



TWENTY >> ZERO

ENDING VETERAN SUICIDE

More than 380,000 Veterans live in Massachusetts. Many of them urgently need treatment for post-traumatic stress and traumatic brain injury—the most common and challenging of the “invisible wounds” of military service.

Project 20-0 will train more than 2,000 clinicians, first responders, and community stakeholders in Massachusetts to be better equipped to serve the Veterans and their Families in their communities.

HOW TO ENGAGE & OFFER ASSISTANCE TO AN AT-RISK VETERAN:

- 1. OBSERVE** Withdrawn, hopeless, reckless, agitated
- 2. HEAR** “I wish I wasn’t here”
- 3. ASK** “Are you a Veteran or Service Member?”
- 4. ASSESS** “Are you thinking of hurting or killing yourself?”
- 5. CALL** Offer to call the Veteran’s crisis line together.
Dial 1-800-273-8255, press #1 to talk to someone
- 6. GIVE** Encouragement to seek therapy

HOME BASE CLINICAL PROGRAMS HOSTED BY CERTIFIED, LICENSED PROVIDERS

Care, lodging, transportation, and food provided at NO COST to participants.

Intensive Clinical Programs

Available to Veterans of all eras and Service Members from across the country, regardless of discharge status.



Two-Week ICP for PTSD

One year’s worth of group and individualized evidence-based therapy offered over a two-week period.



Four-Day Accelerated Clinical Treatment (ACT) Program

30 hours of individualized evidence-based therapy offered over a four-day period.

Telehealth Services

Available to Veterans, Service Members, and Family Members across the Commonwealth.



Online Mental Health Care

Connect with mental health providers online for the following services:

- Medical Consultations
- Couples Therapy
- Family Therapy
- 1:1 Behavioral Therapy
- Substance Use Recovery Services

To arrange care, contact:
Veteran Outreach Coordinator Brendan McCaffrey

- ✉ BMCCAFFREY@partners.org
- * homebase.org/connect2care

MENTAL HEALTH PROVIDERS TRAINED IN EVIDENCE-BASED THERAPIES FOR PTSD

Home Base trained providers specializing in therapies for at-risk Veterans.
To refer a Veteran, call these providers directly and mention Home Base.

Robert Ebersole, LMFT

Eagles Nest Family Therapy Services
14 Cedar St., Suite 203
Amesbury, MA 01913
☎ (978) 880-3591
☑ Telehealth

Insurance Accepted:

- **Tricare**
- **MassHealth**
- **Commercial Insurance**

Joe Russella Pollard, JD, MBA, LMHC

CogniCounseling, LLC
101 Cambridge St. Suite 390
Burlington, MA 01803
☎ (781) 285-3152
☑ Telehealth

Insurance Accepted:

- **Tricare**
- **Commercial Insurance**

Jessica Ferreira, LICSW*

Atrius Health
228 Billerica Rd.
Chelmsford, MA 01824
☎ (978) 250-6240
☎ Telehealth (phone only)

Insurance Accepted:

- **Tricare For Life**
- **Masshealth**
(Tufts Together With Atrius Plan)
- **Commercial Insurance**

Andrew Stephens, LICSW

Bridgewell Counseling Services
35 Market St., Lowell, MA 01852
☎ (978) 259-1370
☑ Telehealth

Insurance Accepted:

- **Tricare**
- **MassHealth**
- **Commercial Insurance**

Gloria-Lee Kazakov, PsyD*

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Our most up-to-date provider list can be found at www.homebase.org/preventsuicide.

ADDITIONAL LOCAL VETERAN SERVICES

Haverhill Community Based Outpatient Clinic (CBOC)

The Haverhill CBOC provides compassionate primary care and mental health services to eligible Veterans.

108 Merrimack Street
Haverhill, MA 01830
☎ (978) 372-5207
☑ Telehealth

Lowell Vet Center

The Lowell Vet Center offers a wide range of services available free of charge for eligible Veterans and their Families.

Gateway Center, 10 George Street
Lowell, MA 01852
☎ (978) 453-1151
☑ Telehealth

Bedford VA: Edith Nourse Rogers Memorial Veterans Hospital

Bedford VA offers a full continuum of mental health programming, including nationally known exemplars in Vocational Services, Peer Services, Homeless Services, and outpatient Mental Health services.

200 Springs Road
Bedford, MA 01730
☎ (781) 687-2000
☑ Telehealth



HOME BASE

☎ (617) 724-5202

homebase.org/connect2care

Every Day, 20 Veterans Take Their Own Lives.
Our Goal Is Zero.

*Atrius PCP needed to receive behavioral health treatment.