

# WELL-BEING GUIDE

*of the Berkshires*



National Alliance on Mental Illness

**nami**

Berkshire  
County



[www.namibc.org/local-resources](http://www.namibc.org/local-resources)

# About Us

We are the Berkshire County affiliate of the nation's largest grassroots mental health non-profit organization, The National Alliance on Mental Illness (NAMI). A community of friends and families whose lives have been affected by mental health conditions. Together, we increase awareness, provide support and education, advocate for quality care and help those affected by mental health conditions build better lives.

## Our Vision



*A future where everyone affected by mental health conditions live healthy, fulfilling lives supported by a community that cares.*

# About this Guide

To best support the health and well-being of the Berkshire County Community we are proud to present the first edition of the Well-Being Guide of the Berkshires. This guide leverages a supportive community and strength-based approach to well-being that is vital for improving the lives of people living with mental health conditions in the Berkshires.

Being well is not simply the absence of disease, illness, and stress, but the presence of a positive purpose in life, satisfying work and play, joyful relationships, a healthy body and living environment, and happiness. (Dunn, 1961) As such, we must look outside of traditional therapy and medication alone to lead healthy, fulfilling lives.

For ease of use, this guide has been structured to list services by category. For more information on each service provider please visit their website or reach out via the contact details provided.

Any service marked with an asterisk\* provides either temporary or long-term housing specifically for the populations they serve.

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Please note that services/organizations marked with an \*asterisk offer short and/or long term housing for the specific populations they serve.

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Please note this is a non-exhaustive list of local resources. If you're looking for a resource not listed here, please contact us at [namibc@namibc.org](mailto:namibc@namibc.org)

# Crisis Resources

## **Brien Center 24/7 Crisis Hotline: 1-800-252-0227**

Mobile Crisis Intervention is also available 24/7.

## **Community Behavioral Health Center: 413-499-0412**

Same-day access to intake and brief assessment, urgent and crisis treatment including medications, and drop-in treatment and support (e.g., group sessions, peer supports).

Located at 334 Fenn Street, Pittsfield, MA 01201

Hours: 8am - 8pm, Monday - Friday; 9am - 9pm, Saturday + Sunday

## **Massachusetts Behavioral Health Helpline: Call or Text 833-773-2445**

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you, 24/7.

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages.
- Deaf or hard of hearing? Contact MassRelay at 711, or use your video relay or caption provider of choice.

## **National Suicide Prevention Lifeline: 988**

Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area.

988 is the new, shorter phone number that will make it easier for people to access mental health crisis services.

## **Crisis Text Line: Text HOME to 741-741**

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

**National Domestic Violence Hotline: Call 800-799-SAFE (7233)**

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

**National Sexual Assault Hotline: Call 800-656-HOPE (4673)**

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.

**(LGBTQ+) The Trevor Project: Call 866-488-7386 or Text START to 678-678**

Supporting LGBTQ young people during times of crisis by providing access to crisis counselors 24/7, 365 days a year. Crisis chat support is available at [www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/)

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*If you or a loved one are experiencing a mental health crisis and able to safely travel, you can always visit a Berkshire Health Systems emergency room in North Adams, Pittsfield, or Great Barrington.*

**Berkshire Medical Center (Pittsfield): (413) 447-2000**  
725 North Street, Pittsfield, MA

**Fairview Hospital (Great Barrington): (413) 528-0790**  
29 Lewis Avenue, Great Barrington, MA

**Berkshire Health North (North Adams): 413-664-5000**  
71 Hospital Ave., North Adams MA

*Should you or your loved one be in immediate danger, you can also dial 911. In doing so, please be sure to ask for a Crisis Intervention Trained (CIT) officer, or mental health co-responder. It is important to let the dispatch person know that your call is in regard to a mental health crisis.*

# Arts + Culture

## **Berkshire Art Center**

413-298-5252, [info@berkshireartcenter.org](mailto:info@berkshireartcenter.org)

<https://berkshireartcenter.org/>

Citizen's Hall, P.O. Box 1400, 13 Willard Hill Rd., Stockbridge  
141 North Street, Pittsfield

## **Berkshire Natural Resource Council**

413-499-0596

<https://www.bnrc.org>

309 Pittsfield Road, Lenox

## **The Clark**

413-458-2303

<https://www.clarkart.edu/>

225 South Street, Williamstown

## **Kripalu Center for Yoga & Health**

413-448-3500, [registration@kripalu.org](mailto:registration@kripalu.org)

