org/>

## **Disordered Eating Resources**

**Multi-Service Eating Disorder Association (MEDA):** List of therapists, nutritionists and support groups that specialize in disordered eating.

(617) 558-1881

<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

(800) 736-3739

<https://renfrewcenter.com/locations/boston-ma/>

**Renfrew Virtual BIPOC Support Group for Eating Disorders**

<https://renfrewcenter.com/the-renfrew-centers-virtual-bipoc-patient-support-group/>

**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 around MA):

(888) 228-1253

<https://www.waldeneatingdisorders.com/locations/massachusetts-locations/>

**Cambridge Eating Disorder Center** (Eating disorders treatment including residential, PHP, IOP, outpatient, and transitional living):  
3 Bow Street, Cambridge, MA  
(888) 900-2332  
<https://www.eatingdisordercenter.org>

**Mass General Hospital Eating Disorders Clinical & Research Program**  
West End Apartments  
2 Longfellow Place, Suite 200, Boston, MA  
(617) 724-0799  
<https://www.massgeneral.org/psychiatry/treatments-and-services/eating-disorders-clinical-and-research-program>

### **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):  
227 Babcock St, Brookline, MA  
(617) 390-1320  
<https://hrihospital.com/programs-services/outpatient-services/partial-hospitalization-php/womens-program/>

**HRI Hospital Ascend PHP Program** (A program for Black and Indigenous women of color and members of the LGBTQIA+ community):  
227 Babcock Street, Brookline, MA  
(617) 390-1320  
<https://hrihospital.com/programs-services/outpatient-services/partial-hospitalization-php/stride-partial-program/>

**McLean Hospital Hill Center PHP for Women** (Psychiatric and psychological services for women with histories of trauma and related disorders, borderline personality, mood, and anxiety disorders):  
(617) 855-3100  
115 Mill Street, Belmont, MA  
<https://www.mcleanhospital.org/treatment/trauma-continuum#>

**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):  
100 Century Dr, Worcester, MA  
(774) 314-3490  
<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

<http://www.casamyrna.org/>

**National Domestic Violence Hotline** (Available 24/7, call, text or chat online)

(800) 799-7233; text **START** to 88788

<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 (4673)

<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):

(866) 331-9474; text **LOVEIS** to **22522**

<https://www.loveisrespect.org/>

**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 1310, Boston, MA

(844) 878-MOVA (6682) (voicemail only)

<https://www.mass.gov/orgs/massachusetts-office-for-victim-assistance>

**Victims Rights Law Center** (Provides free, comprehensive legal services for sexual assault victims with civil legal issues in MA and OR):

11 Beacon Street, Suite 520, Boston, MA

(617) 399-6720

<https://victimrights.org/>

## **Early Psychosis Programs**

**CEDAR Clinic** (A multidisciplinary team of mental health professionals focused on the detection and prevention of psychosis risk symptoms for ages 12-30):

41 Garrison Rd, Brookline, MA

<https://cedarclinic.org/>

**Mass General Hospital First Episode and Early Psychosis Program (FEPP):** Offers highly specialized evaluation, treatment and education for people in the early stages of schizophrenia or who may be experiencing psychosis for the first time for ages 14-40.

151 Merrimac St, Suite 401, Boston, MA

(617) 643-1175

<https://www.massgeneral.org/psychiatry/schizophrenia>

**Boston Medical Center Wellness and Recovery After Psychosis (WRAP) Program:** A program that provides treatment for adolescents and young adults who have been experiencing psychotic symptoms for five years or less.

(339) 987-6050

<https://www.bmc.org/wrap>

**Mclean OnTrack Program** (Program that specializes in early recognition and treatment for young adults ages 18 to 30 who have had their first episode of psychosis during the past 12 months):

(617) 855-3445

<https://www.mcleanhospital.org/treatment/mclean-ontrack>

**Cambridge Health Alliance Recovery in Shared Experiences (RISE) Program** (a multidisciplinary team providing comprehensive, recovery-oriented services to adolescents and adults experiencing a FIRST EPISODE of psychosis, and their families up to age 30):

1493 Cambridge St., Cambridge, MA

833-222-2030

<https://www.challiance.org/services-programs/mental-health-and-substance-use/psychiatry-specialty-services/specialty-services-in-psychiatry>

**ASPIRE (Advancing Services for Psychosis Integration and Recovery):** A program at Beth Israel Deaconess Medical Center for individuals experiencing early symptoms of psychosis.

