

**You Are Not Alone:**  
A Primer on Mental Illness

Section **9**

**Additional Resources  
for Families**

**GET HELP HERE**

## **ADDITIONAL RESOURCES FOR FAMILIES**

---

### **GENERAL**

#### **NAMI CAPE COD & THE ISLANDS (National Alliance on Mental Illness)**

5 Mark Lane, Hyannis

508-778-4277

[info@namicapecod.org](mailto:info@namicapecod.org)

[www.namicapecod.org](http://www.namicapecod.org)

Offering support, education and advocacy services including 12-week Family-to-Family Education programs and monthly support groups in towns across the Cape and Islands (see our website for more details)

#### **NAMI ON NANTUCKET**

508-221-6202

[NamiOnNantucket@gmail.com](mailto:NamiOnNantucket@gmail.com)

#### **DEPARTMENT OF MENTAL HEALTH AREA OFFICE**

181 North Street, Hyannis

508-957-0900

#### **BARNSTABLE COUNTY DEPARTMENT OF HUMAN SERVICES**

508-375-6626

Online health and human services directory:

[Barnstable.ma.networkofcare.org](http://Barnstable.ma.networkofcare.org)

#### **BAY COVE HUMAN SERVICES**

270 Communication Way, Hyannis

Call Center: 800-981-4357

#### **VINFEN**

109 Lyannough Road, Hyannis

508-815-5200

Provides Community Based Flexible Supports, Program of Assertive Community Treatment, Homeless Outreach, Recovery Connection Center, Community Crisis Stabilization Unit

## **INPATIENT SERVICES**

### **CAPE COD HOSPITAL BEHAVIORAL HEALTHCARE**

27 Park Street, Hyannis  
508-862-5566 or 800-513-4728

### **FALMOUTH HOSPITAL**

100 Ter Heun Drive, Falmouth  
508-548-5300

### **DEPARTMENT OF MENTAL HEALTH AT POCASSET**

830 County Road, Pocasset  
508-564-9600

### **CRISIS STABILIZATION UNIT, A SIX-BED VOLUNTARY UNIT RUN BY VINFEN**

270 Communication Way, Hyannis  
508-790-4094

### **GOSNOLD ON CAPE COD**

200 Ter Heun Drive, Falmouth  
800-444-1554  
Detox, rehab, residential and out patient services

### **MCLEAN HOSPITAL**

115 Mill Street, Belmont  
617-855-3141

Additional facility: McLean Southeast, 23 Isaac Street, Middleborough  
617-855-3141

### **MCLEAN-FRANCISCAN CHILD & ADOLESCENT INPATIENT PROGRAM**

115 Mill Street, Belmont  
800-333-0338

### **HIGH POINT TREATMENT CENTER**

1233 State Road, Plymouth  
508-224-7701  
Mental health and detox services

*Additional facility:*

52 Oak Street, Middleborough  
774-213-8400

*Continued next page*

**GET HELP HERE**

**SOUTHEAST BEHAVIORAL HEALTH CENTER**

581 Faunce Corner Road, Dartmouth

**877-560-7275**

120-bed inpatient hospital for adolescents and adults

All of the above inpatient organizations also have extensive Intensive Outpatient Programs following completion of inpatient services.

**OUTPATIENT SERVICES**

**CAPE COD HOSPITAL BEHAVIORAL HEALTHCARE**

27 Park Street, Hyannis

Partial hospitalization and aftercare groups

**508-862-5644**

**CAPE COD HUMAN SERVICES (Cape Cod Behavioral Healthcare)**

460 Main Street, Hyannis

**508-862-5455**

**FONTAINE MEDICAL CENTER (Cape Cod Behavioral Healthcare)**

525 Long Pond Drive, Harwich

**508-432-4100**

**COMMUNITY HEALTH CENTER OF CAPE COD**

107 Commercial Street, Mashpee

210 Jones Road, Suite 22, Falmouth (at Homeport)

123 Waterhouse Road, Bourne

**508-477-7090**

Behavioral health services in addition to primary care

**GOSNOLD ON CAPE COD**

Partial hospitalization, dual-diagnosis programs, outpatient clinics, recovery management, telepsychiatry and family support groups located in several areas on Cape Cod

**800-444-1554**

**OUTER CAPE HEALTH SERVICES**

Provincetown: 49 Harry Kemp Way **508-487-9395**

Wellfleet: 3130 Route 6 **508-349-3131**

Harwich: 269 Chatham Road **508-432-1400**

**RELIEF HOME HEALTH SERVICES**

24-HR Referral Line: **888-817-5656**



**CAPE & ISLANDS COGNITIVE BEHAVIOR INSTITUTE**

704 Main Street, Falmouth  
508-457-3160

**CAPE COD FAMILY RESOURCE CENTER**

29 Bassett Lane, Hyannis  
508-862-0600  
[www.CapeCodFamilyResourceCenter.org](http://www.CapeCodFamilyResourceCenter.org)  
All services are free

