



Accessing MENTAL HEALTH SUPPORT During School Break



BOSTON PUBLIC SCHOOLS HELPLINE: 617-635-8873

The BPS Helpline is available Monday–Friday from 8:30 am–5:00 pm. If you need support for your child, please call or submit a [**ticket**](#).
Holidays and special observances may impact this schedule.



If you are in imminent danger call: 911

For additional support, please call or message your child's primary care doctor.



BEHAVIORAL HEALTH HELPLINE: 833-773-2445

Mental Health Clinicians are available at this line 24 hours a day and provide clinical guidance. They can direct you to resources, which may include your local Mobile Crisis Intervention team, if appropriate.



Walk-in Services: Community Behavioral Health Center

In case of an emergency, visit a local Community Behavioral Health Center. The centers below recommend you call **617-414-5470** ahead of your visit.

Greater Boston Families
BEST Bay Cove
Solomon Carter Fuller
85 East Newton St, 1st Floor
Boston, MA 02118
800-981-4357

East Boston/CTown Families
North Suffolk Community
Services
Community Behavioral Center
14 Porter Street
East Boston, MA 02128
(888) 309-1989



ADDITIONAL COMMUNITY RESOURCES



<https://www.masshelpline.com>

Behavioral Health Helpline
833-773-BHHL

Call or Text 833-773-2445
Real-time interpretation in 200+ languages

EMERGENCY HOTLINES

- **National Suicide Hotline and Crisis Lifeline: 988 (Text or Call)**
- **DCF: 800-792-5200**
- **Domestic Violence: 800-799-7233**

FAMILY RESOURCES

- [Helping Children Cope with Emergencies](#) (CDC)
- [Taking Care of Your Behavioral Health](#) (SAMHSA)
- [Apps to Help with Mental Health](#) (Common Sense Media)



FOOD

311 (Boston) | **211** (State)
DTA: **877-382-2363**



HEALTHCARE

Mayor's Healthline
617-534-5050



UNEMPLOYMENT

[MA Department of Unemployment Assistance](#)
(877) 626-6800

[Rental Assistance for Families in Transition \(RAFT\)](#)
For more support call
211 (Statewide)



HOUSING

[Office of Housing Stability](#)
617-635-4200

For further housing support,
please contact
[BPS Homeless Education Resource Network](#)
617-635-8037



IMMIGRATION

[Office of Immigrant Advancement](#)
617-635-2980

City of Boston
[Resource Guide](#)
[Additional Resources](#)

