

Mental Health Resources

The information listed below is not an endorsement of any specific organization or practitioner by Christ the King Parish.

CRISIS Resources



Always call 911 or go to the nearest emergency room to be assessed if you, a friend, or a loved one are at immediate risk for life-threatening harm to self or another person. Tell the operator there is a behavioral health emergency with immediate danger to the person involved.



Dial 988 for the Suicide and Mental Health Crisis Lifeline Call IF:

- *you feel you might be in danger of hurting yourself.
- *you feel concerned about a family member or friend.
- *To find referrals to mental health services in your area.



Massachusetts Behavioral Health Help Line 24/7

call or text 833-733-2445

Free, confidential, and no health insurance needed.



Cape Cod Hospital Behavioral Health Crisis Team

Emergency Services for Psychiatric Care

Help is available 24 hours a day. 800-513-4728



Independence House

160 Bassett Lane

Hyannis, MA

24 hour hotline 800-439-6507

800-513-4728

Cape Cod's leading domestic and sexual violence emergency housing resource, counseling, and advocacy center to address and prevent domestic and sexual violence.

COUNSELING RECOURCES

Requires health insurance. Call the phone number listed under Behavioral Health Services located on the back of your insurance card. Ask for in network providers.



Bay Cove Behavioral Health and Wellness Center

116 Camp Street Hyannis, MA, 833-229-2683 ~ Accepts MassHealth

If you are experiencing a behavioral health challenge—whether it is just starting or has been building for some time— Bay Cove Behavioral Health & Wellness Center is here to assist! We will work together to figure out the best next steps for your situation.



**CAPE COD
HEALTHCARE**
taking good care of

Cape Cod Behavioral Health

460 West Main Street
Hyannis, MA 02601
508-790-3360 ~ Accepts MassHealth

Have you ever felt alone in your struggle to function in everyday life in the face of depression, anxiety, grief, mood, or other stress related disorders? Unfortunately, due to the stigma surrounding mental illness, most people suffer rather than seek help that will improve their well-being.



Duffy Health Center

94 Main Street, Hyannis MA 02601
508-771-9599 ~ Accepts MassHealth

At Duffy Health Center, we offer trust, dignity, and respect to everyone who walks through our doors. We help patients recover their health and hope. Everyone deserves the right quality of healthcare, and our care team is here to support you.



Cape Cod Community Health Center

107 Commercial St. Mashpee, MA 02649
508-477-7090 ~ Accepts MassHealth

Behavioral Health services are provided to individuals who receive their primary care at CHC, and is provided by social workers, behavioral health counselors and psychiatrists.



**CHILD & FAMILY
SERVICES**

Child & Family Services-Cape Cod

100 Independence Dr. Unit 8 Hyannis, MA 02601
Tel: (508) 778-1839 / (800) 576-9444 Fax: (508) 775-1245

Child & Family's outreach programs provide support and assistance to children and families. Clinicians provide home-based counseling for clients who are unable to leave their home.



Gosnold Outpatient/Inpatient Addiction and Mental Health services.

To Speak With An Admissions Specialist 800-444-1554

Gosnold offers a full, end-to-end continuum care for behavioral health and substance use disorders through a wide range of comprehensive treatment options. As a nationally accredited, non-profit leader our patient-centered approach to care is always tailored to fit the needs of each individual.



**CATHOLIC
THERAPISTS.COM**

Catholic Therapist.com

Referral base of qualified Catholic therapists.

At CatholicTherapists.com, we try to make the best effort to screen therapists for faithful adherence to church teaching, by carefully reviewing their applications and references.

SUPPORTIVE RESOURCES



National Alliance on Mental Illness

5 Mark Lane, Hyannis MA
508-778-4277

NAMI Cape Cod & The Islands serves individuals and their families who are affected by the broad spectrum of mental illness and neurological disorders through support, education, and advocacy and promotes mental wellness for all.



