Fact Sheets & Resources

Resources, fact sheets, and websites listed below offer factual information about pediatric mental health:

American Academy of Child and Adolescent Psychiatry: [www.aacap.org](http://www.aacap.org)

Children’s Mental Health Network: [www.cmhnetwork.org/](http://www.cmhnetwork.org/)
A national network bringing together the voices of children's mental health.

The Boston Children's Hospital “Depression Experience Journal”: [www.experiencejournal.com](http://www.experiencejournal.com)
Collection of stories, videos, and personal experiences from families about what it has been like to live with their children’s illnesses; Experience Journals aim to facilitate the strength and resilience that lies in every child, adolescent, and family facing adversity.

Collaboration of frontline providers, researchers, and families committed to raising the standard of care while increasing access to services.

HelpSteps: [www.HelpSteps.com](http://www.HelpSteps.com) or download the app
Generates a list of resources for the services you are interested in.

State Agencies

Oversees substance abuse and gambling prevention and treatment services in the Commonwealth.
Youth Central Intake: 1-866-705-2807

Department of Mental Health: [www.mass.gov/dmh](http://www.mass.gov/dmh)
Provides support and services to youth with serious emotional disturbance and adults with serious mental illness.

Department of Developmental Services: [www.mass.gov/eohhs/gov/departments/dds/](http://www.mass.gov/eohhs/gov/departments/dds/)
Provides support to individuals with developmental disorders and their families.

Department of Children and Families: [www.mass.gov/dcf](http://www.mass.gov/dcf)
Responsible for providing protection and support to children across the Commonwealth and their families.

Massachusetts Department of Early Education and Care: [www.eec.state.ma.us/ChildrenWithSpecialNeeds.aspx](http://www.eec.state.ma.us/ChildrenWithSpecialNeeds.aspx)
Oversees pre-school education and transitions from Early Intervention.

Department of Youth Services: [www.mass.gov/dys](http://www.mass.gov/dys)
Juvenile justice agency for the Commonwealth

Office of Patient Protection: 800.436.7757
[www.mass.gov/dph/opp](http://www.mass.gov/dph/opp)
Provides health insurance consumer protections in accordance with Massachusetts law.
Finding a Provider

The first step to getting care is finding a provider, which can be difficult. Persistence is often necessary to find the appropriate provider for your child and family.

1. Health Insurance: Access to mental health services is often determined by insurance. Call the number on the back of your insurance card or go to the insurance company’s website to find a list of providers in your area covered by your plan. You can limit provider lists to type of provider, disorders treated, and location. You may have to call many providers to find the right one for your family.

2. Primary Care Provider (PCP): More and more PCPs have mental health providers in their offices. They may also know many of the providers in your community. You may want to bring a list from your insurance company and ask them to identify recommended providers.

3. Other referral sources: Your child’s school, a religious leader, a friend, or family member may know providers. You may be surprised that many people in your community have experience with mental health providers.

Most children receive behavioral health services in their community. Some behavioral health supports at BCH are listed, below.

Outpatient Psychiatry (Intake): 617.355.6688
Priority is given to patients with primary or specialty care at BCH.

Autism Spectrum Center: 617.355.7493

Learning Disabilities Program: 617.355.6388

Adolescent Substance Abuse Program: 617.355.ASAP

Family Support and Advice

Families can find it helpful to receive support from other families who are experiencing some of the same challenges accessing, maintaining, and navigating mental and behavioral health care for their child(ren). Listed below are resources to assist in family support and advice:

BCH Hale Family Center for Families: 617.355.6279
Provides support to families during their experience at Boston Children’s Hospital.

Parent/Professional Advocacy League (PPAL): 617.542.7860 www. ppal.net
Offers advice and support for parents across the state and runs a hotline.

Federation for Children with Special Needs: 617.236.7210 www.fcsn.org
Statewide organization that helps parents of children with special needs. It is a great online resource for IEPs and 504s.

Health Care for All: 800.272.4232
https://www.hcfama.org/helpline
Expertise in Massachusetts health insurance access and coverage.

The National Alliance on Mental Illness of Massachusetts: 800.370.9085 www.namimass.org
Statewide support for persons living with mental illness and their caregivers.

Massachusetts Advocates for Children Helpline: 617.357.8431 ext. 237
Provides support to families whose children are facing barriers to receiving educational supports and services.

Special Needs Advocacy Network: www.spanmass.org
Provides information and resources on special needs to parents and professionals.