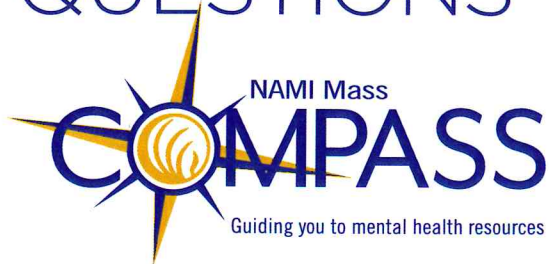


Mental Health

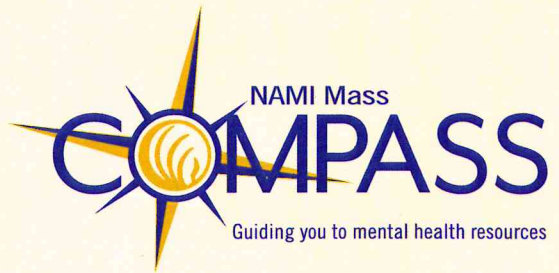
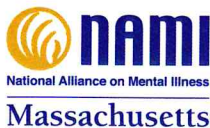
QUESTIONS



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
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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