

MENTAL HEALTH RESOURCES 101

Suicide & Crisis Lifelines

In the case of an emergency, call 911 or go to your nearest emergency room.

988 - this 24-hour, toll-free line provides confidential support for people in distress. Prevention and crisis resources for you or your loved ones. Call or text 988. ([VETERANS](#) - call 988 then dial 1)

[SAMHSA's National Helpline](#) - provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Dial 1-800-662-HELP.

[NAMI](#) - National Alliance on Mental Illness provides a Helpline at 800-950-6264 (or text "HelpLine" to 62640) M-F 10 am - 10 pm.

[The Trevor Project](#) - offers 24/7 support for LGBTQ+ people. If you are thinking about suicide:
Call TrevorLifeline (866) 488- 7386 *or*
TrevorText - text "START" to 678678.
TrevorChat can be accessed [through this link](#).

[American Foundation for Suicide Prevention](#) - phone and texting options available 24/7.
Lifeline – (800) 273-TALK (8255).
Crisis Text Line - text "TALK" to 741741

[Massachusetts Behavioral Health Helpline](#) - Call or text 833-773-2445 24/7 information about critical health and human services available in their community. MBHH serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources.

[Samaritans of Massachusetts](#) 24-hour hotline, call or text: 877-870-HOPE

(4673). Free and anonymous for those feeling suicidal, lonely, depressed as well as for those worried about someone else.

Local Resources

[Belmont Dep. Of Health Youth and Family Services](#) - provides free and confidential mental health services to residents of Belmont, specializing in children, adolescents, and families. Contact Janet Amdur, LISCW at (617) 993-2983.

[McLean Hospital](#) – McLean Hospital offers free mental health resources to the public as well as specified treatment programs for depression, anxiety, OCD, eating disorders, and many others. Visit mcleanhospital.org for program contact info.

National Resources

[FindTreatment.gov](#) - The confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

[FindSupport.gov](#) - An online guide that helps people navigate through common questions when they are at the start of their journey to better behavioral health.

Help Finding Support/Therapist

[The Massachusetts Behavioral Health Access \(MABHA\)](#) - helps both providers and individuals locate openings in mental health and substance use disorder services they can access directly from their community.

[Massachusetts Network of Care](#) - An online resource that provides a comprehensive, searchable directory to help Massachusetts residents find information on behavioral health services and treatment in their communities, with program description and contact information, as well as information on populations served, relevant eligibility, and fee information.

[Massachusetts Substance Use Helpline](#) - the only statewide, public resource for finding substance use treatment and recovery services – free and confidential. Specialists help you understand the treatment system and options. Call 1-800-327-5050.

[SAMHSA Treatment locator](#) - The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness.

[NAMI Compass](#) - this information and referral helpline provides resources and support to navigate the complex mental health system. Trained Navigators can answer a wide range of questions and refer to community resources. Available M-F, 9 am – 5 pm at 617-704-6264 or 1-800-370-9085, or email compass@namimass.org.

[SWTRS](#) Social Work Therapy Referral Service will match clients based on insurance and area of need. Available 9-5, M-F, and will try to respond within a day.

[Psychology Today](#) has an online listing of local therapists.

[MASSMEN](#) is dedicated to supporting mental health resources for men in Massachusetts, including a lifeline crisis chat link, virtual therapy sessions, online support groups, mindfulness, and symptom-monitoring apps.

[InnoPsych](#) is a resource to help individuals find a therapist of color.

[Justice Resource Institute \(JRI\)](#)- JRI has over 100 diverse programs meeting the needs of underserved individuals, families, and communities. Their services include case management and in-home therapy.

[Parents Helping Parents of Massachusetts](#) Free and confidential 24/7 Parental Stress Line 1-800-632-8188 plus online support groups.

[Center for Anxiety and Related Disorders \(CARD\)](#) at Boston University, (617) 353-9610. Specializes in helping both adults and children address a range of anxiety disorders. Self Pay, sliding fee scale available.