



## Mental Health Resources for Immigrant Communities in Boston

### 24/7 Mental Health Support:

No documentation is required to call the BHHL or 988.

- [988 - National Suicide Prevention Lifeline \(U.S.\)](#): Available 24/7 for anyone experiencing a mental health crisis.
  - ☐ Languages: English, Spanish
  - ☐ Number: Call 988 or text “HELLO” to 741741 for immediate support
- [Crisis Text Line](#): A free, confidential service available 24/7 for people in crisis. You may request the deletion of information you share by texting the word “DELETE.”
  - ☐ Languages: English, Spanish
  - ☐ Number: Text “HELLO” to 741741 to connect with a trained crisis counselor
- [SAMHSA Helpline](#): For individuals and families facing substance abuse or mental health issues.
  - ☐ Languages: English, Spanish
  - ☐ Number: Call 1-800-662-HELP (4357) for free, confidential assistance
- [Parents Anonymous](#): Free, parent-led support groups for dealing with the stresses of parenting and family life.
  - ☐ Languages: English, Spanish, 240+ other languages
  - ☐ Number: [855-427-2736](tel:855-427-2736) or email [help@nationalparentyouthhelpline.org](mailto:help@nationalparentyouthhelpline.org)
- [Behavioral Health Help Line](#): Free, confidential service that can connect you to clinical help. No insurance needed. The BHHL is for *everyone*, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC)
  - ☐ Languages: Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English – offering over 200 languages- 24/7
  - ☐ Number: Call or text 833-773-2445
- [MA Substance Abuse Helpline](#): statewide, public resource for finding substance use harm reduction, treatment, recovery, and problem gambling services
  - ☐ Number: Call 800-327-5050
  - ☐ Languages: [English](#) and [Spanish](#)
- [BlackLine](#): 24/7 Text or Call Hotline: a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline.



☐ Number: 800-604-5841

- [THRIVE Lifeline](#): If you're experiencing a mental health crisis and need to chat with a qualified crisis responder, we are here for you. If you are an underrepresented individual (person of color, LGBTQ2S+, person living with disabilities, neurodivergent, and/or other marginalized identities), and experiencing obstacles because of (or simply have questions about) your identities, we want to help you navigate those.
  - ☐ Number: Text "THRIVE" to [+1.313.662.8209](#)

## Supporting Children of Immigrant Parents:

Children may struggle with anxiety due to news events or experiences of trauma. It's important to acknowledge their feelings and provide comfort. Reassure them with safety and stability and be honest about the situation in age-appropriate ways.

- [Helping Children Cope with Frightening News](#): What parents can do to aid scared kids in processing grief and fear in a healthy way. Also available in [Spanish](#).
- [What to Do and Not Do When Children Are Anxious](#): How to respect feelings without empowering fears. Also available in [Spanish](#).
- [Supporting Young Children After Crisis Events](#)
- **How to Talk to a Child Worried about Deportation** in [English](#) and [Spanish](#)

## How to Access Mental Health Care for Immigrants

Immigrants, including refugees and undocumented individuals, can receive mental health treatment, often through community resources and services that do not require documentation of immigration status. Please review each resource carefully to find out what documentation is required.

### How to Access Support

- [Access mental health support as an immigrant](#): Information about getting mental health support and treatment as an immigrant, refugee, or undocumented person in the United States.
- [NAMI](#)- How to get mental health support and treatment as an immigrant, refugee or undocumented person.
- [LGBTQ+ Immigration Resources](#): Resources for LGBTQ+ immigrants, covering everything from legal guidance to emotional support.



- [Immigrant Mental Health Resources](#) from CLASP: Consolidates resources from CLASP and partners on immigrant mental health in the U.S. These include fact sheets, reports, and resources for advocates, immigrants, practitioners, and policymakers. Includes trainings, apps, toolkits, resources, providers and peer support directories, helplines and online therapy resources, reports and information.

### **Finding Support Options**

- [UndocuHealth National Mental Health Directory](#): A directory of mental health providers specializing in undocumented and immigrant communities.
- [Find a service organization near you](#): A database from Informed Immigrant that can be filtered by zip code and domain (legal help; community action and organizing; mental health support; financial assistance; healthcare access; and schools, community colleges, and universities).

### **Coverage Through Insurance or Private Pay:**

- [Therapy Resources by Identity and Cultural Dimensions](#): Find resources tailored to specific cultural needs or identities.

### **Affordable Therapy Options:**

- [Reduced Fee Therapy \(Open Path Collective\)](#) (\$30- \$70/visit plus one time \$65 membership fee)
- [Low Cost Therapy Services \(De Novo\)](#) (\$2-\$60/visit)
- [Immigrants Rising Wellness Support Groups](#): **Free, virtual 6-week group sessions** for undocumented individuals to share experiences and receive support.

## **Boston Mental Health Resources for Immigrants**

There are a variety of mental health resources to support Boston's diverse immigrant communities. Below is a list of some organizations and services across the city:

- [Boston Medical Center Immigrant and Refugee Health Center](#): Services include access to psychiatric and case management and support to meet the special needs of refugees and survivors of torture, asylum seekers and immigrants. On-site and over the phone interpretation for over 30 languages.
  - Address: 725 Albany Street Boston, MA 02118
  - Phone: 617-414-1994



