



M-PATH

MASSACHUSETTS PSYCHOSIS
ACCESS AND TRIAGE HUB



Do you ever feel like your mind is playing tricks on you?

- Are you ever confused about whether something you experienced is real or imaginary?
- Have you ever felt that you are not in control of your own ideas or thoughts?
- Do you find that you're more sensitive to sounds or sight? Or hear or see things
- other people don't hear or see?
- Do you feel like you are in danger for reasons you can't explain?

YOU ARE NOT ALONE

It's more common than you think! If you or someone you know is having these experiences, M-PATH can help.



WHAT M-PATH IS

- A resource hub
- A place to ask questions
- Confidential, non-judgmental consultation & education



WHAT M-PATH ISN'T

- Therapy
- A replacement for mental health treatment
- A diagnostic service
- Crisis intervention**



HOW WE CAN HELP

- Peer support
- Mental health system navigation including referrals to treatment
- Recommendations from professionals

 (617) 927-9809

 www.mpathcares.org

 mpath@brooklinecenter.org

**If you feel like you are in crisis, please call 988, the Behavioral Health Help Line at (833) 773-2445 or 911 for emergency support.