

Brigham and Women's Primary Care Behavioral Health Online Resources

Mass General Brigham Behavioral Health Resource Line: 844-933-2273. You can leave your name, DOB, PCP and practice, insurance for behavioral health, town/city services will be needed, type of behavioral health service needs, and phone number to contact. They will get back to you within 24-48 hours.

National Association of Social Work (NASW) Therapy Referral Service: www.therapymatcher.org or 617-720-2828. You can send an email or leave a voicemail. Include your name, town(s) you want therapy located, insurance, and one or two words about the issue (depression, anxiety, relationships, substance use). They will respond with two names of therapists and phone numbers. You can go online and put names in a google search to learn more about them.

www.psychologytoday.com: This is an online therapy finder. Click on "Find a Therapist" and enter your zip code. YOU will see pictures and profiles of therapists in the area who subscribe to the site and write their own bios. On the left of the screen, you can narrow the search by insurance (expand the list and click on yours) as well as issues you want to address in therapy, gender of provider, language, etc. Note there is no order in the results you receive.

William James INTERFACE Referral Service: Therapy referral service that is available for participating towns in Massachusetts. They are available by phone at 888-244-6843 from 9 am to 5 pm. Callers will be matched with a licensed mental health provider based on their location, insurance, and specialty needs. More information and a list of participating towns can be found on <https://interface.williamjames.edu/>

BetterHelp Online: An online therapy resource where you will be matched with a therapist depending on presenting concern (depression, anxiety, relationships, etc.). Provides discreet and convenient online access to a licensed therapist anytime, anywhere, through a computer, tablet, or smartphone. It can be accessed through the website <https://www.betterhelp.com/> or through an app on your smartphone.

TalkSpace: An online therapy resource that will have you take an online assessment to get connected with a list of possible therapists. You can meet virtually through your smartphone, tablet, or computer. You can connect with your therapist through text, audio, picture, and video messages, while also having live sessions. Therapists will respond daily, 5x/week. It can be accessed through the website <https://www.talkspace.com/> or through an app on your smartphone.

<https://www.inclusivetherapists.com>: An online resource that searches for culturally responsive, LGBTQ+ affirming, and inclusive therapists.

<https://www.cliniciansofcolor.org>: An online resource that searches for clinicians of color in your area.

<https://latinxtherapy.com>: An online resource that searches for Latinx therapists in your area.