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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 Line  M-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 | | | | | | | | | |
| SafeLink  24/7 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 Project  Peer 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 Hear  Teen to Teen  [www.samaritanshope.org](http://www.samaritanshope.org) | IM Alive  An 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 US  Youth Impacted by Mental Health  [www.strengthofus.org](http://www.strengthofus.org) |
| Self-Help Apps | | | | | | | | | |
| CALM  [www.calm.com](http://www.calm.com) | MindShift  Helps teens cope with anxiety.  @anxietybc.com/mobile-app | | | | CodeBlue  Support for youth experiencing bullying or depression.  @codeblue.io | | | | MoodTracker  Helps track your moods.  [www.mood247.com](http://www.mood247.com) |

\*Revised on 02/01/2021