



MENTAL HEALTH RESOURCE LIST*

Lynnfield, MA

www.ahealthylynnfield.org/treatment-and-recovery

IN CASE OF EMERGENCY CALL 9-1-1

Outpatient Mental Health Counseling Resource and Referral Helpline

For any non-urgent mental health support for any age. Reduces barriers to accessing services. Helps match your need, insurance, and schedule with an available licensed Mental Health clinician.

INTERFACE Help Line 9am to 5pm on Mondays, Wednesdays and Fridays and 8am to 6pm on Tuesdays and Thursdays (excluding holidays)	1.888.244.6843	Interface.williamjames.edu
---	----------------	--

24/7 Mental Health Crisis Line - Psychiatric Evaluation - Stabilization

Eliot Community Services	800.988.1111	https://www.eliotchs.org/services/
Massachusetts Behavioral Health Helpline	Call or Text 833-773-2445	https://www.masshelpline.com/

Crisis Hotlines: Call & Text 24/7

988 Suicide and Crisis Lifeline	Call or Text 988	https://988lifeline.org/
Samaritans Hotline	877-870-4673	www.samaritanshope.org/our-services/247-crisis-services/
Crisis TEXT Line	Text "HOME" to 741741	www.crisistextline.org
TrevorLifeLine Suicide Prevention for LGBTQ+ Youth	1.866.488.7386	www.thetrevorproject.org
TrevorText for LGBTQ+ Youth	Text START to 678678	www.thetrevorproject.org
Veterans Crisis Line	Dial 988 Press 1	www.VeteransCrisisLine.net
Confidential Veterans Crisis Chat	Text to 838255	www.VeteransCrisisLine.net

Abuse-Assault-Domestic Violence

SafeLink 24/7 MA Domestic Violence Hotline	1.877.785.2020	https://www.mass.gov/service-details/domestic-violence-programs-for-survivors https://casamyrna.org/get-support/safelink/
REACH Beyond Domestic Violence	800.899.4000	https://reachma.org
National Domestic Violence Hotline	1.800.799.7233	https://www.thehotline.org

Substance Use Disorders

(see www.ahealthylynnfield.org for a list by service type)

The Massachusetts Substance Use Helpline	1.800.327.5050	https://helplinema.org
National SAMHSA Treatment Helpline	1.800.662.4357	https://www.samhsa.gov/find-help/national-helpline

Anxiety & Depression and Eating Disorders

Anxiety and Depression Association of America	For more information call 240.485.1001	https://adaa.org/
Families for Depression Awareness	For more information call 781.890.0220	www.familyaware.org

A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive. *AHL does not endorse any specific agency or resource, but aims to provide a variety of mental health resources.



MENTAL HEALTH RESOURCE LIST*

Lynnfield, MA

www.ahealthylynnfield.org/treatment-and-recovery

IN CASE OF EMERGENCY CALL 9-1-1

The Nan Project Peer Mentor Depression and Suicide Resources		https://thenanproject.org/ Email: info@thenanproject.org		
National Eating Disorders Association		www.nationaleatingdisorders.org		
Tufts Mood Disorders Program (depression)	617.636.0219	www.tuftsmedicalcenter.org https://www.tuftsmedicalcenter.org/patient-care-services/Departments-and-Services/Psychiatry/Clinical-Care-Ser-vices/Mood-Disorders-Program		
Walden Behavioral Care (eating disorders)	781.647.6727	https://www.waldeneatingdisorders.com/		
Other Ways to Access Mental Health Supports				
Primary Care Physicians (PCP's) may have in-house Behavioral Health Navigators to assist in accessing services. PCP's are affiliated with hospital systems that have agreements with behavioral health providers.				
https://www.lahey.org/lhmc/	tuftsmedicalcenter.org	partners.org		
Mass Child Psychiatry Access Program-PCP's refer for fast-track access	Ask your physician about this program.	https://www.mcpap.com/		
Health Insurers provide a number on the back of a member insurance card to access behavioral health services that are covered in-network.	877.623.6765	https://www.mahealthconnector.org/		
MA Behavioral Health Partnership for MassHealth Members	1.800.495.0086	https://www.masspartnership.com/member/FindAProvider.aspx		
JRI Children's Friends and Family Services	781.592.5691	https://jri.org/services/community/childrens-friend-and-family-services		
Mental Health Resource Directories				
National Alliance on Mental Illness (NAMI): MA COMPASS	800.950.6264	namima.org		
MA 211 Multilingual Line 24/7 To find community service supports	Call 211	https://mass211.org		
Youth At Risk Community Resource Guide		Massachusetts North Shore, Cape Ann, and Merrimack Valley https://www.yarguide.org/		
Interactive Support				
CALM www.calm.com	How to Care for Your Mental Health https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health	Mental Health: Let's Talk About It www.mentalhealth.gov	For Youth up to 24 years of age: Text Hey Sam to 439-726 for peer-to-peer support https://samaritanshope.org/our-services/hey-sam/	You Matter blog posts by 13-25-year-olds passionate about mental health. https://youmatter.988lifeline.org/

*Revised on 07/10/2023

A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive. *AHL does not endorse any specific agency or resource, but aims to provide a variety of mental health resources.