

## RESOURCES

### **Abuse/Assault/Harassment/Rape**

Asian Task Force Against Domestic Violence Hotline

Provides advocacy in several Asian languages towards eliminating domestic violence among Asian individuals and families in the Boston area.

**617 338-2355**

[atask.org](http://atask.org)

BARCC—Boston-Area Rape Crisis Center Hotline

A rape crisis center working closely with Berklee to support affected men and women and their families in the Boston area.

617 492-RAPE or 800 841-8371

[barcc.org](http://barcc.org)

Gay Men's Domestic Violence Project Hotline

Statewide support and information for gay male victims and survivors of domestic violence.

800 832-1910

[gmdvp.org](http://gmdvp.org)

Jane Doe Inc., the Massachusetts Coalition Against Sexual Assault and Domestic Violence

Focus on intervention and prevention towards ending sexual assault and domestic violence.

617 248-0922

[janedoe.org](http://janedoe.org)

Safelink Hotline

Massachusetts's 24-hour domestic violence hotline, opened by Casa Myrna Vasquez, provides crisis intervention, support, and resources in English, Spanish, Portuguese, and over 140 languages with simultaneous interpretation.

877 785-2020, 877 521-2601 TTY

[casamyrna.org](http://casamyrna.org)

### **ADD, AD/HD (Attention Deficit Disorder, Attention Deficit/Hyperactivity Disorder)**

Attention Deficit Disorder Association

Informational and networking resources for adults with ADD.

[add.org](http://add.org)

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)

Serves individuals and families with ADD with local resources including support groups.

[chadd.org](http://chadd.org)

National Institute of Mental Health: Attention Deficit/Hyperactivity Disorder  
Information on getting help and coping with ADHD.  
[nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-ADHD/index.shtml](http://nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-ADHD/index.shtml)

Disability Services at Berklee CAC  
[berklee.edu/counseling/specialservices.html](http://berklee.edu/counseling/specialservices.html)

### **Alcohol/Drugs**

AA (Alcoholics Anonymous) at Berklee  
A faith-based self-help group for people with alcohol issues. Mondays 8 p.m.–9:15 p.m.  
For more details, please contact the Student Activity Center at Berklee.  
617 747-2560

AA (Alcoholics Anonymous), Boston  
617 426-9444  
[alcoholics-anonymous.org](http://alcoholics-anonymous.org)

Al-Anon  
A faith-based self-help group for families of alcoholics.  
[al-anon.alateen.org](http://al-anon.alateen.org)

S.M.A.R.T. Recovery  
A non-faith-based self-help group for people with any addiction issues.  
[smartrecovery.org](http://smartrecovery.org)

Massachusetts Substance Abuse Referral Hotline  
Information and treatment referrals for drug addiction issues.  
800 327-5050  
[helpline-online.com](http://helpline-online.com)

Statewide Substance Abuse Information Line  
800 ALCOHOL or 800 COCAINE

MA (Marijuana Anonymous), Boston  
[marijuana-anonymous.org/meetma.shtml](http://marijuana-anonymous.org/meetma.shtml)

NA (Narcotics Anonymous), Boston  
866 NA-HELP-U or 866 624-3578  
[newenglandna.org](http://newenglandna.org)

**Anxiety/Post-Traumatic Stress Disorder**  
Anxieties.com

A self-help site on a variety of anxiety disorders including OCD, panic attacks, fear of flying, and phobias  
[anxieties.com](http://anxieties.com)

### **Depression**

Depression and Bipolar Support Alliance  
Online support for people suffering from mood instabilities.  
[dbsalliance.org](http://dbsalliance.org)

Depression Information from the National Institute of Mental Health  
Diagnosis and getting help.  
[nimh.nih.gov/health/topics/depression/index.shtml](http://nimh.nih.gov/health/topics/depression/index.shtml)

National Mental Health Association Depression Screening  
Information and confidential screening tools for symptoms of clinical depression.  
[depression-screening.org](http://depression-screening.org)

### **Eating Disorders**

Massachusetts Eating Disorder Association  
Dedicated to the prevention of eating disorders.  
617 558-1881  
[medainc.org](http://medainc.org)

OA (Overeaters Anonymous)  
[overeatersanonymous.org](http://overeatersanonymous.org)

### **General Mental Health**

American Psychological Association Help Center  
Resources, including articles, on various psychological issues.  
[helping.apa.org](http://helping.apa.org)

For College Women  
Created by Brandeis University students to promote college women's health.  
[4collegewomen.org](http://4collegewomen.org)

Half of Us  
Preventative information and support for college-age individuals regarding mental health issues.  
[halfofus.com](http://halfofus.com)

The Jed Foundation

Promotes awareness of mental health issues, such as suicide prevention, among college students.

[jedfoundation.org](http://jedfoundation.org)

Mental Health America

National nonprofit organization supporting all individuals living with mental illness.

[nmha.org](http://nmha.org)

NIMH (National Institute of Mental Health)

Information to help the public understand the treatment and prevention of mental disorders through research.

[nimh.nih.gov](http://nimh.nih.gov)

### **LGBT (Lesbian, Gay, Bisexual, and Transgender) Topics**

GLBT Allies at Berklee

Promotes a safe and supportive campus atmosphere for the gay, lesbian, bisexual, and transgender (GLBT) members of the Berklee community.

[berklee.edu/glbtagllies](http://berklee.edu/glbtagllies)

Fenway Community Center's Gay, Lesbian, Bisexual and Transgender Help Line

Phone consultation and support line for LGBTQ-related topics.

617 267-9001 or 888-340-4528

[fenwayhealth.org/site/PageServer?pagename=FCHC\\_srv\\_services\\_tollfree](http://fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_tollfree)

Fenway Community Center's Peer Listening Line

617 267-2535 or 800 399-PEER

[fenwayhealth.org/site/PageServer?pagename=FCHC\\_srv\\_services\\_tollfree](http://fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_tollfree)

### **Loss, Grief, Bereavement**

Grief Recovery

Information on helping yourself, others, and your organization deal with loss and grief.

[grief-recovery.com](http://grief-recovery.com)

American Hospice Foundation

Educational tools about death and dying, grief and grieving.

[americanhospice.org](http://americanhospice.org)

National Students of AMF Support Network

Empowers the lives of grieving college students.

[studentsofamf.org](http://studentsofamf.org)

### **Other Addictions**

Gamblers Anonymous

[gamblersanonymous.org/mtgdirMA.html](http://gamblersanonymous.org/mtgdirMA.html)

The Center for Internet Addiction Recovery

[netaddiction.com](http://netaddiction.com)

Sexual Addiction

[medicinenet.com/sexual\\_addiction/index.htm](http://medicinenet.com/sexual_addiction/index.htm)

### **Sleep and Sleep Problems**

National Sleep Foundation

Offers a guide to sleep issues and disorders as well as a sleep library, tools, and quizzes

[sleepfoundation.org](http://sleepfoundation.org)

### **Suicide Facts and Prevention**

The Jed Foundation

Promotes awareness among college students about mental health issues and suicide prevention.

[jedfoundation.org](http://jedfoundation.org)

National Suicide Prevention Lifeline

A 24-hour suicide prevention hotline available to anyone in suicidal crisis.

800 273-TALK or 800 273-8255

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

NIMH Suicide Information

[nimh.nih.gov/health/topics/suicide-prevention/index.shtml](http://nimh.nih.gov/health/topics/suicide-prevention/index.shtml)

**\*\*This information is listed alphabetically. Berklee College of Music does not endorse any specific services .\*\***