



# 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](http://www.mpathcares.org)

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\*\*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.

