

MENTAL HEALTH RESOURCES

AVAILABLE 24/7

988 MENTAL HEALTH CRISIS LIFELINE

CALL OR TEXT 988
[988LIFELINE.ORG](https://988lifeline.org)

MASSACHUSETTS BEHAVIORAL HEALTH HELPLINE

CALL OR TEXT 833-773-2445
[MASSHHELPLINE.COM](https://masshelpline.com)

THE TREVOR PROJECT FOR LGBTQ+ TEENS

CALL 1-866-488-7386
OR TEXT "START" TO 678-678
[THETREVORPROJECT.ORG
/GET-HELP/](https://thetrevorproject.org/get-help/)

AVAILABLE DURING THE DAY

HEY SAM PEER TO PEER TEXTING

9AM - MIDNIGHT ET
TEXT 439-726
[SAMARITANSHOPE.ORG/
OUR-SERVICES/HEY-SAM/](https://samaritanshope.org/our-services/hey-sam/)

URGENT

IF YOU OR SOMEONE YOU
KNOW IS IN A MEDICAL
EMERGENCY, PLEASE
CALL 911

HEADSUPBOSTON.ORG



BOSTON PUBLIC
HEALTH COMMISSION

HEADS UP

BOSTON

MENTAL

HEALTH

MATTERS