



Mental Health Resources

Massachusetts Behavioral Health Help Line

<https://www.masshelpline.com/>

833-773-2445 (BHHL)

Available 24/7

[MA Community Behavioral Health Center](#)-see highlighted sections for local providers

[River Valley Counseling](#)

413-540-1234

988 Suicide & Crisis Lifeline

mass.gov/988 or call 988

[CHD Gateway](#)

1/844/CHD-HELP (1-833-243-4357)

Available 24/7

MA Substance Abuse Help Line

(Can assist with detox)

1-800-327-5050

Office of Youth & Young Adult Services (OYYAS):

- Community Partner: [Gandara](#), (413) 736-8329
- Community Partner: [New North Citizens](#), 413-746-4885

[NAMI-National Alliance for Mental Illness](#)

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