



Behavioral Health Resources

Free Adult Peer Support Opportunities

Support groups facilitated by people living with mental health conditions

NAMI Connection Recovery Support Groups:

namimass.org/nami-connection-recovery-support-groups

Northeast Recovery Learning Community (NERLC): nilp.org/nerlc

Advocates Peer Support Groups: advocates.org/news/virtual-support-groups

Depression Bipolar Support Alliance (DBSA): dbsaboston.org

Kiva Centers: kivagroups.carrd.co

Wildflower Alliance: wildfloweralliance.org/online-support-groups

Other support options

Peer Warm Lines: *Friendly phone lines staffed by people with lived experience with mental health challenges or dual diagnosis.*

Metro Boston RLC Peer Support Line: 877-733-7563, Daily 4:00 - 7:45 PM

Wildflower Alliance Peer Support Line: 888-407-4515,
Mon–Thurs, 7:00 - 9:00 PM; Fri– Sun, 7:00 - 10:00 PM

Kiva Centers Peer Support Line: 508-688-5898, Mon-Fri, 8:00 PM - 12:00 AM

Department of Mental Health Clubhouses: massclubs.org

Supportive day programs with simplified access for adults with a history of mental health conditions.

Cole Resource Center Workforce Program:

coleresourcecenter.org/workforce-development-program

Coaching to those living with mental health challenges as they find their next career steps.

NAMI Peer to Peer Course: namimass.org/nami-peer-to-peer

A weekly 8-session recovery-focused program for people who wish to establish and maintain their wellness, taught by individuals with personal experience.

NAMI MA Compass Helpline: namimass.org/nami-mass-compass-helpline

Mon– Fri, 9:00 AM - 5:00 PM, at 617-704-6264 or 800-370-9085, or compass@namimass.org.

An information and referral helpline that provides resources and support to help navigate the mental health system and problem solve in difficult circumstances.