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

Town Emergency Management Covid-19 Line: (781) 334-8141

## Outpatient Mental Health Counseling Resource and Referral Help Line

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.

<table>
<thead>
<tr>
<th>INTERFACE Help Line</th>
<th>1.888.244.6843</th>
<th>Interface.williamjames.edu</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-F</td>
<td>9:00 am to 5:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

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

| Eliot Community Services | 800.988.1111 | www.eliotchs.org/services/outpatient-services/emergency-services/ |

## Crisis Hotlines: Call & Text 24/7

| National Suicide Prevention Lifeline | 800.273.8255 | www.suicidepreventionlifeline.org |
| Samaritans Hotline | 800.252.8336 | www.samaritanshope.org/our-services/247-crisis-services/ |
| Crisis TEXT Line | Text “Start” to 741741 | www.crisistextline.org |
| TrevorLifeLine Suicide prevention for GLBTQ Youth | 1.866.488.7386 | www.thetrevorproject.org |
| TrevorText for GLBTQ Youth | Text START to 678678 | www.thetrevorproject.org |
| Confidential Veterans Crisis Chat | Text to 838255 | VeteransCrisisLine.net |

## Abuse-Assault-Domestic Violence

| SafeLink 24/7 MA Domestic Violence Hotline | 1.877.785.2020 | www.nationaleatingdisorders.org |
| REACH Beyond Domestic Violence | 800.899.4000 | http://www.reachma.org |
| National Domestic Violence Hotline | 800.799.7233 | www.janedoe.org |

## Substance Use Disorders

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

| Massachusetts Substance Abuse Information Helpline | 800.327.5050 | www.helpline-online.com |
| National SAMHSA Treatment Helpline | 800.662.4357 | www.findtreatment.samhsa.gov |

## Anxiety & Depression and Eating Disorders

| Anxiety and Depression Association of America | 240-485-1001 | www.ada.org |
| Families for Depression Awareness | 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.*
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.

<table>
<thead>
<tr>
<th>MENTAL HEALTH RESOURCE LIST*</th>
<th>Lynnfield, MA</th>
<th><a href="http://www.ahealthylynnfield.org/treatment-and-recovery">www.ahealthylynnfield.org/treatment-and-recovery</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>IN CASE OF EMERGENCY CALL 9-1-1</td>
<td>Town Emergency Management Covid-19 Line: (781) 334-8141</td>
<td></td>
</tr>
</tbody>
</table>

### MENTAL HEALTH RESOURCE LIST

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Nan Project</td>
<td>781.861.0809</td>
<td><a href="https://thenanproject.org/">https://thenanproject.org/</a></td>
</tr>
<tr>
<td>Peer Mentor Depression and Suicide Resources</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Eating Disorders Association</td>
<td>800.931.2337</td>
<td><a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a></td>
</tr>
<tr>
<td>Tufts Mood Disorders Program (depression)</td>
<td>617.636.0219</td>
<td><a href="http://www.tuftsmedicalcenter.org">www.tuftsmedicalcenter.org</a></td>
</tr>
<tr>
<td>Walden Behavioral Care (eating disorders)</td>
<td>781.647.6727</td>
<td><a href="http://www.waldenbehavioralcare.com">www.waldenbehavioralcare.com</a></td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Source</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laheyhealth.org</td>
<td>tuftsmedicalcenter.org</td>
</tr>
<tr>
<td>Mass Child Psychiatry Access Program</td>
<td>PCP’s refer for fast-track access</td>
</tr>
<tr>
<td><strong>Health Insurers provide a number on the back of a member insurance card to access behavioral health services that are covered in-network.</strong></td>
<td></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI): MA COMPASS</td>
<td>800.950.6264</td>
</tr>
<tr>
<td>MA 211 Multi Lingual Line 24/7</td>
<td>1.800.495.0086</td>
</tr>
</tbody>
</table>

### Mental Health Resource Directories

<table>
<thead>
<tr>
<th>Directory</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Alliance on Mental Illness (NAMI): MA COMPASS</td>
<td>800.950.6264</td>
<td><a href="http://namima.org">namima.org</a></td>
</tr>
<tr>
<td>MA 211 Multi Lingual Line 24/7</td>
<td>1.800.495.0086</td>
<td><a href="http://www.masspartnership.com">www.masspartnership.com</a></td>
</tr>
</tbody>
</table>

### Interactive Support

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>IM Hear Teen to Teen</td>
<td><a href="http://www.samaritanshope.org">www.samaritanshope.org</a></td>
<td></td>
</tr>
<tr>
<td>IM Alive An On-line crisis network</td>
<td><a href="http://www.iamatlive.org">www.iamatlive.org</a></td>
<td></td>
</tr>
<tr>
<td>Mental Health: Let's Talk About It</td>
<td><a href="http://www.mentalhealth.gov">www.mentalhealth.gov</a></td>
<td></td>
</tr>
<tr>
<td>Strength of US Youth Impacted by Mental Health</td>
<td><a href="http://www.strengthofus.org">www.strengthofus.org</a></td>
<td></td>
</tr>
</tbody>
</table>

### Self-Help Apps

<table>
<thead>
<tr>
<th>App</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>CALM</td>
<td><a href="http://www.calm.com">www.calm.com</a></td>
</tr>
<tr>
<td>MindShift</td>
<td>Helps teens cope with anxiety.</td>
</tr>
<tr>
<td>CodeBlue</td>
<td>Support for youth experiencing bullying or depression.</td>
</tr>
<tr>
<td>MoodTracker</td>
<td>Helps track your moods.</td>
</tr>
</tbody>
</table>