

- **988**

988 Suicide and Crisis Lifeline

Hours: Available 24 hours

- **Advocates Crisis Team**

We partner with individuals, families, and communities to shape creative solutions to even the greatest life challenges. First, we listen. Then, together, we do what it takes to help people thrive.

We envision communities in which every person has a full life, decent and affordable housing, meaningful work, satisfying relationships, and good health. There will be social, economic, and health justice, a place for all of us to thrive and opportunities for everyone to make a contribution.

The Advocates Crisis Team is open 24 hours a day – 365 days per year.

Clients are encouraged to call, but walk-ins are accepted.

The district support office is located at 675 Main Street, Waltham, MA. Advocates can be reached at 800-540-5806 or 781-893-2003.

\*Serves the following areas: Acton, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Maynard, Stow, Waltham, Watertown, Wilmington, Winchester, Woburn

For more information visit: <https://advocates.org/>

- **Call2Talk Crisis Line**

Call2Talk Crisis Line – available 24 hours a day 7 days a week

508-532-2255

Send texts to 741741

Call2Talk is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be suicidal.

- **Crisis Text Line**

Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling

Text **HOME** to [741741](tel:741741) from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

- **Lahey Health Behavioral Services**

The Lahey Health Behavioral Services is open 24 hours a day – 365 days per year. Clients are encouraged to call, but walk-ins are accepted. This support service is located at 391 Varnum Avenue, Lowell, MA 01854 and can be reached at 800.830.5177.

Serves the following areas: Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford.

Beth Israel Lahey Health Behavioral Services is a private, nonprofit agency that provides mental health counseling, addiction treatment and family and school-based services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts.

We serve adults, teens, families and children.

Services include outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; and community education and prevention initiatives.

For more information visit: <http://www.nebhealth.org/>

- **Local Food Pantries**

**Bedford:** <http://www.bedfordfoodpantry.org/>

**Billerica:** <https://billericacommunitypantry.com/>

**Burlington:** <https://www.foodpantries.org/>

**Tewksbury:** <http://www.tewksburypantry.org/>

**Wilmington:** - <http://www.commfund.org/>

- **Lowell Psychiatric Crisis Team**

The crisis team through Beth Israel Lahey Behavioral Health Services provides immediate mental health crisis support to youth and families. Services are available 24/7 and can be provided on-site in the community or in the office.

978-455-3397 or 1- 800-830-5177

For more information

visit: <http://nebhealth.org/site/assets/pdfs/ESPLowellLaheyFINAL.pdf>

- **Mass 211**

Call to find information about a wide range of community services across Massachusetts. Confidential and available 24/7. 211 can help with many needs- from finding an after-school program, a food bank, or where to secure care for an aging parent.

Text 211 Or 1-877-211-MASS (6277)

Fore more information visit: <https://mass211.org/>

- **Massachusetts Substance Abuse Helpline**

Massachusetts helpline available 24/7, provides free, confidential help finding substance use treatment, recovery, and problem gambling services.

1-800-327-5050

For more information visit: <https://helplinema.org/> or <https://www.drugfreebillerica.org/>

- **Mobile Crisis Intervention (MCI) for youth**

Statewide Emergency Services Program (ESP)

Youth up to age 21, this service mobilizes to the home or other site where a youth is located. Services are provided 24/7/365 at all locations

1-877-382-1609

For more information visit: <https://www.masspartnership.com/member/esp.aspx>

- **NAMI Helpline**

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI HelpLine: call (800) 950-NAMI (6264) Monday through Friday between 10:00 a.m. and 6:00 p.m. ET for mental health resources or email [info@nami.org](mailto:info@nami.org)

For more information visit: <https://nami.org/Home>

- **National Suicide Prevention Lifeline**

National helpline available 24/7, provides free, confidential support for people in distress, prevention, and crisis resources.

800-273- TALK (8255)

Fore more information visit: <https://suicidepreventionlifeline.org/>

- **Riverside Community Care**

Riverside Community Care

We make a difference in the lives of individuals, families, and communities through innovative and compassionate behavioral healthcare and human services, and we use technology to improve access to quality care and expand our impact.

- **SafeLink - Domestic violence hotline**

SafeLink is Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence. Are you worried about someone or do you have questions about abuse? Do you recognize warning signs of an unhealthy relationship? Do you need help or support? Call us. Each call is answered by a trained advocate who provides non-judgmental support, assistance with safety planning, and information on appropriate resources.

SafeLink's state-of-the-art technology allows the advocate answering your call to keep you on the line while you are being connected to a resource in your area, getting you help in just a single call. It is also OK to call SafeLink if you need to talk about your situation or someone else's – you do not need to be looking for services or a shelter space.

The SafeLink toll-free number is **(877) 785-2020**. Advocates are bilingual in English and Spanish and have access to a service that can provide translation in more than 130 languages.

People who are Deaf and hard of hearing can reach SafeLink through the [Mass Relay service](#):

- Dial 711 in Massachusetts.
- From anywhere else, dial [1-800-439-0183](#) for English or [1-800-930-9252 for Spanish](#).
- Ask to be connected to the hotline ([1-877-785-2020](#)).

Call SafeLink for:

- Safety planning resources for survivors to learn how they and their families can stay safe.
- A safe and confidential space in which to talk about your relationship or someone else's.
- A direct connection to domestic violence programs across Massachusetts
- Referrals to local domestic violence and other community resources
- Support and resources for anyone who is concerned about a victim of domestic violence
- Information about domestic and dating violence
-

- **Shelters & Homelessness**

[womenshelters.org](http://womenshelters.org) - Billerica, MA

[Homelesshelterdirectory.org](http://Homelesshelterdirectory.org)

<https://www.shelterlistings.org/> - Massachusetts