

MIT COUHES

Committee on the Use of Humans as Experimental Subjects

Guidance on Conducting Research Involving Mental Health Topics

Participant Counseling Resources

As part of the responsibility of ensuring human subjects protections, researchers may provide participants a list of counseling services/resources in case they experience any distress after completing the study. Counseling resources should be local to where subjects are located. If subjects are located in diverse places, national resources would be appropriate.

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National Crisis Resources

General Crisis

<https://www.crisistextline.org>

Crisis Text Line: Text SUPPORT or HELLO to 741-741

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

Call toll-free, 24-hour hotline: 1-800-273-TALK (1-800-273-8255).

For Spanish speakers:

Call: 1-888-628-9454

<https://988lifeline.org/es/home/>

National Alliance on Mental Health (NAMI)

Call: 1-800-950-NAMI (800-950-6264)

info@nami.org

Mental Health America

<https://mhanational.org/>

Call: 1-800-273-8255

Text 741741 at the Crisis text line

SAMHSA's National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

Call: 1-800-662-HELP (4357)

Online Treatment Locator: <https://findtreatment.samhsa.gov/>

Virtual Recovery Resource List: <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

Counseling/therapy

To find a local therapist, call: 1-800-THERAPIST (800-843-7274)

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Call or Text: 1-800-985-5990

National Domestic Violence Hotline

<https://www.thehotline.org/>

Call: 1-800-799-7233 (TTY 1-800-787-3224)

Text LOVEIS to 22522

Massachusetts Resources

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

www.janedoe.org

Call: 1-877-785-2020

info@janedoe.org

Cambridge Health Alliance

<https://www.challiance.org/services-programs/mental-health-and-substance-use>

Call: 1-617-665-1560

Samaritans Statewide Helpline

<https://samaritanshope.org/>

Call: 1-877-870-4673

Boston Area Rape Crisis Center

<https://barcc.org/>

Call: 1-800-841-8371

New Hope, Inc

<https://www.new-hope.org/>

New Hope, Inc. has a 24/7 hotline available to anyone who is a survivor of domestic violence or sexual violence. New Hope primarily serves Central and Southeastern Massachusetts.

Call: 1-800-323-4673

NAMI Massachusetts

<https://namimass.org/resources/>

MIT Medical

MIT Medical Student Mental Health and Counseling

Call: 1-617-253-2916 (days) or 1-617-253-4481 (nights and weekends)

MIT Student Support Services

[Student Support Services](#) (S³)

Call: 1-617-253-4861

s3-support@mit.edu

MIT GradSupport

[Graduate Personal Support](#) (GPS)

Call: 1-617-253-4860

Resources by Identity and Cultural Dimension¹

Asian American and Pacific Islander Resources

National Asian American Pacific Islander Mental Health Association

<https://www.naapimha.org/aanhpi-service-providers>

South Asian Mental Health Initiative & Network (SAMHIN)

www.samhin.org

NOTE: specific to NJ region, but offers helpful resources page focused on mental health issues within South Asian American communities.

Call: 1-732-902-2561

LGBTQ Helpline for South Asians

<http://www.degh.org/>

Call: 1-908-367-3374

Support hotline available Thursday and Sunday nights 8 pm –10 pm EST

¹ Abbreviated List from NAMI National Helpline Resource Directory: <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/NAMINationalResourceDirectory.pdf>

Black/African American Resources

Black Mental Health Alliance

www.blackmentalhealth.com

Call: 1-410-338-2642

Brother You're on My Mind

<https://www.nimhd.nih.gov/programs/edu-training/byomm/>

The Loveland Foundation

<https://thelovelandfoundation.org/>

The Safe Place (IOS and Google Play)

Minority mental health app geared towards the Black Community to raise awareness on mental illness within the community. Offers statistics, videos, podcasts, tips, etc.

Hispanic/Latin Culture Resources

Therapy for Latinx

www.therapyforlatinx.com

Mental Health America's Resources for Latinx/Hispanic Communities

<https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>

American Society of Hispanic Psychiatry

www.americansocietyhispanicpsychiatry.com

Indigenous People Resources

Centers for Medicare & Medicaid Services American Indian/Alaska Native Information and Resources

<https://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN>

Indian Health Service

<https://www.ihs.gov/>

One Sky Center

<https://www.oneskycenter.org/>

Call: 1-503-970-7895

StrongHearts Native HelpLine

<https://www.strongheartshelpline.org/>

Call: 1-844-762-8483

LGBTQ+ Resources

CenterLink LGBT Community Center Member Directory

<https://www.lgbtcenters.org/LGBTCenters>

LGBT National Help Center:

<https://lgbthotline.org/>

Call: 1-888-843-4564

Youth Hotline, call: 1-800-246-7743

Senior Hotline, call: 1-888-234-7243

The Association of Gay and Lesbian Psychiatrists

<http://www.aglp.org/>

Lambda Legal

<https://www.lambdalegal.org/>

Call: 1-212-809-8585

National Center for Transgender Equality

www.transequality.org

Call: 1-202-642-4542

(PFLAG) Parents, Families and Friends of Lesbian & Gays

www.pflag.org

Call: 1-202-467-8180

Trans Lifeline

www.translifeline.org

Call: 1-877-565-8860

Transgender Law Center

www.transgenderlawcenter.org

Call: 1-510-587-9696

Trevor Lifeline

www.thetrevorproject.org

Call: 1-866-488-7386

Veterans Resources

Crisis Line

<https://www.veteranscrisisline.net/>

Call: 1-800-273-TALK (8255) and press 1

Text to 838255

Veterans Crisis Chat on the web: <https://www.veteranscrisisline.net/get-help/chat>

Information on Local Services

<https://www.myhealth.va.gov/mhv-portal-web/home>

Real Warriors

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign>