

- **MassAbility** for individuals with disabilities who want to work or live more independently. www.mass.gov/orgs/massability
- **Massachusetts Health Connector**— www.mahealthconnector.org
- **Department of Transitional Assistance (DTA)**, assistance for low-income individuals and families to meet or improve basic needs. www.mass.gov/dta
- **Disabled Persons Protection Commission (DPPC)**, investigates claims of abuse and/or neglect of adults with disabilities.

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Did You Know....

One in 5 adults in the U.S. will experience a mental health condition. Mental illness is common and widespread. You probably know someone with a mental health condition and don't even realize it.

Nearly 1 in 25 adults in America live with a serious mental illness that interferes with or limits one or more major life activities. Serious mental illnesses include, and are not limited to, schizophrenia, bipolar disorder, major depression, and anxiety disorders.

50% of all lifetime cases of mental illness begin by age 14 and 75% by the age 24. Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

Approximately 10.2 million adults in the United States have co-occurring mental health and addiction disorders. People with mental health disorders are more likely than people without mental health disorders to experience an alcohol or substance use disorder. People with co-occurring disorders are best served through integrated treatment.

An Extreme Risk Protective Order Resource Guide



For more detailed services by geographic area, visit:
www.mass.gov/handbook/Extreme-Risk-Guide

Provided by the Massachusetts Department of Mental Health



About this Guide

This guide provides information on resources that may be helpful to individuals, who are seeking an **extreme risk protective order**, or who had an extreme risk protective order issued against them. The resources include crisis intervention, mental health, substance misuse, counseling services, interpreter services, civil commitment guidance, and other relevant services.

This guide was produced by the Department of Mental Health (DMH) in accordance with Chapter 123 of the Acts of 2018.

For detailed services/resources by geographic area, visit:
www.mass.gov/handbook/extreme-risk-guide

1 Crisis Intervention: Individuals in a mental health crisis should call the Massachusetts Behavioral Health Help Line 24/7 at 833-773-2445 or visit the website at www.masshelpline.com. Community Behavioral Health Centers provide emergency crisis intervention services as well. Learn more: www.mass.gov/cbhc-crisis-care

2 Mental Health & Counseling Services: Includes services such as psychological counseling, psychiatric evaluation and treatment, and inpatient and outpatient treatment. These services are most often covered by individual health insurance, such as **MassHealth** (Medicaid); **Massachusetts Health Connector** (health insurance marketplace); or **Private Insurance**.

The MA Department of Mental Health (DMH) provides supplemental services for individuals with the most significant and persistent mental illness.

Finding Services

For individuals with **private insurance**, contact member services, or consult with your primary care physician. The phone number should be located on your insurance card. Ask for referrals to counseling services.

Individuals who do not have health insurance can obtain coverage through the MA Health Connector - www.mahealthconnector.org

For individuals **insured by MassHealth** (Medicaid in MA), contact the member services number on your MassHealth card or consult with your primary care physician.

For individuals **insured by Medicare**, contact your primary care physician's office or Medicare for a referral to counseling services. **1.800.MEDICARE** (or 1.800.633.4227).

For individuals **served by DMH**, contact your local site office, or find "**How to request services**" at www.mass.gov/dmh for further details.

3 Substance Misuse: Substance misuse is the excessive use of a substance, like alcohol and prescription and illegal drugs. The excessive use may lead to clinically significant impairments and distress, taking the form of drug dependence. The Department of Public Health licenses community health clinics that provide substance use disorder services.

For substance misuse treatment and services, in MA call the **HELPLINE** at **800.327.5050** or visit <https://helplinema.org>.

4 Interpreter Service: The facilitation of spoken or signed language communication between users of different languages. For interpreter services related to court proceedings, speak to staff in the court clerk's office.

The Office of Court Interpreter Services (OCIS) - www.mass.gov/orgs/office-of-court-interpreter-services
The New England Translators Association (NETA) - www.netaweb.org/directory

5 Civil Commitment: Physicians and certain licensed mental health professionals can initiate emergency mental health commitments, called **Section 12**. Individuals (such as family members) can ask the court to order an emergency mental health commitment, called **Section 12 (e)** or a commitment for treatment of alcohol or substance use disorder, called a **Section 35**, by speaking to a clerk in the court.

For more information regarding **Section 12**, visit <https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVII/Chapter123/Section12> and for **Section 35** visit www.mass.gov/section-35

6 Other: These are other services that may help out individuals seeking or under an extreme risk protective order.

- **Massachusetts Department of Mental Health (DMH)**, for individuals seeking intensive support for mental illness. www.mass.gov/dmh
- **MassHealth** for Commonwealth healthcare services. www.mass.gov/topics/masshealth
- The **Department of Developmental Services (DDS)** for individuals seeking services for intellectual and developmental disabilities, including Autism and Autism Spectrum Disorders (ASD). www.mass.gov/dds
- The **Department of Public Health (DPH)** for substance misuse services as well as vital resources for suicide prevention. www.mass.gov/dph For individuals with active suicidal thoughts, call the National Suicide Prevention Hotline **1.800.273.8255**; or **text HOME to 741741** for free, 24/7 crisis support.
- **DPH Licensed Community Health Centers**—www.massleague.org/About/MemberList.php

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