<https://kripalu.org/>

57 Interlaken Road, Stockbridge

## **The Norman Rockwell Museum**

413-298-4100

<https://www.nrm.org/>

9 Glendale Rd, Stockbridge

## **Mass MoCa**

413-662-2111, [info@massmoca.org](mailto:info@massmoca.org)

<https://massmoca.org/>

1040 Mass MoCA Way, North Adams

## **Miraval Berkshires**

(844) 440-1589

[www.miravalresorts.com/berkshires](http://www.miravalresorts.com/berkshires)

55 Lee Rd, Lenox

# Behavioral Healthcare

## **Austen Riggs Center**

413-298-5511, [info@austenriggs.net](mailto:info@austenriggs.net)  
<https://www.austenriggs.org/>  
25 Main Street, P.O. Box 962, Stockbridge

## **Berkshire Medical Center**

413-447-2167, 413-447-2000  
[www.berkshirehealthsystems.org/](http://www.berkshirehealthsystems.org/)  
725 North Street, Pittsfield

## **The Brien Center\***

413-499-0412  
[www.briencenter.org/](http://www.briencenter.org/)  
P.O. Box 4219, Pittsfield

## **Brain Injury Association of MA**

508-475-0032, [biama@biama.org](mailto:biama@biama.org)  
<https://biama.org/>  
30 Lyman Street # 10, Westborough, MA

## **Clinical & Support Options (CSO)**

413-236-5656, [info@csoinc.org](mailto:info@csoinc.org)  
[www.csoinc.org](http://www.csoinc.org)  
877 South St., Suite 200, Pittsfield

## **Commonwealth Collaborative\***

413-327-9424, [info@commoncollab.com](mailto:info@commoncollab.com)  
[www.commoncollab.com](http://www.commoncollab.com)  
405 Stockbridge Rd, Great Barrington

## **Community Behavioral Health Center\***

1-800-252-0227, 413-499-0412  
[www.briencenter.org](http://www.briencenter.org)  
334 Fenn Street, Pittsfield, MA

## **Department of Mental Health\***

413-395-2000  
[mass.gov/locations/berkshires-site-office](http://mass.gov/locations/berkshires-site-office)  
333 East Street, Pittsfield, MA

## **Fairview Hospital**

413-528-8600  
[www.berkshirehealthsystems.org](http://www.berkshirehealthsystems.org)  
29 Lewis Ave, Great Barrington

## **Gould Farm\***

413-528-1804, [info@gouldfarm.org](mailto:info@gouldfarm.org)  
[www.gouldfarm.org/](http://www.gouldfarm.org/)  
100 Gould Rd., Monterey

## **Oakdale Foundation\***

413-528-2346, [kalin.rachel@gmail.com](mailto:kalin.rachel@gmail.com)  
<https://oakdalefoundation.org/>  
56 West Ave., Great Barrington

## **Service Net\***

413-585-1300, [info@servicenet.org](mailto:info@servicenet.org)  
[www.servicenet.org/](http://www.servicenet.org/)  
141 North Street #139, Pittsfield

## **Tri State Psychotherapy Group**

413-224-8716  
[www.tristatepsychotherapygroup.com](http://www.tristatepsychotherapygroup.com)  
75 S. Church Street, Pittsfield

# Community Care

## **Berkshire Community Action Council**

413-445-4503  
www.bcacinc.org  
1531 East Street, Pittsfield, MA

## **Berkshire Coalition for Suicide Prevention**

web@berkshirecoalition.org  
https://berkshirecoalition.org  
P.O. Box 472, Pittsfield

## **Berkshire Immigrant Center**

413-445-4881, info@berkshireic.org  
www.berkshireic.org  
67 East Street, Pittsfield, MA

## **Berkshire Pride**

info@berkshirepride.org  
www.berkshirepride.org  
34 Depot Street, Pittsfield, MA

## **Elizabeth Freeman Center**

1-866-401-2425 / 413-499-2425  
info@elizabethfreemancenter.org  
https://elizabethfreemancenter.org/  
43 Francis Ave., Pittsfield

## **Latinas 413**

413-679-1301, info@latinass413.org  
www.latinass413.org  
P.O. Box 188, West Stockbridge

## **NAACP Berkshires**

naacpberkshirecounty@gmail.com  
https://www.naacpberkshires.org/  
P.O. Box 605, Pittsfield, MA



# Disability Services

## **Berkshire County ARC\***

413-499-4241, [bcarc@bcarc.org](mailto:bcarc@bcarc.org)  
395 South Street, Pittsfield  
<https://bcarc.org/>

## **Berkshire Family and Individual Resources (BFAIR)\***

413.664.9382, [info@bfair.org](mailto:info@bfair.org)  
<https://bfair.org>  
771 South Church Street, North Adams