**CAPE COD CHILD & FAMILY SERVICES**

1019 Iyannough Road, Hyannis  
508-778-1839

**CAPE COD CHILDREN'S PLACE**

10 Ballwic Road, Eastham  
508-240-3310 1-800-871-9535

**MASS DEPARTMENT OF CHILDREN & FAMILIES**

500 Main Street, #2, Hyannis  
508-760-0200

**CAPE BEHAVIORAL HEALTH CENTER**

310 Barnstable Road, #201, Hyannis  
508-862-0514

**DUFFY HEALTH CENTER**

94 Main Street, Hyannis  
508-771-9599  
Services for the homeless or those at risk for homelessness

**JUSTICE RESOURCE INSTITUTE**

221 Willow Street, Yarmouth Port  
508-771-2402

JRI offers a range of programs designed to support youth struggling with intensive acute symptoms including long-term intensive residential treatment programs as well as short-term stability support. JRI supports youth with both acute symptoms as well as with juvenile justice services. JRI also offers in-home behavioral visits

**PARENT INFORMATION NETWORK**

47 East Grove Street, Middleboro  
508-947-8779  
Support, information, groups for parents of children with serious behavioral or mental challenges

*Continued next page*

**FAMILIES FOR DEPRESSION AWARENESS**

Waltham 781-890-0220

Educational website: [www.familyaware.org](http://www.familyaware.org)

An excellent resource for information on depression,  
especially teen depression

**LEGAL SERVICES\***

**LAWYER FOR A DAY**

Barnstable Probate Court

Free legal services daily in the morning (arrive by 9:00 am)

**MENTAL HEALTH LEGAL ADVISORS COMMITTEE**

24 School Street, Suite 804, Boston

Phone 617-338-2345

Toll-Free (MA only) 800-342-9092

Fax 617-338-2347

General Email [MHLAC@mhlac.org](mailto:MHLAC@mhlac.org)

Intake Email [Intake@mhlac.org](mailto:Intake@mhlac.org)

**DISABILITY LAW CENTER, INC.**

11 Beacon Street, Suite 925, Boston

617-723-8455 / 800-872-9992 Voice

Fax 617- 723-9125

**SOUTH COASTAL COUNTIES LEGAL SERVICES, INC.**

460 Main Street, Hyannis

508-775-7020

**CAPE ORGANIZATION FOR RIGHTS OF THE DISABLED (CORD)**

106 Bassett Lane, Hyannis

508-775-8300 or 800-541-0282

Fax 508-775-7022

[www.cilcapecod.org](http://www.cilcapecod.org)

**WE CAN-WOMEN'S EMPOWERMENT THROUGH  
CAPE AREA NETWORKING**

783 Route 28, Harwich Port

508-430-8111

[info@wecancenter.org](mailto:info@wecancenter.org)

Offering legal consultations and family law workshops (including grandparents  
legal workshop) and more

*\*NAMI offers limited legal advice with several pro bono attorneys.*

## **PEER SERVICES**

**PEER SUPPORT LINE 1-877-733-7563  
OR 1-877-PEER-LNE (NO "I")**

Answers calls 4-8 pm

### **WAVES OF WELLNESS RECOVERY CONNECTION CENTER**

45 Plant Road

Hyannis, MA 02601

508-815-5219

[www.southeastrlc.org](http://www.southeastrlc.org)

### **DANCE IN THE RAIN: A WHOLE PERSON APPROACH PEER TO PEER COLLABORATION**

145 Barnstable Road, Hyannis

508-364-4045

[www.danceintherain-wpa.org](http://www.danceintherain-wpa.org)

### **PIER (Positive Individuals Engaged In Recovery) RECOVERY SUPPORT CENTER**

209 Man Street (rear entrance)

Hyannis MA 02601

508-827-6150

### **THE DEPRESSION AND BIPOLAR SUPPORT ALLIANCE OF CAPE COD (DBSA-CC)**

Cape Cod Medical Center (across from the Cape Cod Psych Center)

40 Quinlan Way, Hyannis

Meets every Wednesday at 7:00 – 9:00 pm - Drop-In

For more info, call Paul at 508-221-5174

## **CLUBHOUSES**

### **BAYBRIDGE CLUBHOUSE (OPERATED BY VINFEN)**

278 Main Street, Hyannis

508-778-4234

### **COVE CLUB (OPERATED BY VINFEN)**

383 Main Street/Route 28, Harwichport

508-432-7774

### **FAIRWINDS CLUBHOUSE (OPERATED BY FELLOWSHIP INC)**

155 Katharine Lee Bates Road, Falmouth

508-540-6011

*Continued next page*

## **VETERANS SERVICES**

### **CAPE & ISLANDS VETERANS OUTREACH**

569 Main Street, Hyannis

508-778-1590

### **VET CENTER**

474 West Main Street, Hyannis

508-778-0124

## **HOTLINES & CRISIS NUMBERS**

911 OR YOUR LOCAL POLICE DEPARTMENT – ASK FOR A CCIT OR CIT-  
TRAINED OFFICER (TRAINED IN MENTAL HEALTH ISSUES)

### **BAY COVE CRISIS LINE**

800-981-4357 (HELP)

### **NATIONAL SUICIDE PREVENTION HOTLINE**

800-273-8255

### **SAMARITANS OF CAPE COD & THE ISLANDS**

508-548-8900

800-893-9900

1-877-870-HOPE (4673) - STATEWIDE TOLL-FREE

### **MASSACHUSETTS SUBSTANCE ABUSE HOTLINE**

800-327-5050

### **ELDER SERVICES HOTLINE**

800-922-2275

*Note: This is by no means a complete listing of all mental health and human service agencies and programs in the area. It represents those agencies with whom NAMI CC&I has worked.*