

Substance Misuse and Mental Health Resources for Belmont Residents



Crisis & Emergency Services (24/7)

- **988 Suicide & Crisis Lifeline: Call/Text 988**
- **Advocates Emergency:** 781-893-2003
- **MA Behavioral Health Help Line:** 833-773-2445
- **Harm Reduction Line:** 800-327-5050 or Text "HOPE" to 800327

Peer Recovery Coaching & Local Support

The **Town of Belmont** offers free recovery coaching by certified professionals with lived experience.

- **Barrie Brian**, Recovery Coach: [781-820-5071](tel:781-820-5071) (call or text)
- **Tommy Caccavaro**, Recovery Coach: [781-670-6126](tel:781-670-6126)
- **Erin Lubien**, Recovery Coach: [617-487-4490](tel:617-487-4490)
- Substance Use Disorder Financial Scholarship Program: [Contact Barrie](#) for more information

Mental Health Referrals

- **INTERFACE Service:** 888-244-6843 (M-F, 9a–5p)
(Supported by the Cummings Foundation)

Mental Health & Substance Use Treatment Services

- **McLean Hospital:** 800-333-0338
- **Mass General Psychiatry:** 617-724-7792
- **Children's Hospital Psychiatry:** 617-355-6680
- **Mt. Auburn Hospital Addiction Recovery:** 617-499-5051
- **Insight Recovery Treatment/Mental Health:** 781-358-8094
- **Children's Hospital Adolescent Substance Use & Addiction Program:** 617-355-2727
- **MGH Addiction Recovery Management Service** (Ages 14–26): 617-643-4699
- **MGH Bridge Clinic:** 617-643-8281
- **The Bridge – Peer Recovery Center:** 781-480-4937

Support Groups (Individuals)

- **AA (Alcoholics Anonymous):**
 - Mon 7:30p: [St. Luke's Church](#), 132 Lexington St.
 - Fri 8:00p: [Plymouth Congregational Church](#), 582 Pleasant St.
- **NA (Narcotics Anonymous):** 866-624-3578
- **Marijuana Anonymous:** 800-766-6779
- **Gamblers Anonymous:** 855-222-5542

Family & Caregiver Support

- **Learn to Cope:** 508-738-5148
- **Al-Anon** (@ McLean in Belmont) / **Nar-Anon**
- **The Family Restored:** 617-291-3266
- **McLean Family Groups:** 800-333-0338
- NAMI Family Support: 781-394-4637 | www.namimass.org

Family Education

- **BALM: Be A Loving Mirror**
- **CRAFT Community Reinforcement Approach**
- Free copies of "[Complete Family Guide to Addiction](#)" available at the Belmont Health Dept

Prevention & Safety

- **Free Narcan:** Available anonymously in the hallway outside of the [Belmont Health Department](#) (in the Homer Building, 19 Moore St.)
- **Needles/Sharps Disposal:** during business hours (at the Belmont Health Department) - Sharps must be in a sealed hard plastic container
- **Prescription Medication Disposal Kiosk:** Available 24/7 in lobby of the [Belmont Police Department](#) (460 Concord Ave.)