

Resources for Holliston Families Navigating the Mental Health System

Learn more about what your family needs.

[THIS](#) is a resource for Connecticut families. While the provider list and contacts are not useful for Holliston families, the information for parents and caregivers is very accessible and helpful in figuring out what you need to support yourself, your child and your family. Mental health support is a whole family affair. There are so many provider types so it is important to know what the letters after peoples' names mean **AND** what types of therapies are best suited for your child. Take a deep breath and try to figure out what you need, and then fight for it. The web page includes:

- Common mental health challenges
- Treatment – evidenced based practices
- Questions to ask your provider

Use your Pediatrician for support

Holliston Pediatric has a co-located MH provider that will bridge you to another mental health provider that is more permanent. Your pediatrician can also access [McPAP – the Massachusetts Child Psychiatry Access Network](#) for support in diagnosing, treating and helping your family find a mental health home.

[Holliston Youth and Families](#)

Provides supports to families in securing therapy and/or guidance on navigating the mental health care system. There are waitlists for therapy – however, they are a helpful resource and advisor and in emergencies, will make room to support you. The town website is miserable – like the FB page and reach out to staff.

[Psychology Today](#)

This allows you to search by insurance type and read mental health provider bios. The challenge is that it is time consuming and often inaccurate. Many providers do not return your calls. It may take many calls.

[William James INTERFACE](#)

William James College has a support line for families. When you reach out, you will be assigned a real person that will listen to your case and make calls to secure you a mental health provider. This service is free for students in Holliston grades 8 and above. The service will take your insurance information and attempt to find you openings that are in your network. They can be very helpful in securing care – one caution is that they do not overly focus on diagnosis and provider match – sometimes it will take a couple of times to find an appropriate match.

[Child Trauma Training Center](#)

The Child Trauma Training Center trains trauma specialists in the state. They run a hotline **1 855 LINK KID** to provide information on trauma trained mental health providers. In cases of clear trauma, having a provider trained specifically to treat trauma is important. The Training Center can provide both education and is a resource for parents in securing a provider. Again—like Psychology Today – you need to call multiple providers, multiple times to get a returned call.

Is your child at risk? If emergent, you can always call the Child At Risk Hotline at the Judge Baker Children's Center [HERE](#) To report a possible child at-risk situation, call 1-800-792-5200