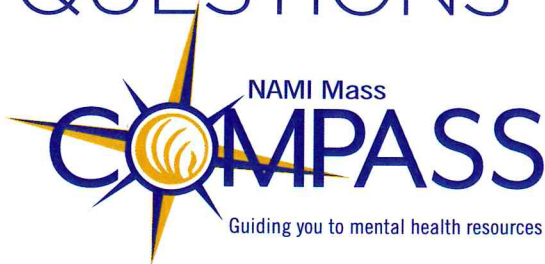


# Mental Health

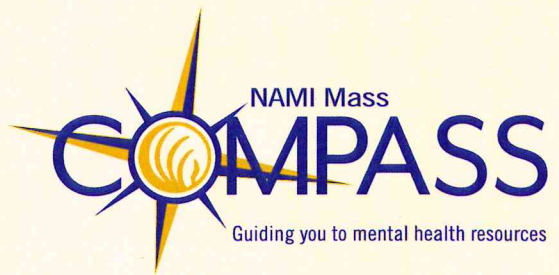
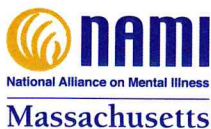
## QUESTIONS



We'll help you **NAVIGATE** the mental health system in Massachusetts

- Peer & Family Support
- Housing
- Employment
- Discharge Rights
- Substance Use
- NAMI Education Programs
- Treatment
- Transportation
- Insurance
- Benefits
- Youth & Transition
- Police & Legal System

**Call COMPASS**  
**617-704-NAMI (6264)**  
**Toll Free: 800-370-9085**  
or email [COMPASS@namimass.org](mailto:COMPASS@namimass.org)  
9am-5pm • Monday-Friday



## What to **EXPECT** when you call your **COMPASS NAVIGATOR**

- Talking with a **real person**
- Help from someone ***who's been there***
- **Local resources** that fit your needs
- Safety & confidentiality
- Next steps & action plans
- Continued connection to a network of support & resources

**You are not alone.**

**Peers & family members trained by NAMI Mass are equipped to help!**

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