



# MENTAL HEALTH RESOURCE LIST\*

Lynnfield, MA

[www.ahealthylynnfield.org/treatment-and-recovery](http://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.

<b>INTERFACE</b> Help Line M-F 9:00 am to 5:00 p.m.	1.888.244.6843	<a href="http://Interface.williamjames.edu">Interface.williamjames.edu</a>
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## 24/7 Mental Health Crisis Line - Psychiatric Evaluation - Stabilization

Eliot Community Services	800.988.1111	<a href="http://www.eliotchs.org/services/outpatient-services/emergency-services/">www.eliotchs.org/services/outpatient-services/emergency-services/</a>
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## Crisis Hotlines: Call & Text 24/7

National Suicide Prevention Lifeline	800.273.8255	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>
Samaritans Hotline	800.252.8336	<a href="http://www.samaritanshope.org/our-services/247-crisis-services/">www.samaritanshope.org/our-services/247-crisis-services/</a>
Crisis TEXT Line	Text "Start" to 741741	<a href="http://www.crisistextline.org">www.crisistextline.org</a>
TrevorLifeLine Suicide prevention for GLBTQ Youth	1.866.488.7386	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
TrevorText for GLBTQ Youth	Text START to 678678	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
Veterans Crisis Line	1.800.273.8255 Press 1	<a href="http://www.VeteransCrisisLine.net">www.VeteransCrisisLine.net</a>
Confidential Veterans Crisis Chat	Text to 838255	VeteransCrisisLine.net

## Abuse-Assault-Domestic Violence

SafeLink 24/7 MA Domestic Violence Hotline	1.877.785.2020	<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>
REACH Beyond Domestic Violence	800.899.4000	<a href="http://www.reachma.org">http://www.reachma.org</a>
National Domestic Violence Hotline	800.799.7233	<a href="http://www.janedoe.org">www.janedoe.org</a>

## Substance Use Disorders

(see [www.ahealthylynnfield.org](http://www.ahealthylynnfield.org) for list by service type)

Massachusetts Substance Abuse Information Helpline	800.327.5050	<a href="http://www.helpline-online.com">www.helpline-online.com</a>
National SAMHSA Treatment Helpline	800.662.4357	<a href="http://www.findtreatment.samhsa.gov">www.findtreatment.samhsa.gov</a>

## Anxiety & Depression and Eating Disorders

Anxiety and Depression Association of America	240-485-1001	<a href="http://www.ada.org">www.ada.org</a>
Families for Depression Awareness	781.890.0220	<a href="http://www.familyaware.org">www.familyaware.org</a>

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.



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

## 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.	<a href="http://www.mcpap.org">www.mcpap.org</a>
<b>Health Insurers provide a number</b> on the back of a <b>member</b> insurance card to access <b>behavioral health</b> services that are covered in-network.	877.623.6765	<a href="http://Masshealthconnector.org">Masshealthconnector.org</a>
MA Behavioral Health Partnership for Mass Health Members	1.800.495.0086	<a href="http://www.masspartnership.com">www.masspartnership.com</a>

## Mental Health Resource Directories

National Alliance on Mental Illness (NAMI): MA COMPASS	800.950.6264	<a href="http://namima.org">namima.org</a>
MA 211 Multi Lingual Line 24/7 To find community service supports	Call 211	<a href="http://www.ma211.org">www.ma211.org</a>

## Interactive Support

IM Hear Teen to Teen <a href="http://www.samaritanshope.org">www.samaritanshope.org</a>	IM Alive An On-line crisis network <a href="http://www.iamalive.org">www.iamalive.org</a>	Mental Health: Let's Talk About It <a href="http://www.mentalhealth.gov">www.mentalhealth.gov</a>	Strength of US Youth Impacted by Mental Health <a href="http://www.strengthofus.org">www.strengthofus.org</a>
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## Self-Help Apps

CALM <a href="http://www.calm.com">www.calm.com</a>	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. <a href="http://www.mood247.com">www.mood247.com</a>
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