Mental Health Services

1. Refugee and Immigrant Assistance Center (Boston)
   http://www.riacboston.org/programs-services/community-counseling-services

   “RIAC community counseling services is community based mental health and social support agency created to serve the unique needs of refugees and immigrants. Our multi-cultural and multi-lingual clinical staffs have expertise in refugee and immigrant mental health issues as well as deep understanding of the cultural needs of the populations we serve.”

2. Southern Jamaica Plain Health Center
   http://www.brighamandwomens.org/Departments_and_Services/medicine/services/primarycare/sjphc/SJPHCBehavioralHealth.aspx?sub=1

   Behavioral Health Department at SJPHC provides services in English and Spanish. They also have a mind, body and yoga, which offers “bi-lingual yoga, meditation and Zumba classes. Contact the MindBody Center for more information/LLámenos para más información @ (617) 983-4226”

3. Social Work Therapy Referral Service (SWTRS)
   http://www.therapymatcher.org/find_counselor.htm

   “MATCHED TO YOUR NEEDS
   We can refer you to a clinical social worker skilled in working with:
   Individuals, couples, families, groups, children, adolescents, adults, elders
   Whether it's school or work issues, parenting, finding love, or coping with illness, we can help with a range of life's challenges. When you want a concerned and qualified therapist who will listen to you and give you feedback-call us.
   If you are having trouble finding:
   · The right therapy group
   · Services for aging parents
   · Counseling in your home
   · Bi-lingual/bi-cultural services
   · A gay-friendly therapist
   · A holistic or spiritual approach
   · Evening or weekend appointments
   Call us. Our therapists bring to the Referral Service a broad range of experience, approaches and techniques.
   Local: 617-720-2828
   Toll Free: 800-242-9794”
4. Mental Health Services at BU
   http://www.bu.edu/shs/behavioral/
   “Short term care and referrals to outside therapy”

5. Boston Center for Refugee Health and Human Rights
   http://www.bcrhhr.org/
   - **Location**: Boston Medical Center
   - **Services**: Mental health & medical, legal services, case management, career development, health literacy education
   - **Specialization**: BCRHHR accept all self-identified refugees/immigrants in need of aid, though they “specialize in the care of people who have experienced persecution in their homeland.”

6. Massachusetts Department of Mental Health: Multicultural Resource Directory
   - “This directory contains information about agencies and institutions in the Commonwealth that offer culturally and linguistically appropriate services.”

7. City of Boston: Immigrant Advancement Resources
   - “Our mission is to strengthen the ability of immigrants and Boston’s diverse cultural and linguistic communities to fully participate in the economic, civic, social, and cultural life of our great City. We also work to promote the commemoration and public understanding of the contributions of immigrants to Boston.”
   - More mental health/community resources listed in city database:
     http://www.cityofboston.gov/newbostonians/directory/