

CRISIS RESOURCES

[Behavioral Health Helpline](#)

MBHH can 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.

- Crisis and Mental Health Support 24 hours per day, 365 days per year.
- Call or Text: [833-773-2445](tel:833-773-2445)
- Live chat: <https://www.masshelpline.com/>
- 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](#)
- Visit the [MBHHL website to learn more](#)

[Community Support Line](#) (for families with children and youth with special health needs)

1-800-882-1435

[Domestic Violence and Sexual Assault](#)

SafeLink 24/7 Crisis Hotline: 877-785-2020

TTY: 877-521-2601

Voices Against Violence: 508-626-8686 or 800-593-1125

TTY: 844-807-7989

[MA Smokers' Helpline](#)

1-800-QUIT-NOW (1-800-784-8669)

[Mental Health Emergency/Crisis Services](#)

1-877-382-1609

Youth Mobile Crisis Intervention Worcester (866-549- 2142)

Emergency Mental Health Services (508-334-3562)

Crisis Text Line (text HOME to 741741)

[National Suicide Prevention Lifeline](#)

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

[Nutrition Resources](#)

617-624-6100

[Problem Gambling Helpline](#)

1-800-426-1234

[Rape Crisis Centers](#)

See website for regional contact information

[SAMHSA's National Helpline](#) Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

CRISIS RESOURCES

[Substance Use Helpline](#)

1-800-327-5050 (translation available)

[Substance Abuse and Mental Health](#)

SAMHSA's Disaster Distress Helpline Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

[Suicide Prevention Hotline](#)

Call or Text: 1-877-870-HOPE (4673)

For additional information, please visit <https://mass211.org/> or call 2-1-1.