

## WHO WE ARE

The Massachusetts Department of Mental Health, also known as DMH, is a state agency committed to improving mental health for all individuals living in Massachusetts. DMH is, at its core, an agency that wants to help people, and that is committed to providing access to mental health care in all communities. DMH is particularly focused on equity and reaching communities that have historically been underserved.

## WHAT WE DO

The Massachusetts Department of Mental Health (DMH) provides access to mental health services and supports. We do this through:

- Awareness and education
- Community Engagement
- Early Intervention
- Peer Supports
- Programs and services
- Policy and regulation; and
- Treatment



# Massachusetts Department of Mental Health

## *An Introduction*



## WHO WE SERVE

The Massachusetts Department of Mental Health (DMH) serves individuals and families across the state and has a specialized role in the healthcare delivery system. DMH connects people to appropriate wellness services, including community resources; as well as, providing additional services for people with the most serious needs.

Most mental health services, including medication and therapy, are provided through health insurance, such as MassHealth (also known as Medicaid), the Massachusetts Connector (a health insurance marketplace) or through private insurance (employer-based).

DMH also oversees the Behavioral Health Help Line, which connects people with services whether or not they have insurance, and whether they are seeking help for themselves or a loved one. Residents can call or text 833-773-2445 any time of the day or night, and in 200 languages. An option to chat with someone is also available by visiting [masshelpline.com](https://masshelpline.com).

## MORE INFORMATION

is also available at  
[www.mass.gov/dmh](https://www.mass.gov/dmh)

## WHERE

DMH extends to all parts of Massachusetts! DMH and mental health supports can be just a phone call, email, or conversation away.

There are 25 new Community Behavioral Health Centers across Massachusetts, where mental health and addiction services are available on a walk-in basis.

There are also DMH site offices in each geographic region of the state

There are community partners & supports located in or based in various communities for adults, youth and their families – some are clinical, some are peer-run, some are drop-in centers, some meet you where you are, and some provide a combination of services.

## WHEN

Contact DMH if you, a loved one, or someone in your community is looking for services, support, or resources related to mental health or addiction. We want to hear from you whether it be during a crisis, while you're working towards wellness/recovery, or as preventative measure.

## WHY

Because you are not alone and there is help available. We encourage you to not to be silent about how you feel. There are so many people who want you, your loved ones, and those in your community to succeed in achieving personal life goals.



**BE THE  
STRONG  
UNSILENT  
TYPE**