



BRIDGING THE DIVIDE TO
EMOTIONAL WELLNESS:
E-BOOK RESOURCE GUIDE

MHA  **RI**

Mental Health Association of Rhode Island

Crisis Hotlines

- **BH Link** (referrals and 24/7 crisis care for adults): **Web:** www.bhlink.org **Tel:** (401) 414-LINK ◆
- **Kids' Link RI:** (24/7 crisis care for children and adolescents): **Tel:** (855) 543-5465 ◆
- **Suicide Hotline:** (800) 273-TALK (8255)
- **24-hour listening line:** (401) 272-4044 or (800) 365-4044
- **Veterans Crisis Hotline:** Call (800) 273-8255 and press 1 or text 838255
- **Crisis Hotline:** (800) 854-7771, or **text** NAMI to 741741
- **Narcotics Anonymous:** (866) 624-3578
- **The Trevor Project (24/7 support for LGBTQ youth):** (866) 488-7386
- **Victims of Crime:** (800) 494-8100
- **The Providence Center Emergency Services Line:** (401) 274-7111 ◆
- **Alliance to Mobilize Our Resistance (AMOR) – Support Line / Linea de Apoyo:** (401) 675-1414 ◆

Referral Networks & Free/Sliding Scale Services

- **BH Link** (referrals or crisis care): **Web:** www.bhlink.org **Tel:** (401) 414-LINK ◆
- **211 @ United Way** (for referrals): **Call** 211 or **Web:** <https://www.uwri.org/2-1-1/> ◆
- **Thundermist Health Center:** Three sites offering integrated behavioral health. Sliding scale options and can see patients that are un/underinsured. Spanish and Portuguese speaking clinicians. To obtain behavioral health services, individuals must first be a medical patient of Thundermist. **Tel:** (401) 767-4100 **Web:** <https://www.thundermisthealth.org/> ◆
- **Interfaith Counseling Center** (sliding scale counseling and referrals): **Tel:** (401) 461-5234 or **Email:** info@interfaithri.org ◆
- **Clinica Esperanza** (Vida Pura program): Care for uninsured Hispanic immigrants experiencing low-income who have unmet behavioral needs. **Web:** <https://www.aplacetobehealthy.org/> **Tel:** (401) 347-9093 ◆
- **RI Psychological Association - Telehealth Referral List:** **Web:** <https://www.ripsych.org/>

Substance Use Peer Recovery Call Lines:

- **East Bay Recovery Community Center:**
(401) 302-6231 (English)
(401) 602-6735 (Spanish) ◆
- **PSN Hope Recovery Community Center:**
(401) 598-6400 (Westerly)
(401) 619-1343 (Newport)
- **CCA Serenity Center:**
(401) 808-4810 (Woonsocket)
- **Providence Anchor Community:**
(401) 889-5770 (Providence/Pawtucket area)

FOR INSURANCE HELP!
**Call the RI Health Insurance Consumer
Help-Line at RIPIN: 401-270-0101 ◆**

Free, multi-lingual assistance to all Rhode
Islanders with a health insurance-related problem.

Support Groups

- **Parent Support Network - Parent support groups & recovery meetings, including in Spanish:** For schedule: <https://www.psnri.org/virtual-trainings-and-meetings> ◆
- **NAMI RI - Peer and Family Support Groups and Educational Classes:** Tel: (401) 331-3060 Email: info@namirhodeisland.org Visit <https://namirhodeisland.org/support-groups-and-classes/>
- **Oasis Wellness & Recovery Center:** FREE support groups and wellness activities. For schedule: <https://www.facebook.com/mhcarioasis>
- **Can We Talk? Community Trauma healing program- sponsored by the ICC and RIDOH:** Hosted every month on the third Wednesday, 6:30pm. **Join Zoom Meeting:** <https://us02web.zoom.us/j/84954493055>. Meeting ID: 849 5449 3055
- **Hope Health:** Grief support groups, including in Spanish. For schedule: **Tel:** (888) 528-9077 or **visit:** <https://www.hopehealthco.org/services/hospice-care/grief-support/> ◆



Additional Resources and Information

- **MENTAL HEALTH AWARENESS – Warning Signs and Symptoms:** *Web:* <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>
- **Living Well, 4Mind4Body - Strategies for mental wellness:** *Web:* <https://mhanational.org/staying-mentally-healthy>
- **Mental Health Association of Rhode Island -** *Web:* <https://www.mhari.org>
- **PauseRI:** includes listings for support services and self care resources from the RI Department of Behavioral Health, Developmental Disabilities and Hospitals. *Web:* <https://bhddh.ri.gov/pauseri/>



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**Please direct any inquiries about this
resource guide to info@mhari.org.**

Thank you!