

# COMMUNITY MENTAL HEALTH SUPPORTS



## Cartwheel Care\*

Services are available to all Arlington Public Schools students and families.

Services are virtual and include short-term individual and group therapy, parent/caregiver consultation. Following an initial session, additional services may include medication evaluation and prescription, and longer-term outpatient referral support.

**Website:** <https://www.cartwheelcare.org/>

Referrals to Cartwheel Care go through school based support staff.

*\*This partnership is replacing Interface for the Arlington Public Schools.*



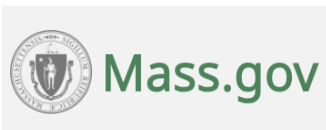
## Arlington Youth Counseling Center

\*Services are available to all Arlington children, adolescents and their families including all Arlington Public School students.

**Hours:** Mon - Fri, 9AM-5PM

**Contact:** Referral line 781-316-3261

[How to make referral](#): Call and ask for an Intake Counselor



*24-Hour Crisis Support 1 (800) 640-5432*

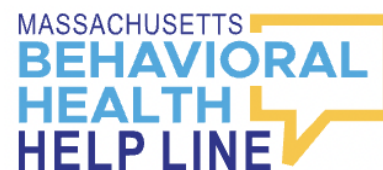
## Community Based Health Centers (CBHC)

Immediate care for mental health and substance use needs, both in crisis situations and more routine settings. Available to all Massachusetts residents, regardless of insurance coverage.

**Find a CBHC near you:** <https://www.mass.gov/community-behavioral-health-centers>

**Call or Text:** 833-773-2445 | **Web Chat:** [masshelpline.com](https://masshelpline.com)

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For 24 hours, 7 days a week, support call or text the [Behavioral Health Help Line](tel:833-773-BHHL) at **833-773-BHHL (2445)** (support available in more than 200 languages). The help line can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services.



## **Handhold - Children's Behavioral Health Knowledge Center**

\*Resources are available to any student experiencing a behavioral health crisis.

**Answer:** [Should I Worry Questions](#) and find resources available for student(s).

**Contact:** Crisis line 877-382-1609

For more information visit [Handholdma.org](http://Handholdma.org)



## **Mass Support - A service of Riverside Trauma Center**

For statewide assistance 888-251-4920

[www.masssupport.org](http://www.masssupport.org)