

National Suicide Prevention Lifeline

9-8-8 Free and confidential emotional support to people in suicidal crisis and emotional distress 24 hours a day, 7 days a week, across the United States

Crisis Text Line

Text HOME to 741741 National crisis text line where you can speak directly with a volunteer crisis counselor.

Your Life Your Choice

*1-800-448-3000 or text VOICE to 20121
24/7 Teen Crisis Hotline and online support.*

National Domestic Violence Hotline

1-800-799-7233 24/7 support, crisis intervention information, education, and referral services to help survivors of domestic violence.

Poison Control Hotline

1-800-222-1222 Speak with someone about what to do if you or someone you know has swallowed or contacted something that may be harmful.

MA Department of Children and Families

617-748-2000 Support and services to keep children safe with parents or family members.

Boston Medical Center Parental Support

1-855-378-4373 The Helpline has trained and caring master's-level specialists ready to help any parent struggling with a child's drug or alcohol use. They are here to listen, help you find answers and make an action plan.

Massachusetts Emergency/Crisis Services

1-877-382-1609 24/7 Emergency Service Program for anyone experiencing a mental health or substance use disorder crisis across the state

Boston Medical Center/Boston Emergency Services Team (B.E.S.T)

1-800-981-4357 Information and referrals, psychiatric evaluation, crisis intervention and treatment, and referrals to populations in Boston, Brookline, Chelsea, Revere, & Winthrop.

Veterans Crisis Line

1-800-273-8255 or text 838255 Team of qualified responders with the Department of Veteran Affairs who are available for a variety of needs in times of crisis; many are veterans themselves.

Massachusetts Behavioral Health Access

*1-888-502-2425 or dial 311, option 3
Helps identify available services including crisis, outpatient walk-in, partial and inpatient hospitalization and assist with referrals. Help available 8AM-8PM.*

MGH Addiction Recovery Management Service (ARMS)

617-643-4699 Outpatient, dual-diagnosis clinic to help provide support and treatment to adolescents, young adults, and their families.

Boston Public Health Commission Recovery Services

Information on Boston’s prevention, treatment, and recovery support services, including a resource guide to services.

Providing Access to Addictions Treatment, Hope, and Support (PAATHS)

Information and access to substance use treatment services through phone support, community support, and walk-in services

Access, Harm Reduction, Overdose Prevention, and Education (AHOPE)

Harm reduction and syringe exchange site providing a range of services including risk reduction counseling and referrals

Adolescent Substance Use and Addiction Program (ASAP) at Boston Children’s Hospital

617-355-2727 Identification, diagnosis, and treatment of substance use problems and disorders in children and adolescents

FindTreatment.gov

1-800-662-4357 Free national resources to help get connected to substance use and mental health treatment

Massachusetts Department of Mental Health

Information and mental health services for youth and adults across the state

Boston Medical Center Graykin Addiction Support

Provides Massachusetts families with the support and information they need to help address a child’s substance use, whether your son or daughter is a teenager living at home or a young adult living independently.

Cambridge Health Alliance – Outpatient Psychiatry

617-665-1372 Offers support in adult, adolescent, geriatric psychiatry, as well as outpatient addiction and behavioral health services.

My Life, My Quit

Text “Start My Quit” to 1-855-891-9989 Trained youth coach specialists help young people quit smoking or vaping by phone/text

Massachusetts Smokers’ Helpline

1-800-QUIT-NOW Free phone-based counseling services to help people stop or reduce smoking.

This is Quitting

Text “VapeFreeMass” to 88709 Free and confidential program for young people who vape and are ready to quit

Alcoholics, Narcotics, and Marijuana Anonymous

www.aa.org

www.na.org

www.marijuana-anonymous.org

Department of Children and Families

617-748-2000 Support and services to keep children safe with parents or family members

Massachusetts Behavioral Health Partnership

Peer support resource guide to help individuals find support in their area

Mass.gov Substance Use Prevention for Parents

Information for parents regarding prevention for middle- and high-school aged children, as well as information for parents regarding how to deal with using adolescents.

MGH West End Clinic

617-724-2480 Outpatient clinic for individuals with substance use disorders and co-occurring mental health disorders.