330 Brookline Ave, Rabb2

Boston, MA

(857) 264-0526

<https://www.bidmc.org/centers-and-departments/psychiatry/programs-and-services/ambulatory-service/aspire-clinic>

## **Shelters**

**Bridge Over Troubled Waters** (Service for unhoused 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://bridgeotw.org/>

**St. Francis House** (Men & Women, Day shelter)  
39 Boylston Street, Boston, MA  
(617) 542-4211  
<https://stfranchishouse.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+)  
794 Massachusetts Avenue, Boston, MA  
(857) 654-1690  
<https://www.bhchp.org/locations/woods-mullen-shelter/>

**Southampton Street Shelter** (men only, 18+)  
112 Southampton St, Boston, MA  
(617) 534-2881  
<https://www.bhchp.org/locations/southampton-street-shelter/>

### **Food Pantries/Food Banks/ Transportation**

**Suffolk CARES Pantry**  
73 Tremont Street, 12th Floor (outside Student Affairs Office)  
(617) 573-8239  
Open M-F: 8:45 a.m. - 4:45 p.m.  
<https://www.suffolk.edu/student-life/student-services/student-affairs/suffolk-cares/suffolk-cares-pantry>

**Greater Boston Food Bank** (Food distribution center for multiple food pantries and community meal services for Eastern MA, has locator for food pantries across MA as well):  
70 South Bay Ave., Boston, MA  
(617) 427-5200  
<https://www.gbfb.org/need-food/>

**Project Bread** (Organization that assists with applying for food assistance, applying for SNAP benefits):  
Foodsource Hotline: (800) 645-8333  
<https://www.projectbread.org/get-help>

**Daily Table** (Community grocery store that sells nutritious food at discounted rates (Locations in Cambridge, Roxbury and Dorchester):  
Open M-Sa: 9 am-8 pm; Su 11 am-7 pm  
<https://dailytable.org/locations>

**Fair Foods Program** (A program that provides healthy produce to low-income families in the Boston area, \$2 Bag Program):  
(617) 288-6185  
<https://www.fairfoods.org/findfood>



**Community Fridges in the Boston Area** (Outdoor refrigerators of food/produce that are free for the community):

List: <https://boston.eater.com/maps/community-fridges-boston>

**SNAP (Supplemental Nutrition Assistance Program):** Food assistance program

(877) 382-2363

Online Application: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

**Discounted MBTA Youth T-Pass:** <https://www.mbta.com/fares/reduced/youth-pass>

### **Primary Care Physicians/Hospital Registration/Provider Search**

**Atrius Health-Harvard Vanguard** (multiple locations around Boston and MA)

Post Office Square: 147 Milk St., Boston, MA

(617) 654-5400

<https://www.atrusheralth.org/locations/post-office-square>

Copley Square: 165 Dartmouth St., Boston, MA

(617) 859-5000

<https://www.atrusheralth.org/locations/copley>

Kenmore Square: 133 Brookline Ave, Boston, MA

(617) 421-1000

<https://www.atrusheralth.org/locations/kenmore>

Patient Registration: (800) 249-1767

**Massachusetts General Hospital** (MassGeneral-Brigham Network)

55 Fruit St, Boston, MA

(617) 726-2000

<https://www.massgeneral.org/appointments-and-referrals/appointment-request>

**Brigham & Women's Hospital** (MassGeneral-Brigham Network)

75 Francis St, Boston, MA

New Patient Registration: (855) 278-8009

<https://www.brighamandwomens.org/>

**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>

**NeighborHealth** (multiple locations)

1601 Washington St., Boston, MA

(617) 425-2000

<https://www.sechc.org/se/care-and-services/care-and-services/adult-medicine.html>

Taylor Building: 10 Gove St., East Boston, MA

Cradock Building: 20 Maverick Sq., East Boston, MA

(617) 568-4600

<https://www.ebnhc.org/en/services/primary-care/adult-medicine.html>

**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/>

**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 Jr. Health Center (young adults age 12-29): 142 Berkeley St, Boston; (617) 457-8140

<https://fenwayhealth.org/>

<https://fenwayhealth.org/info/locations/the-borum/>

**Cambridge Health Alliance** (multiple locations around Cambridge and surrounding cities/towns)

1493 Cambridge St, Cambridge, MA

Main Operator: (617) 665-1000

DoctorFinder: (617) 665-1305

<https://www.challiance.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

Main Number: (617) 296-4000

DoctorFinder: (800) 488-5959

<https://www.carneyhospital.org/>