

BEHAVIORAL HEALTH RESOURCES

CRISIS HELP AND INFORMATION

FREE SERVICES

A mental health crisis is when someone is experiencing symptoms that make them feel out of control or prevent them from being able to take care of themselves.

IN A CRISIS CONTACTS

- **Life-threatening emergency**
 - Call 911
- **Emergency Service Providers**
 - 877-382-1609, Connect with a clinician, 24/7
 - Use Emergency Services Providers (ESP) as a possible alternative to a hospital emergency department.
- **National Suicide Prevention Lifeline**
 - 800-273-8255
- **Samaritans Statewide Helpline**
 - 877-870-4673
- **Crisis Text Line**
 - Text HOME to 741741
- **The Living Room, Advocates**
 - advocates.org/services/livingroom
 - A 24-hour crisis alternative to emergency department visits and hospitalization, staffed by peer specialists, 508-661-3333

PREPARING FOR A MENTAL HEALTH CRISIS

- **NAMI Crisis Guide** - namicentramiddlesex.org/crisis
 - The “Navigating a Mental Health Crisis” guide helps you prepare for crisis situations.
- **NAMI Massachusetts Crisis Information** - namimass.org/in-a-crisis
 - NAMI Massachusetts offers well-researched information about what to do, how to plan, and a variety of services to help handle a crisis.
- **NAMI MA Compass Helpline** - namimass.org/nami-mass-compass-helpline
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances, Mon-Fri, 9 am–5 pm, Contact: 617-704-6264 or 1-800-370-9085, or compass@namimass.org