

MHARI Guide to Finding Mental Health Services

*multilingual services available

Need to speak to someone immediately? Contact a Crisis Hotline...

- 9-8-8 (National Suicide Hotline)*
- BH Link*
 - web: www.bhlink.org
 - crisis phone: 9-8-8
- Kids' Link RI (24/7 crisis care for children and adolescents)*
 - phone: (855) 543-5465
- Veterans Crisis Hotline
 - phone: 9-8-8 and press 1
- Crisis Hotline
 - phone: (800) 854-7771 or text NAMI to 741741
- The Trevor Project (24/7 support for LGBTQ youth)
 - phone: (866) 488-7386
- National Sexual Assault Hotline*
 - chat: <https://hotline.rainn.org/online>
 - phone: (800) 656-4673
- The Providence Center Emergency Services Line*
 - phone: (401) 274-7111
- Alliance to Mobilize our Resistance (AMOR)*
 - phone: (401) 675-1414

Looking for treatment? Here are some affordable referral networks and services...

- BH Link (referrals and crisis care)*
 - web: www.bhlink.org
 - phone: (401) 414-LINK

- 211 @ United Way (referrals)*
 - web: <https://www.uwri.org/2-1-1/>
 - phone: 2-1-1
- Thundermist Health Center (health care sites for patients, behavioral services available for minors who are not patients)*
 - web: <https://www.thundermisthealth.org/>
 - phone: (401) 767-4100
- Interfaith Counseling Center (counseling and referrals)*
 - phone: (401) 461-5234
 - email: info@interfaithri.org
- RI Psychological Association Telehealth Referral List
 - web: <https://www.ripsych.org/>
- Community Mental Health Centers in RI* contact information for each site is available at: <https://bhddh.ri.gov/mental-health/licensed-treatment-providers>
 - Community Care Alliance
 - East Bay Community Action Program
 - Fellowship Health Resources
 - Gateway
 - Newport Mental Health
 - The Providence Center
 - Thrive
- Zencare (referrals)
 - web: <https://zencare.co/us/rhode-island/therapists>

Support Groups

- Parent Support Network (parent support groups and recovery meetings)*
 - services and schedule: <https://psnri.org/our-services/>
- NAMI RI (peer and family support groups and educational classes)
 - phone: (401) 331-3060
 - email: info@namirhodeisland.org
 - schedule: <https://namirhodeisland.org/support-and-education/support-groups/>
- Can We Talk? Community Trauma Healing Program by ICC and RIDOH
 - hosted every month on the 2nd and 4th Wednesdays, 5:00PM
 - locations: <https://www.nonviolenceinstitute.org/can-we-talk-series>
- Hope Health (grief support groups)*
 - web: <https://www.hopehealthco.org/services/hospice-care/grief-support/find-a-grief-support-group/#virtual-grief-support>
 - phone: (888) 528-9077

Case Specific Resources

Addiction Resources:

- East Bay Recovery Community Center*
 - phone: (401) 302-6231 (English), (401) 302-6735 (Spanish)
- Anchor Recovery
 - phone support signup: <https://anchorrecovery.providencecenter.org/telephone-recovery-support-trs>
 - community centers in Providence (401) 889-5770 and Warwick (401) 615-9945
- PSN Recovery Community Centers – Newport, Scituate, Westerly locations
 - web: <https://hoperecoverycenter.org/our-services/hope-recovery.html>
- CCA Serenity Center – Woonsocket (401) 808-4810

Youth Resources:

- Young Adult Guide to RI Behavioral Health System*
 - web: <https://bhddh.ri.gov/mental-health/individual-and-family-information/healthy-transitions-and-behavioral-health-guide>
- The Jed Foundation Mental Health Resource Center
 - web: <https://jedfoundation.org/mental-health-resource-center/>

Perinatal Resources:

- Postpartum Support International*
 - helpline: 1-(800)-944-4773
- National Maternal Mental Health Hotline*
 - helpline: 1-(833)-852-6262
- Postpartum Progress Online Support Network – web: <https://postpartumprogress.com/>

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 RI
 - web: <https://www.mhari.org>
- SAMHSA Guide for Families Coping with Mental and Substance Use Disorders
 - web: <https://www.samhsa.gov/families>

For Insurance Help!

Call the RI Health Insurance Consumer Help Line at RIPIN

(401) 270-0101

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

Thank you!



Mental Health Association of Rhode Island
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