**Debriefing & Mental Health Resources Handout**




You have participated in a class assignment to help develop a hypothetical psychological assessment. You may have been asked questions about harming yourself (or others), using substances, or experiencing/observing traumatic experiences. People who experience thoughts of harming themselves (or others) or consider their substance use problematic because it interferes with their daily functioning can benefit by seeking assistance and support. You may also be having other types of disturbing thoughts (e.g., reexperiencing a traumatic event in your mind, ruminating over sad thoughts) or actions (e.g., avoiding particular events/locations/people or verbal/physical outbursts) that is causing you distress. Whether this applies to you or someone you know, here is a list of resources you can utilize:

If an option, contact your psychologist/mental health counselor or primary care physician/psychiatrist

**National Suicide Prevention Lifeline**
www.suicidepreventionlifeline.org
1-800-273-8255 (speak to a live person; free referral service)
Hours: 24 hours, 7 days a week
Languages: English & Spanish

**Substance Abuse & Mental Health Services Administrations**
www.samhsa.gov
1-800-662-4357 (speak to a live person; free referral service)
Hours: 24 hours, 7 days a week
Languages: English & Spanish

**Mental Health Resources in Central Massachusetts**
See following two pages

**Cornerstone Behavioral Health**
397 Grove St.
Worcester, MA 01605
508-791-3677
http://www.cornerstonebehavioralhealth.com
*Specialize in depression/anxiety and related disorders
*Also locations in Westborough, MA and Fitchburg, MA

**Grove Counseling Services**
324 Grove St.
Worcester, MA 01605
508-373-2774
http://www.grovecounselingservices.com
*Specialize in depression/anxiety and related disorders

**Labyrinth Psychological Services**
800 Main St.
Holden, MA 01520
508-797-7110
http://www.labyrinthpsych.com
*Specialize in depression/anxiety and related disorders

**Pathways to Wellness Associates**
50 Elm Street
Suite 3B; 2nd Floor
Worcester, MA 01609
508-755-0536
http://www.pathways2wellnessllc.com
*Also location in Holden, MA

**Open Sky Community Services**
**(formerly The Bridge of Central Massachusetts and Alternatives)**
4 Mann St.
Worcester, MA 01602
508-755-0333
http://www.thebridgecm.org
*Multiple services and locations throughout central MA

**New Beginnings Wellness Center**
1280 Main St.
Worcester, MA 01603
508-754-1141
https://www.newbeginningswc.com
*Specialize in depression/anxiety and related disorders

**Walden Behavioral Care**
335 Chandler St.
Worcester, MA 01602
508-796-5797
http://www.waldenbehavioralcare.com
https://www.waldeneatingdisorders.com
*Specialize in eating disorders

**Worcester Center for Cognitive Behavioral Therapy**
9 Cedar St.
First Floor
Worcester, MA 01609
508-210-0114 (Jennifer Lish, Ph.D.)
508-603-0139 (Will Davidson, LMHC)
508-735-4468 (Helen Turano, LICSW)
*Specialize in depression/anxiety and related disorders

# Participant Receipt of Debriefing Signature List

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