

Lexington Public Schools

Mental Health Resources

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Helplines

Links to further information are provided where sections are underlined.

Samaritans: 1-877-870-4673 (call or text)

Free, 24/7 confidential services

Suicide and Crisis Lifeline: 988

Call, text, or chat. Available 24/7, provides free, confidential support for people in distress, prevention, and crisis resources.

The Trevor Lifeline: 1-866-488-7386

Free, 24/7 national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people. Associated with [The Trevor Project](#).

TrevorText: Text "START" to 678678

Free, 24/7 confidential services for LGBTQ+ young people. Associated with [The Trevor Project](#).

Advocates: 800-540-5806 or 800-640-5432 for 24-hour crisis support

Lexington residents: mobile crisis support when it's needed, where it's needed, including in home crisis stabilization and mental health assessments.

Boston - Best Team: 617-884-4357

Boston residents: mobile crisis support sends clinicians to homes, schools, outpatient clinics, and other community locations; provides mental health assessments

Greater Boston PFLAG Parent & Caregiver Helpline: 866-427-3524

When you call this number you will leave a voicemail and receive a call back shortly from someone who is ready to help you. [Local chapter of PFLAG](#), a national organization for LGBTQ+ people, their parents and families, and allies. Confidential support and resources.

Mental Health Providers and Supports

Links for further information are provided when sections are underlined.

[Human Services, Town of Lexington](#): 781-698-4841

Provides support for all Lexington residents. Call above number to reach Dana Bickelman, Director of Human Services or see more information on flyer

 [Town School Flyer.pdf](#)

Lexington Youth Counseling Connection

(www.youthcounselingconnection.org)

admin@youthcounselingconnection.org or 781-862-0330

Youth Counseling Connection (YCC) provides free and accessible mental health support to youth and families of Lexington through counseling, student drop-in hours, support groups, and community-based programs. YCC's goal is to improve the emotional wellness of youth in our community. All cultures, religions, genders, and sexual identities are welcome.

[Greater Boston PFLAG Support Groups](#)

Local chapter of PFLAG, a national organization for LGBTQ+ people, their parents and families, and allies.

