

 <p>NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Your local NAMI Affiliates and volunteer leaders work in communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.</p> <p>At NAMI Greater Boston we join together to share our lived experiences with mental health challenges. If you or your loved one feels overwhelmed by these challenges, we can help.</p>	<p>NAMI Greater Boston The Schrafft Center 529 Main Street, Suite 1M17 Boston, MA 02129 Phone: (617) 580-8541 Email: info@namiboston.org www.namigreaterboston.org www.namimass.org</p>
 <p>MHA is a powerful voice for healthy communities throughout the nation and offers information, referrals, and resources for individuals living with any type of mental illness. One of MHA's services includes online screening, which is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.</p> <p>MHA Affiliate, Massachusetts Association for Mental Health (MAMH) has worked to improve understanding of mental health conditions and combat disparities in health services access. We envision a day when all individuals and families across the Commonwealth have the resources they need to promote resilience and protect overall health.</p>	<p>Massachusetts Association for Mental Health (MAMH) 50 Federal Street 6th Floor Boston, MA 02110 Phone:(617) 742-7452 www.mamh.org www.mhanational.org</p>
 <p>Depression and Bipolar Support Alliance (DBSA) changes lives, saves lives and impacts lives, through education, peer support groups and advocacy for those diagnosed with a mental health illnesses and empowers their family and friends to embrace their independence, advocate for improved services, and to love them for who they are.</p> <p>DBSA Boston (formerly known as MDDA-Boston) is a non-profit, self-help support organization run by volunteers, for people diagnosed or who feel they have or experienced mood disorders such as depression and bipolar disorder, and for family and friends. DBSA members come together to support each other and share information with others who are in similar situations. Mood disorders impact millions of people and their families and friends every year. Coping with these disorders is difficult enough, but coping alone can be even tougher.</p>	<p>DBSA Boston 115 Mill Street Belmont, MA 02478 Tel: 617-855-2795 Email: info@dbsaboston.org https://dbsaboston.org/</p> <p>DBSA Revere MGH Revere HealthCare Center 300 Ocean Avenue Revere, MA 02151 Phone: (781) 485-6000 Email: dbsarevere@gmail.com https://www.dbsarevere.org www.dbsalliance.org</p>

PTSD Resources

 <p>Anxiety and Depression Association of America ADAA is an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. ADAA helps people find treatment, resources, and support. ADAA is not a direct service organization, but offers support through the HealthUnlocked site, which has over 55,000 members.</p>	<p>ADAA 8701 Georgia Ave, #412 Silver Spring, MD 20910 Phone: 240-485-1001 https://adaa.org https://healthunlocked.com/anxiety-depression-support</p>
 <p>Gift from Within is dedicated to those who suffer post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals. We develop and provide educational material, including videotapes, articles, books, and other resources through our website and maintain a roster of survivors who are willing to participate in an international network of peer support.</p>	<p>Gift from Within 16 Cobb Hill Rd. Camden, Maine 04843 Phone: 207-236-8858 Email: JoyceB3955@aol.com www.giftfromwithin.org</p>
 <p>Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class clinical care, wellness, education and research. All care is provided at NO COST to the Veteran or Family Member as thanks from a Grateful Nation.</p>	<p>Home Base 1 Constitution Road Charlestown, MA 02129 Phone: (617) 724-5202 Veterans Crisis Line (800) 273-8255 www.homebase.org</p>
 <p>The Massachusetts Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.</p> <p>Mass DMH oversees 27 site offices in 5 different geographic areas across the Commonwealth. In addition, the Department operates 4 Continuing Care facilities at Worcester Recovery Center, Taunton State Hospital, The Hathorne Units at Tewksbury State Hospital, and the Metro Boston Mental Health Units at Lemuel Shattuck Hospital. DMH also operates six Community Mental Health Centers in Boston, Brockton, Fall River and Cape Cod.</p>	<p>Mass DMH 25 Staniford St., Boston, MA 02114 Phone: (617) 626-8000 Crisis Line: (877) 382-1609 www.mass.gov/orgs/massachusetts-department-of-mental-health</p>
 <p>MASSACHUSETTS GENERAL HOSPITAL Mass General Post-traumatic Stress Disorder Research Laboratory : The Post-traumatic Stress Disorder Research Laboratory at Massachusetts General Hospital performs state-of-the-art psychobiological research into the assessment, pathophysiology, prevention and treatment of post-traumatic stress disorder (PTSD).</p>	<p>PTSD Research Lab Charlestown, MA 02129 Phone: 617-724-5600 www.massgeneral.org/psychiatry/research/post-traumatic-stress-disorder-research-laboratory</p>

PTSD Resources

Continued

 <p>NAMI National Alliance on Mental Illness</p>	<p>NAMI Veterans & Active Duty Resource Center provides resources for veterans and active duty military members, as well as their families, friends, and advocates on topics related to mental health, such as: Posttraumatic Stress Disorder (PTSD), health benefits and eligibility, and Traumatic Brain Injury (TBI).</p>	<p>NAMI Vets & Active Duty Resource Center 4301 Wilson Blvd., Suite 300 Arlington, VA 22203 Phone: 703-524-7600 https://www.nami.org/Your-Journey/Veterans-Active-Duty</p>
 <p>National Center for PTSD POSTTRAUMATIC STRESS DISORDER</p>	<p>National Center for PTSD (NCPTSD) is the world's leading research and educational resource for PTSD and traumatic stress. We aim to advance the clinical care and social welfare of US Veterans through research, education and training on PTSD (post-traumatic stress syndrome) and stress-related disorders. PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. If symptoms last more than a few months, it may be PTSD. The good news is that there are effective treatments.</p>	<p>NCPTSD Phone: (802) 296-6300 Email: ncptsd@va.gov www.ptsd.va.gov</p>
 <p>PTSD ALLIANCE Posttraumatic Stress Disorder</p>	<p>PTSD Alliance: It is easy to feel alone when you or someone you care about is suffering from PTSD. But you are not alone. There is a lot of information available, and many dedicated people affiliated with our member organizations are accessible to answer your questions and direct you toward the variety of support services now available.</p> <p>The PTSD Alliance is made up of a group of professional and advocacy organizations that have joined forces to provide educational resources to individuals diagnosed with PTSD and their loved ones; those at risk for developing PTSD; and medical, healthcare and other frontline professionals.</p>	<p>PTSD Alliance Phone: 888-436-6306 Email: contact@ptsdalliance.org www.ptsdalliance.org</p>
 <p>VETCHANGE</p>	<p>VetChange is a free, confidential online program for active duty military and Veterans who are concerned about their drinking following military deployment. It can help you build skills to better manage your drinking and PTSD symptoms.</p>	<p>VetChange https://vetchange.org</p>
 <p>U.S. Department of Veterans Affairs</p>	<p>VA Central Western Massachusetts Healthcare System provides primary, specialty, and mental health care, including psychiatric, substance abuse and PTSD services, to a Veteran population in central and western Massachusetts of more than 120,000 men and women.</p>	<p>VA Central Western Massachusetts Healthcare System 421 North Main Street Leeds, MA 01053 413-584-4040 https://www.centralwesternmass.va.gov/locations/directions.asp</p>