



Montachusett Regional Vocational Technical High School

Mental Health Support Resource List

***If you have a concern for a student's immediate safety, do not hesitate to call 911, bring them to the emergency room or call the mobile crisis line (1-800-977-5555)**

****Please note we do not endorse one agency or professional over another. The list is not exhaustive and includes a sampling of area agencies.**

We are proud to announce our partnership with @CareSolace24_7 to support our ongoing commitment. If you or a family member are looking for help with mental health or substance use, Care Solace will quickly connect you to community providers matched to your needs. <https://www.caresolace.com/site/montytech>

Emergency Services	Phone Number	Website	Specialty
Youth Mobile Crisis Intervention at Community Healthlinks (Eligibility: Services to youth under the age of 21 who have MassHealth Managed Care Plans, as well as those that are uninsured)	1 (800) 977-5555	Youth Mobile Crisis Intervention (YMCI)	Emergency Services
Crisis Helplines	Phone Number	Website	
The Massachusetts Substance Use Helpline	1 (800) 327-5050	Helplinema.org	An online resource directory or an opportunity to talk with a caring, trained specialist regarding substance use to understand options for care.
National Suicide Prevention Lifeline	1 (800) 273-8755 (Call 24/7)	Talk To Someone Now : Lifeline	Suicide Prevention Lifeline
Parents Helping Parents- Parental Stress Line	1 (800) 632-8188	Parents Helping Parents: Welcome	Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental along with being sympathetic.

Pathways for Change Hotline	1 (800) 852-7600	https://www.pathwaysforchange.help/pfc/	24 hour crisis intervention for survivors and their families.
The Trevor Project	1 (866) 488-7368	The Trevor Project — Saving Young LGBTQ Lives	A national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
Trans Lifeline Hotline:	1-877-565-8860	Website: http://www.translifeline.org/	staffed by transgender people for transgender people and gender non-conforming people (all ages).
Local Counseling Agency/Practice	Location/Phone Number	Website	Specialty
Clinical and Support Options	2033 Main Street Level 2 Athol, MA 01331 (978) 249-3141 205 School Street, Suite 301 Gardner, MA 01440 (978) 632-9400	https://www.csoinc.org/	Provides a full range of behavioral health and substance abuse services
Community Health Connections	Locations: 175 Connors Street, Gardner, MA (978) 878-8100 14 Manning Avenue, Leominster, MA (978) 878-8100	https://www.chcfhc.org/services/behavioral-health/	Treat most diagnoses, including but not limited to: Depression, Anxiety, Trauma, Bipolar disorder, Substance abuse

	326 Nichols Road, Fitchburg, MA (978) 878-8100 130 Water Street, Fitchburg, MA (978) 878-8100		
Community Healthlink/Lipton Center	45 Summer St, Leominster MA, 01453 (978) 534-6116	http://www.communityhealthlink.org/chl/	Services include; counseling, early intervention, intensive care coordination and family support, addiction services and services to prevent homelessness.
Flying High Farm	611 Leominster Road, Lunenburg, Massachusetts 01462, United States (978) 582-7103	https://flyinghighfarm.com/	Through the therapeutic power of animals, the clinicians at Flying High Farm work closely with individuals to build rapport, increase motivation for change, develop and practice positive behaviors and skills, promote effective communication, etc.
Gandara Center	2155 Main Street Springfield, MA 01104 (413) 736-0395	https://gandaracenter.org/	Promote the well-being of Hispanics, African-Americans and other culturally diverse populations through behavioral health services, substance abuse and recovery and youth and family services
LUK	545 Westminster St. Fitchburg, MA 01420 Phone: (978) 345-0685	https://www.luk.org/	Offer a full spectrum of programs addressing mental and behavioral health, trauma, addiction and substance abuse

	Fax: (978) 345-3602 Toll Free: 1 (800) 579-0000		prevention, and homelessness
Pathways for Change	(508) 852-7600	<a href="https://www.pathwaysforchange.h
elp/pfc/">https://www.pathwaysforchange.h elp/pfc/	24 hour crisis intervention, support groups, counseling and advocacy for Survivors of sexual assault and abuse as well as prevention education, professional training and community outreach
Pediatric Behavioral Health	148 Worcester St, West Boylston MA 01583 (508) 835-1735	https://www.pbhealth.org/	Experience supporting mental and behavioral concerns including but not limited to: anxiety, behavior problems autism, ADHD, depression, OCD, school problems
Psychiatry & Family Counseling Llp	25 Mohawk Drive Leominster MA 01453 (978) 840-1100 52 Cedar Street Worcester, Ma 01609 (508) 752-5191	https://levychildpsych.com/	Due to the variety and expertise of our staff; they are able to assist with a wide range of presenting problems, providing the necessary therapeutic services.
You Inc.	205 School St # 202, Gardner, MA 01440 (978) 632-2321	<a href="https://www.sevenhills.org/progra
ms/behavioral-health-gardner">https://www.sevenhills.org/progra ms/behavioral-health-gardner	Support clients expressing mental and behavioral difficulties including but not limited to: anxiety and overwhelming stress; depression and suicidality; poor social skills and relationship issues; issues related to

			sexual orientation and/or gender identity
Life Guidance of Central MA	71 E Main St, Westminster, MA 01473 (978) 874-2002		Individual counseling
Inspire Counseling and Support Center	29 Main Street 2nd Floor Leominster MA (508)615-8960	https://www.thetransitionhouse.org/massachusetts/leominster-inspire-counseling-and-support-center	Case management, psychiatric evaluations, a range of behavioral health services for children and teens, substance use treatment, mental health counseling and group therapy.

Broader Referral Tools:

StartYourRecovery.org

startyourrecovery.org/treatment/rehab-centers/massachusetts/fitchburg:

StartYourRecovery.org provides helpful information for people who are dealing with substance use issues — and their family members, friends, and co-workers, too. We know that there is no one-size-fits-all solution to the challenges faced by those who misuse alcohol, prescription or illegal drugs, or other substances, and we aim to break through the clutter to help people at any stage of recovery.

Mass211- connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 211 maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies.

The Social Work Therapy Referral Service (SWTRS) is a project of the MA Chapter of NASW. This free telephone referral service has connected thousands of people with licensed independent clinical social workers (LICSWs) across Massachusetts. The Referral Service includes nearly 300 therapists in private practice, experienced in helping clients of all ages improve their lives

- (617) 720-2828 or (800) 242-9794
- <https://www.naswma.org/page/Copyof35z>

The Comfort Ability program: is on a mission to promote evidence-based resources and education for adolescents with chronic pain.

- <https://www.thecomfortability.com/pages/about-us>

The Exceptional Lives Group: Provides a database of services and programs for Autism-Related disorders. It includes social skills programs, education consultants, speech, occupational, and physical therapists, ABA behavioral services, and respite: (866) 518-0296; www.excpetionalives.org

For Parents: Handhold- <https://handholdma.org/> Handhold was created by a team of mental health and child development experts in partnership with parents who have gone through what you are going through. Our goal? To guide you in caring for your child's mental health and emotional well-being.

Quick Guide to Substance Use Services for young People:

[BSAS Quick Guide to Substance Use Services for Young People.pdf](#)

[BSAS Youth and Young Adult Treatment_Contact Info_Oct 2021.pdf](#)