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.

National Crisis Resources

- General Crisis
  - [https://www.crisistextline.org](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/](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

Massachusetts Resources

- MIT Medical

Resources by Identity and Cultural Dimension

- Asian American and Pacific Islander Resources
- Black/African American Resources
  - [Black Mental Health Alliance](https://blackmentalhealthalliance.org)
- Hispanic/Latin Culture Resources
- Indigenous People Resources
- LGBTQ+ Resources
- Veterans Resources
https://suicidepreventionlifeline.org/help-yourself/en-espanol/

**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/

**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/
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 Dimension

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.deqh.org/
Call: 1-908-367-3374
Support hotline available Thursday and Sunday nights 8 pm –10 pm EST

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:
www.glhn.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

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