

Support Services



Sharing Kindness

Sharing Kindness raises suicide awareness, promotes mental health education and provides free clinician-led peer grief support at our center in Harwich and across the Cape & Islands (including curriculum-based grief groups for students at select schools). We work to reduce stigma, improve grief literacy and encourage wellness and resilience through courageous conversation.

▶ [Browse our programs](#) ▶ [Have questions? Contact us today](#)

Bay Cove's Behavioral Health & Wellness Center on Cape Cod

A hub of coordinated and integrated mental health and substance use disorder treatment for all ages throughout Cape Cod. Bay Cove offers enhanced routine and urgent behavioral health outpatient services, mobile crisis intervention and community crisis stabilization services for adults and youth.

 833-229-2683  baycovecapecod.org

Cape Behavioral Health Center

A full suite of outpatient mental health services, including individual and group therapy, medication management, psychological testing and evaluation, first-episode psychosis treatment, children and adolescents treatment, and mental health telehealth services.

 781-620-5318  nehs.transformationsnetwork.com

Department of Veterans Affairs' Suicide Prevention Program

The VA has a program on the national and local levels, placing a suicide prevention coordinator at every one of its 153 nationwide medical centers.

VA Bedford

 Rebecca Dreifuss: 781-687-2176

 VHASPCMA-518BEDSuicidePreventionTeam@va.gov

 va.gov/bedford-health-care

VA Boston

 Leslie Wright, Ph.D.: 857-364-3611

 vhabhssuicidepreventionteam@va.gov

 va.gov/boston-health-care

Fairwinds: Nantucket's Behavioral Health Center

Fairwinds provides confidential, quality professional care to adults and youth on Nantucket who seek mental health and addiction services. All are welcome, regardless of ability to pay.

 Call or text 508-228-2689; for emergencies call 508-221-3315  [fairwindscenter.org](https://www.fairwindscenter.org)

Martha's Vineyard Community Services

With a seasonal economy and a high cost of living, the Vineyard can be a difficult place to live without the emotional, financial, or social resources available to help cope with personal, health and family problems. MVCS offers services for all island residents, regardless of financial, cultural or physical barriers.

Counseling, Outreach and Referrals for the Elderly: CORE works with at-risk and home-bound seniors, addressing significant physical and behavioral health, social and case management needs of seniors (ages 60+) at no cost to the client.

 508-693-7900  [mvcommunityservices.org/services/senior-care](https://www.mvcommunityservices.org/services/senior-care)

Substance Use Disorder Services

 Administrative Coordinator/Case Manager: 508-693-7900 x 241

 [mvcommunityservices.org/services/addiction-recovery](https://www.mvcommunityservices.org/services/addiction-recovery)

Massachusetts Behavioral Health Help Line

A free, confidential help line that connects residents directly to clinical services for mental health and substance use. Call, text, or [chat](#) for real-time clinical assessment, 24 hours a day, 365 days a year. Offers real-time interpretation in 200+ languages.

 Call/text: 833-773-2445  [masshelpline.com](https://www.masshelpline.com)

Massachusetts Substance Abuse Helpline

The Helpline is a statewide public resource for finding substance use harm reduction, treatment, recovery, and problem gambling services. Helpline services are free, confidential, and available 24/7.

 800-327-5050  helplinema.org

National Alliance on Mental Illness Cape Cod & The Islands

NAMI offers support, education and advocacy services for mental illness and neurological disorders, including 12-week Family to Family Education programs and monthly support groups in towns across the Cape and Islands.

 508-778-4277  info@namicapecod.org  namicapecod.org

Martha's Vineyard

 24/7 Mobile Crisis Response: 508-693-0032

Nantucket

 508-280-8777; 24/7 Mobile Crisis Response: 877-784-6273  NamiOnNantucket@gmail.com

Safe Schools Program for LGBTQ Students

An initiative between the MA Department of Elementary and Secondary Education (DESE) and the MA Commission on LGBTQ Youth. Founded in response to concerns about LGBTQ youth suicides and other risk factors, the program offers a range of services designed to help schools implement state laws impacting LGBTQ students, including the state's anti-bullying law, gender identity law, and student anti-discrimination law.

 617-447-4730  safeschoolsprogram@doe.mass.edu  doe.mass.edu/sfs/lgbtq