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| 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 LineM-F 9:00 am to 5:00 p.m. | 1.888.244.6843 | [Interface.williamjames.edu](https://interface.williamjames.edu/) |
| 24/7 Mental Health Crisis Line - Psychiatric Evaluation - Stabilization |
| Eliot Community Services | 800.988.1111 | https://www.eliotchs.org/services/ |
| Crisis Hotlines: Call & Text 24/7 |
| National Suicide Prevention Lifeline | 1.800.273.8255 | [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) |
| Samaritans Hotline | 877-870-46736 | [www.samaritanshope.org/our-services/247-crisis-services/](http://www.samaritanshope.org/our-services/247-crisis-services/) |
| Crisis TEXT Line | Text “HOME” to 741741 | [www.crisistextline.org](http://www.crisistextline.org) |
| TrevorLifeLine Suicide prevention for GLBTQ Youth | 1.866.488.7386 | [www.thetrevorproject.org](http://www.thetrevorproject.org) |
| TrevorText for GLBTQ Youth | Text START to 678678 | [www.thetrevorproject.org](http://www.thetrevorproject.org) |
| Veterans Crisis Line | 1.800.273.8255 Press 1 | [www.VeteransCrisisLine.net](http://www.veteranscrisisline.net) |
| Confidential Veterans Crisis Chat | Text to 838255 | VeteransCrisisLine.net |
| Abuse-Assault-Domestic Violence |
| SafeLink24/7 MA Domestic Violence Hotline | 1.877.785.2020 | https://www.mass.gov/service-details/domestic-violence-programs-for-survivors |
| 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.ahhealthylynnfield.org](http://www.ahhealthylynnfield.org) for 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 | 240.485.1001 | https://adaa.org |
| Families for Depression Awareness | 781.890.0220 | [www.familyaware.org](http://www.familyaware.org) |
| The Nan ProjectPeer Mentor Depression and Suicide Resources | 781.861.0809 | <https://thenanproject.org/>Email: info@thenanproject.org |
| National Eating Disorders Association | 800.931.2337 | [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) |
| Tufts Mood Disorders Program (depression) | 617.636.0219 | [www.tuftsmedicalcenter.org](http://www.tuftsmedicalcenter.org) |
| Walden Behavioral Care (eating disorders) | 781.647.6727 | [www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.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.  |
| Laheyhealth.org  | tuftsmedicalcenter.org | partners.org  |
| Mass Child Psychiatry Access Program-PCP’s refer for fast-track access | Ask your physician about this program. | [www.mcpap.org](http://www.mcpap.org) |
| 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 | [Masshealthconnector.org](https://mahealthconnector.optum.com/individual/) |
| MA Behavioral Health Partnership for MassHealth Members | 1.800.495.0086 | [www.masspartnership.com](http://www.masspartnership.com) |
| Mental Health Resource Directories |
| National Alliance on Mental Illness (NAMI): MA COMPASS | 800.950.6264 | [namima.org](https://namimass.org/) |
| MA 211 Multilingual Line 24/7 To find community service supports | Call 211 | https://mass211.or[g](http://www.ma211.org) |
| Interactive Support |
| IM HearTeen to Teen[www.samaritanshope.org](http://www.samaritanshope.org) | IM AliveAn On-line crisis network[www.iamalive.org](https://www.imalive.org/) | Mental Health: Let’s Talk About It[www.mentalhealth.gov](http://www.mentalhealth.gov) | Strength of USYouth Impacted by Mental Health[www.strengthofus.org](http://www.strengthofus.org) |
| Self-Help Apps |
| CALM[www.calm.com](http://www.calm.com) | MindShiftHelps teens cope with anxiety.@anxietybc.com/mobile-app | CodeBlueSupport for youth experiencing bullying or depression.@codeblue.io | MoodTrackerHelps track your moods.[www.mood247.com](http://www.mood247.com) |

\*Revised on 02/01/2021