## **Berkshire Pathways**

413-464-7949, [berkshirepathways@viability.org](mailto:berkshirepathways@viability.org)  
<https://viability.org/>  
199b South Street, Pittsfield

## **Community Access to the Arts**

(413) 528-5485, [info@CATAarts.org](mailto:info@CATAarts.org)  
<https://cataarts.org/>  
420 Stockbridge Road, Suite 2, Great Barrington

## **Oakdale Foundation\***

413-528-2346, [kalin.rachel@gmail.com](mailto:kalin.rachel@gmail.com)  
<https://oakdalefoundation.org>  
56 West Ave., Great Barrington

# Education

## **Berkshire Community College**

413-499-4660, [onestop@berkshirecc.edu](mailto:onestop@berkshirecc.edu)  
[www.berkshirecc.edu/](http://www.berkshirecc.edu/)  
1350 West Street, Pittsfield

## **College Internship Program\***

1 (877) 566-9247  
<https://cipworldwide.org/cip-berkshire>  
40 Main St Suite 3, Lee

## **Hillcrest Education Centers\***

413-499-7924, [tgidakos@hillcrestec.org](mailto:tgidakos@hillcrestec.org), [jmercado@hillcrestec.org](mailto:jmercado@hillcrestec.org)  
<https://hillcrestec.org/>  
788 South Street, Pittsfield

## **Pittsfield Adult Learning Center**

413-499-9530, [contactus@pittsfield.net](mailto:contactus@pittsfield.net)  
[www.pittsfield.net/](http://www.pittsfield.net/)  
141 North Street, Pittsfield, MA

# Employment

## **MassHire**

413-499-2220, [info@MassHireBerkshireCC.com](mailto:info@MassHireBerkshireCC.com)  
[www.masshireberkshirecc.com/](http://www.masshireberkshirecc.com/)  
60 North Street, Pittsfield

## **MOLARI Employment, Home + Healthcare Services**

413-499-4546 / 1-800-649-4562  
[staffingteam@molariinc.com](mailto:staffingteam@molariinc.com) (employment)  
[lee@molariinc.com](mailto:lee@molariinc.com) (home healthcare)  
[www.molariinc.com/](http://www.molariinc.com/)  
166 East Street, Pittsfield, MA

## Financial Services

### **Adams Community Bank**

413-743-0001, [contactus@adamscommunity.com](mailto:contactus@adamscommunity.com)  
[www.adamscommunity.com/](http://www.adamscommunity.com/)  
2 Center Street, P.O. Box 306, Adams

### **Greylock Federal Credit Union**

413-236-4000/1-800-207-5555  
[www.greylock.org/](http://www.greylock.org/) (offering free financial wellness workshops)  
150 West Street, Pittsfield (main branch)

## Food Security

### **Berkshire Bounty - Countywide Distribution**

413-717-5842, [info@berkshirebounty.org](mailto:info@berkshirebounty.org)  
[www.berkshirebounty.org](http://www.berkshirebounty.org)  
33 Commonwealth Ave., Great Barrington, MA

### **Berkshire United Way - Food Pantries and Meal Site Directory**

<https://www.berkshireunitedway.org/food-access>

# Healthcare

## **Berkshire Health Systems**

[www.berkshirehealthsystems.org](http://www.berkshirehealthsystems.org)

Berkshire Medical Center (Pittsfield): (413) 447-2000  
725 North Street, Pittsfield, MA

Fairview Hospital (Great Barrington): (413) 528-0790  
29 Lewis Avenue, Great Barrington, MA

Berkshire Health North (North Adams): 413-664-5000  
71 Hospital Ave., North Adams MA

## **Community Health Programs**

<https://chpberkshires.org/>

Great Barrington Health Center: 413-528-8580  
444 Stockbridge Road, Great Barrington

Lee Family Practice: (413) 243-0536  
11 Quarry Hill Road, Lee

Pittsfield Neighborhood Health Center: (413) 447-2351  
501 North Street Suite 1, Pittsfield

Family Services, Great Barrington: (413) 528-0457  
442 Stockbridge Road, Great Barrington

Family Services Adams: (413) 528-9311, ext. 2002  
19 Depot Street, Adams

North Adams Family Medical and Dental: (413) 664-4088  
71 Hospital Avenue, 3rd Floor, North Wing, North Adams

Pittsfield Neighborhood Dental: (413) 447-2781  
510 North Street, Suite 2, Pittsfield

## Community Health Programs Continued

<https://chpberkshires.org/>

Berkshire Pediatrics: (413) 499-8531  
777 North Street, Suite 305, Pittsfield

Barrington OBGYN: (413) 528-1470  
27 Lewis Avenue, Great Barrington

Mobile Health Units: (413) 528-0457  
Locations vary - call for details.

