

Mental Health Resources



For Employees and Their Family Members

MIIA Health Benefits Trust Resources: For Members on a MIIA/Blue Cross Health Plan

- Brightline: a comprehensive behavioral health solution to support youth and their families through video visits with mental health professionals. Brightline also offers a digital platform with resources for a range of common challenges — from difficulties with back-to-school transitions to conditions such as anxiety, depression and ADHD
- Blue Cross Blue Shield WellConnection: a network of Telehealth providers for medical and mental health needs, with easy access via your computer or mobile device
- Headspace: a mindfulness and meditation app with hundreds of exercises for sleep, focus, movement and much more
- Blue Cross Blue Shield Nurse Line: 1-888-247-BLUE (2583)

Open to All Employees and Family Members

- AllOne Health employee assistance program: 1-800-451-1834 or online
- Learn to Live: online confidential programs for anxiety, depression, stress, worry, insomnia and substance abuse. Enter the code: MIIA
- Mindwise: online anonymous screenings for anxiety, depression, alcohol use, eating disorders, gambling, bipolar, PTSD, and psychosis

2Sisters Speak, Surviving the Sandwich Generation Podcast

Subscribe on Spotify, iTunes, or wherever you listen to your podcasts. Founders of 2Sisters Senior Living Advisors, facilitate discussion of the challenges and joys that caregivers experience, whether they are caring for older parents or other loved ones. If you are a caregiver, this podcast can help. You are not alone in the struggles you may experience as you navigate the ups and downs of caregiving.

Suicide and Crisis Prevention

- [Massachusetts 24-hour hotline](#)
- National Suicide Prevention Hotline: 988
If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States
- Samaritans Statewide Crisis line: call or text (8am - 11pm, 7 days a week): (877) 870-4673 or [online chat](#)

Violence, Domestic Violence, Rape Resources

- National Domestic Violence Hotline: 1-800-799-7233: Chat on the [website](#). Advocates are available 24/7 in more than 200 languages. All calls are free and confidential. El chat en español está disponible todos los días de 12–6 p.m.
- Boston Area Rape Crisis Center: 1 (800) 841-8371

LGBTQ Resources

- Trevor Project (LGBTQ youth): 1-866-488-7386; trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386.
- Trans Lifeline: 1-877-565-8860

Substance Use/Abuse Resources

- Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357), SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- The Massachusetts Substance Abuse Hotline: 1 (800) 327- 5050

Veteran Support

- US Veterans Crisis Line: 1-800-273-8255; Text: 838255; deaf & hard of hearing: 1-800-799-4889