- [Rian Immigrant Center](#): empowers immigrants, refugees and international exchange visitors on the path to opportunity, safety, and a better future. Includes counseling and support services.
  - Address: 1 State St #800, Boston, MA 02109
  - Phone: 617-542-7654
- [Massachusetts Alliance of Portuguese Speakers \(MAPS\)](#): work with and for the Brazilian, Cabo Verdean, Portuguese and other Portuguese-speaking communities to increase access and remove barriers to health, education and social services through direct services, advocacy, leadership, and community development. Services include mental health support. You can schedule a [free and confidential appointment](#) without health insurance. MAPS linguistically and culturally-competent clinicians provide limited, temporary therapy, and can connect you to health care and psychiatrists if needed.
  - Phone for Appointment: 617-864-7600
- [Refugee and Immigrant Assistance Center](#): community-based, non-profit, grassroots human service agency that provides comprehensive services to refugees, asylees, and immigrants. Services include individual and family counseling, support groups, citizenship & green card services. Languages include Somali, English, Arabic, Farsi, Spanish, Swahili, Ibo, and Hausa.
  - Address: 253 Roxbury St, Boston, MA 02119
  - Phone: [\(617\) 238-2430](#)
- [Casa Eperanza, Inc.](#): a bilingual and bicultural behavioral health center that specializes in providing a continuum of comprehensive behavioral health, primary care, and support services in Spanish and English to the Latine community in Massachusetts. Services in English and Spanish. Services include substance abuse programs, psychotherapy, psychiatry, peer recovery coaching. Outpatient groups include focuses such as seeking safety, wellness groups, mindfulness groups, and peer support recovery.
  - Phone: [\(617\) 445-1123](#)

## Supporting Immigrant Mental Health Care – for Providers:

- [There are tools, trainings, and strategies](#) for supporting the mental wellness of immigrants and refugees. Learn about evidence-based practices and insights to help providers create safe and welcoming environments for care.
- [Immigrant Student and Parent Rights at School](#): learn about student and family rights at school, resources for if children's rights are violated at school, and resources for questions related to immigration.



- [How to Support Students Experiencing Anxiety](#): A resource for educators supporting undocumented students and students from mixed-status families who are experiencing trauma & anxiety.
- [How to Support Students Experiencing Trauma](#): A resource for educators supporting undocumented students and students from mixed-status families who are experiencing trauma & anxiety
- [Health Care Providers and Immigration Enforcement - Know Your Rights, Know Your Patients' Rights](#): Information for health care providers on how to prepare for and respond to enforcement actions by immigration officials and interactions with law enforcement.
- [Know Your Rights - Health Care and Health Insurance for Immigrants](#): This resource provides information that all immigrant families should know when deciding to get health care or apply for health insurance programs.
  - Guide available in [English](#), [Korean](#), [Chinese](#), [Spanish](#)

## Finding Legal Help for Immigrants:

[De Novo Legal Services](#): De Novo provides free legal assistance to immigrants and asylum seekers in Massachusetts. They support cases such as asylum, VAWA (Violence Against Women Act), T-Visas, U-Visas, Special Immigrant Juveniles, and Forensic Evaluations.

- Address: 47 Thorndike Street, SB-LL-1, Cambridge, MA 02141
- Phone: 617-661-1010 | Fax: 617-661-1011
- [MassRelay](#): 711
- **Immigration Hotline**: (617) 405-5479 (Free consultations)

For **legal assistance**, contact (617) 661-1010, Monday to Friday, 9:00 AM to 5:00 PM

- [Casa Myrna](#): Services include Legal Advocacy Program, to provide domestic violence survivors with quick access to legal services that are empowering and trauma-informed. Our program also offers representation to survivors in family law, restraining order, and immigration cases in the Greater Boston area.

- Languages: English, Spanish, Cape Verdean Creole, and Armenian, and we have access to telephone interpretation for additional languages and dialects.

Helpline: Survivors and advocates can call the **Legal Helpline at (617) 521-0146**

- [MIRA Coalition Immigration Advocate Helpline](#): MIRA provides answers to commonly asked legal questions to community-based organizations helping immigrants and refugees. The helpline is open to all Massachusetts residents, if you're calling from out of state we may not be able to provide referrals if your area.

**Immigration Helpline at (508) 293- 1871**



- The helpline cannot give you individual legal advice or representation, but can share important information and resources including:
  - Guidance on how to find information about your immigration court case or a pending immigration application
  - General information about immigration pathways and processes
  - Information about resources for immigrants
  - Know Your Rights information
  - Information on what to do after someone has been detained by immigration
- [Immigrant Legal Resource Center \(ILRC\)](#): Offers resources to immigrants on how to navigate mental health-related legal issues, especially those facing deportation or separation.
- [American Immigration Lawyers Association \(AILA\)](#): If you need a lawyer who understands both immigration and mental health issues, AILA is a good place to start. These services are not free, these are private lawyers.
- [Immigrant Family Services Institute](#): services include immigrant assistance and legal aid. This includes TPS, CHNV parole, asylum and work permit applications.
  - Address: 1626 Blue Hill Avenue, Mattapan, MA 02126
  - Phone: 617.322.1348 or 857.251.9806
- [Massachusetts Advocates for Children](#): Massachusetts Advocates for Children's mission is to remove barriers to educational and life opportunities for children and youth.
  - [Helpline](#): provide guidance, resources, and referrals as needed, to families with children who are facing barriers to receiving educational support and services to which they are legally entitled.
  - Number: 617-357-8431
- [Political Asylum/ Immigration Representation \(PAIR\) Project](#): provides free immigration services to asylum seekers & detained immigrants, helping with their legal rights and legal representation.
  - Address: 98 North Washington Street, Suite 106 Boston MA 02114
  - Phone: 617-742-9296
- [Agencia ALPHA](#): immigrant-led, grassroots organization and social ministry of Congregation Lion of Judah, working on behalf of immigrants from all walks of life, focusing primarily on the Latino population. Offers a range of services including immigration advice and consulting, free citizenship application assistance, and referrals.
  - Address: 62 Northampton Street, #203, Boston, MA 02118



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