# Housing

## Berkshire County Regional Housing Authority

413-443-7138 / 1-800-248-9002  
<https://bcrha.com/>  
1 Fenn Street, Pittsfield

## Construct Inc.

413-528-1985 / 413-528-1986  
office@constructberkshires.org  
<https://constructberkshires.org/>  
316A State Rd., Great Barrington

## The Pearl - Shelter

21 Pear Street, Pittsfield  
Contact ServiceNet for details:  
413-585-1300, info@servicenet.org

## Louison House - Shelter

413-663-6323  
<https://louisonhouse.org/>  
149 Church Street, North Adams

## Pittsfield Housing Authority

413-443-5936, Contact@pittsfieldhousing.org  
<https://pittsfieldhousing.org/>  
65 Columbus Ave. #1, Pittsfield

## Substance Use

### Alternative Living Centers\*

413-446-6311  
<https://alccorp.org/>  
206 First Street, Pittsfield

### Brien Center\*

413-499-0412, [John.crane@briencenter.org](mailto:John.crane@briencenter.org)  
[www.briencenter.org](http://www.briencenter.org)  
P.O. Box 4219, Pittsfield

### Commonwealth Collaborative\*

413-327-9424, [info@commoncollab.com](mailto:info@commoncollab.com)  
[www.commoncollab.com](http://www.commoncollab.com)  
405 Stockbridge Rd, Great Barrington

## Suicide Prevention

### Arts in Recovery for Youth

631-697-8291, [airyberkshires@gmail.com](mailto:airyberkshires@gmail.com)  
<https://airyedu.com/>  
311 North Street, Studio 13, Pittsfield

### Berkshire Coalition for Suicide Prevention

[web@berkshirecoalition.org](mailto:web@berkshirecoalition.org)  
<https://berkshirecoalition.org>  
P.O. Box 472, Pittsfield

### Love of T Foundation

[luke@loveoft.org](mailto:luke@loveoft.org)  
<https://www.loveoft.org/>

# Veterans

## **Berkshire Veteran Outreach Center**

413-448-6052, [berkvetoutreach@gmail.com](mailto:berkvetoutreach@gmail.com)  
[www.berkshireveterans.com](http://www.berkshireveterans.com)  
505 East Street, Suite 103, Pittsfield

## **Soldier On\***

413-236-5644, [info@wesoldieron.org](mailto:info@wesoldieron.org)  
<https://wesoldieron.org/>  
360 West Housatonic Street, Pittsfield

## **VA Outpatient Clinic**

413-584-4040  
78 Center Street, Silvio Conte Building, 2nd Floor, Pittsfield  
<https://www.va.gov/central-western-massachusetts-health-care/locations/pittsfield-va-clinic/>

# Youth Services

## **18 Degrees**

413-448-8281, [info@18degreesma.org](mailto:info@18degreesma.org)  
<https://18degreesma.org/>  
480 West Street

## **The Brien Center**

413-499-0412  
[Morgan.Langlois@briencenter.org](mailto:Morgan.Langlois@briencenter.org)  
<https://www.briencenter.org/what-we-do/children-adolescents/>  
P.O. Box 4219, Pittsfield

### **Choices Mentoring Initiative**

dremmanuelbile@gmail.com /  
jeromeedger4@gmail.com  
33 Dunham Mall, Suite 101, Pittsfield, MA

### **Commonwealth Collaborative\***

413-327-9424, info@commoncollab.com  
www.commoncollab.com  
405 Stockbridge Rd, Great Barrington  
(Ages 14+)

### **Gladys Allen Brigham Community Center**

(413) 442-5174, news@brighamcenter.org  
<https://brighamcenter.org/>  
165 East Street, Pittsfield

### **Hillcrest Education Centers\***

413-499-7924, tgidakos@hillcrestec.org, jmercado@hillcrestec.org  
<https://hillcrestec.org/>  
788 South Street, Pittsfield

### **Kids Place**

413-499-2800, mcellana@kidsplaceonline.org  
[www.kidsplaceonline.org/](http://www.kidsplaceonline.org/)  
63 Wendell Ave., Pittsfield

### **Railroad Street Youth Project**

413-528-2475, info@rsyp.org  
[www.rsyp.org/](http://www.rsyp.org/)  
60 Bridge Street, Great Barrington

Please note this is a non-exhaustive list of local resources. If you're looking for a resource not listed here, please contact us at [namibc@namibc.org](mailto:namibc@namibc.org)