The Trevor Project

1-866-488-7386 or text START to 678-678
National 24/7 crisis intervention & suicide prevention lifeline for LGBTQ people under 25.

Fenway Health

Health Center providing high quality medical and behavioral health care for the LGBTQIA+ community.

Trans Lifeline

(877) 565-8860 Non-profit organization offering emotional and financial support to trans people in crisis, directing them to community support and resources

LGBTQ Psychotherapists of Color

Matches members of the LGBTQ+ community with licensed psychotherapists in the same community.

The Gay, Lesbian, Bisexual, and Transgender Youth Support Project

Provides training and on-going support for educators and health and human service providers to assist them in implementing welcoming and appropriate programs, policies, and services for these young people and their families.

Boston Alliance of Gay, Lesbian, Bisexual, and Transgender Youth (BAGLY)

Youth-led, adult-supported social support organization committed to social justice, and creating, sustaining, and advocating for programs, policies, and services for LGBT youth 22 and under.

OTPoC Mental Health Practitioner Directory

Virtual directory of mental health practitioners across the country for queer and trans people of color, provided by the National Queer and Trans Therapists of Color Network.

MISSION Act Community Care Program

888-902-VETS: Provides services that veterans are otherwise not able to receive through the VA for specific reasons and may provide coverage specifically for veterans with substance use disorder.

Veteran's Association

Federally funded services for veterans, offering medication options along with counseling and other therapy options. Veterans can apply for health care through the VA and then access treatment.

VA Homeless Programs

A resource page for homeless veterans, telling them what steps to take and offering resources in health care, mental health, housing assistance, and employment/job training.

Women Veterans Health Care

Call or text 1-855-829-6636: Call center run by the trained VA woman staff member which answers questions of women Veterans, their families, and caregivers about VA services and resources.

Statewide Advocacy for Veterans' Empowerment (SAVE) Program

617-210-5743 Peer outreach program that connects veterans with peers to help them access benefits, services, and supports, and support their overall mental health.

VA Benefits Hotline

1-800-827-1000

VA Health Benefits Hotline

1-877-222-8387

Boston Healthcare for the Homeless Program

Program providing health care for all individuals and families experiencing homelessness in our community.

Massachusetts Coalition for the Homeless Shelters in Greater Boston

Resource guide with information on individual shelters in the greater Boston area.

Rosie’s Place

Women’s shelter that provides food, shelter, job training, legal assistance, and more.

Boston.gov homelessness resources

Webpage with an extensive list of shelters, meal services, outreach services, etc.

Inclusive Therapists

Virtual directory of culturally competent and social justice-oriented therapists; includes lists of therapists currently offering reduced-fee teletherapy.

Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory:

Virtual directory of APISAA mental health providers.

Black Emotional and Mental Health Collective (BEAM) Virtual Therapist Network

Virtual directory of Black mental health clinicians who provide virtual services.

Black Mental Health Alliance

Virtual directory of culturally-competent and patient centered licensed mental health professionals.

Melanin & Mental Health Directory

Virtual directory of culturally competent mental health clinicians for Black and Latinx/Hispanic communities.

Boris Lawrence Henson Foundation Resource Directory

Virtual directory of mental health providers, programs, and resource materials for the African American community.

National Hispanic Family Health Helpline

1-866-783-2645 Provides free, reliable, and confidential information in Spanish and English to help callers navigate the health system and referrals to local health care services.

American Society of Hispanic Psychiatry:

Promotes research, education, advocacy, and support for those in the Hispanic community. Offers a “Find a Physician” feature on their website.

Therapy for Latinx

Database of therapists who either identify as Latinx or have worked closely with and understands the needs of the Latinx community. Website is also offered in Spanish.

Mental Health America’s Resources for Latinx/Hispanic Communities

General mental health Spanish-speaking resources, including a list of Spanish-language materials and screening tools.

National Indian Health Board

General health resource directory for the American Indian Community and Alaska Native communities.

Indian Health Service, for Patients

The Indian Health Service (IHS) is the health care system for federally recognized American Indian and Alaska Natives in the United States