Newport Mental Health Caregiver Packet

Navigating Care Together

Welcome & Introduction

Navigating Care Together is designed to support family members, friends, and natural supports as they walk alongside a loved one receiving services at **Newport Mental Health (NMH)**. This packet explains how caregivers can be involved, what to expect during treatment, and the rights and boundaries that protect both clients and their supports. **Our goal is to help you feel informed, confident, and connected as a partner in care.** If you have urgent safety concerns or believe you or someone else may be in crisis, please call **911** or go to the nearest emergency room; you can also contact NMH's **24/7 Health Line** at **(401) 846-1213 option 1**.

NMH serves children, adults, and families throughout Newport County by providing recovery-oriented, evidence-based, and integrated mental health and substance use services. As Rhode Island's first federally designated **Certified Community Behavioral Health Clinic (CCBHC)**, we offer comprehensive care delivered with compassion, respect, and clinical expertise.

Our person-centered approach recognizes each client as an active participant in their care. We honor individual choice, strengths, and readiness for change, and we believe clients are the experts in their own lives.

We accept most insurance plans and offer a sliding fee scale. No one is denied services due to inability to pay. When you work with NMH, you become part of a supportive community focused on recovery and wellness.

Helpful Contacts & Quick Reference

Front Desk: (401) 846-1213 **Fax:** (401) 848-9151

Inquiry	Phone	Email
CRISIS SERVICES 24/7 Help Line	(401) 846-1213 option 1	Phone call only
General Inquiries & Referrals	(401) 846-1213 option 5	referralsandquestions@newportmh.org
Front Desk	(401) 846-1213 option 0	Phone call only
Scheduling	(401) 846-1213 option 4	Phone call only
Physical Health	(401) 846-1213 option 6	Phone call only
Records Request	(401) 846-1213 option 7	Phone call only
Hours of Operation	(401) 846-1213 option 8	Phone call only
Billing	(401) 846-1213 ext. 1106	Phone call only
Volunteer Opportunities & Philanthropic Gifts	(401) 900-5166	philanthropy@newportmh.org

Mental Health & Community Resources

The following organizations provide mental health, caregiver, aging, disability, and veteran supports across Rhode Island.

Mental Health & Crisis Supports

Resource	Contact Information
Newport Mental Health	(401) 846-1213 • 42 Valley Rd & 65 Valley Rd, Middletown
BH Link (24/7 Crisis Line)	(401) 414-5465 • 975 Waterman Ave, East Providence • bhlink.org
RI Community Mental Health Centers (CMHCs)	NMH: (401) 846-1213 • Other centers: bhddh.ri.gov/mental-health/licensed-treatment-providers

Family, Caregiver & Peer Supports

Resource	Contact Information
United Way 2-1-1 / The Point	(401) 462-4444 or 401-444-0600 •info@unitedwayri.org • unitedwayri.org
NAMI Rhode Island	(401) 331-3060 • info@namirhodeisland.org • nami.org / namirhodeisland.org
Parent Support Network of RI (PSNRI)	(401) 467-6855 • 535 Centerville Rd, Suite 202, Warwick • psnri.org
Rhode Island Parent Information Network (RIPIN)	(401) 270-0101 • ripin.org • 300 Jefferson Blvd, Suite 300, Warwick

Aging, Disability & Senior Supports

Resource	Contact Information
Aging Families & Caregiver Program (Brown Health / Lifespan)	(401) 444-3534 • Rhode Island Hospital, Providence • brownhealth.org
Alzheimer's Association – RI Chapter	1-800-272-3900 • 245 Waterman St, Suite 306, Providence • alz.org/ri
James L. Maher Center	(401) 846-4600 • 906 Aquidneck Ave, Middletown • mahercenter.org
Looking Upwards	(401) 293-5790 • 1184 East Main Rd, Portsmouth • lookingupwards.org

Veteran Services

Resource	Contact Information
Operation Stand Down RI	(401) 383-4730 • osdri@osdri.org • Johnston • osdri.org
RI Office of Veterans Services	(401) 921-2119 • Warwick • vets.ri.gov
VA Providence Health Care System	Providence: (401) 273-7100 • Middletown: (401) 847-6239 • va.gov/providence-health-care
Providence VA Regional Benefit Office	(800) 827-1000 • 380 Westminster St, Providence

Senior Centers (Newport County)

Center	Contact Information
Park Holm Senior Center	1 Eisenhower St, Newport • newporhousing.org
Edward King House	(401) 846-7426 • 35 King St, Newport • edwardkinghouse.org
Middletown Senior Center	(401) 849-8823 • 650 Green End Ave • middletownri.gov
Portsmouth Senior Center	(401) 683-4106 • 110 Bristol Ferry Rd • portsmouthri.gov

Legal, Financial & Community Supports

Additional support may include family and friends, faith-based communities, and community organizations. Resources are also available through the **Substance Use and Mental Health Leadership Council (SUMHLC)**: sumhlc.org/resources

Consumer Advisory Council (CAC)

Make an impact in behavioral health in your community. Your voice is crucial in identifying service needs, gaps and strengths to better support the well-being of those living and working in Newport County. NMH's CAC meets on the **3rd Wednesday of the month** at 5 PM at **Innovate Newport**, 513 Broadway, Room 202, in Newport.