Community Action Committee of Cape Cod

372 North Street Hyannis, MA 02601
508-771-1727

The programs of Community Action Committee of Cape Cod & Islands, Inc. (CACCI), including Child Care Network, Client Self Sufficiency Programs and Safe Harbor provide resources and skills to individuals and families on the Cape and Islands to attain and retain independent and economic stability and self-sufficiency, through personal growth, family stabilization, life skills and employment readiness.



Cape Cod Foster Closet

195 Route 6A, Orleans
508-514-7125

Resources for foster parents, grandparents and others caring for children not their own.



We Can

783 Route 28 Harwich Port, MA 02646
508-430-8111

Since 2001, WE CAN has supported and empowered women going through life transitions and challenges. We serve women of all ages providing unique, free services, referrals and resources to help foster independence and create lasting positive change.



KIND HEARTS FOR KIDS

1 Trowbridge Road, Suite 370, Bourne, MA 02532
kindheartsforkidsinc@gmail.com

Non-Profit organization founded in Jan 2019, serving Cape Cod, Plymouth, Wareham and throughout MA. We offer kindness and compassion to children and teenagers in Foster & Grandparent care, inspiring them to have courage and dreams for their future.



Comfort Zone Camp

6606 West Broad Street, Richmond, VA 23230

(804) 377-3430

Comfort Zone Camp is a nonprofit bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, primary caregiver, or significant person.

Programs are free of charge and include trust-building activities and age-based support groups that break the emotional isolation grief often brings.

Cape Cod Ambassadors

P.O. Box 795 West Hyannis Port, MA 02672

508-523-6049

We are a team of professionals from several different churches and organizations who have one mission: To love, support and empower children in the foster care system.

Cape Cod Family Resource Center

29 Basset Lane, Hyannis, MA 02601

(508) 815-5100

Can you imagine a place in your neighborhood where people of all ages, incomes, and abilities are welcome to develop helpful and caring connections with each other? A place where skilled and thoughtful professionals help parents, children, and families find emotional support and practical assistance to succeed in life? A place that offers sensible solutions to families seeking health, safety, educational, and employment services? That place is part of the Massachusetts Family Resource Centers (FRCs) network and is already in your own neighborhood.

Alzheimer's Family Support Center

2095 Main Street, Brewster, MA 02631

(508) 896-5170

Our goal is to help families navigate the complexities and challenges they face across the span of these diseases, while providing a research-based family and community-centered social model at no cost.



Grief Support



Season's of Hope – Bereavement Ministry

Christ the King Parish

5 Jobs Fishing Road, Mashpee MA

A faith-sharing group for those who mourn, Seasons of Hope has 4 six weeks "seasons" that offer Christ-centered material using scripture, prayer, reflection activities, and faith-sharing. This program is in Catholic parishes across America. Seasons of Hope is a free parish-based program.

LOCALLY the program is also offered at :

St. John the Evangelist (Pocasset): Contact Patty Parsons 508-563-5887 x 101

St. Joseph the Guardian (Falmouth): Contact: Donna MacLeod. seasonsofJope35@gmail.com



Support After a Death by Overdose

Consoling Partners

Corpus Christi Parish, Quaker Meeting House Rd. Sandwich, MA

SADOD provides resources, information, and assistance to people throughout Massachusetts who have been affected by the death of someone they care about from a substance-use-related cause. Our focus is on increasing the capacity and effectiveness of peer grief support for bereaved people, frontline care providers, and people in recovery or struggling with drug use.



Sharing Kindness

P.O. Box 1082, Orleans, MA, 02653

(508) 246-1555

Suicide prevention, Mental health education, and Grief support on Cape Cod.



The Compassionate Friends

Upper Cape Chapter Bourne Veteran Community Center

239 Main Street Bourne MA 02532-3234

Lower Cape Cod Chapter St. Davids Episcopal Church

205 Old Main St South Yarmouth MA 02664

Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Online Grief Support



Grief.com

Online grief workshops; also, on Facebook



Whatsyourgrief.com

Grief support, courses, resources, sharing.



Empathy.com

Support to navigate responsibilities and emotions of grief.