



Behavioral Health Resources

Free Supports for Teens & Young Adults

Call, text, or chat services

Hey Sam: samaritanshope.org/our-services/hey-sam 1-877-832-0890 (text)

Your Life/Your Voice: yourlifeyourvoice.org 1-800-448-3000 (call, chat, and text)

Teen Line: teenline.org 1-800-266-7883 (call, text, email)

NAMI Teen & Young Adult HelpLine: nami.org/help 1-800-950-6264 (call, chat, and text)

Trevor Lifeline for LGBTQ youth: thetrevorproject.org 1-866-488-7386 (call, chat, and text)

Other support options

Speaking of Hope: speakingofhope.org A web and social media platform that supports mental wellness for young adults in Massachusetts

Jed Foundation: jedfoundation.org Works to strengthen the emotional health of teens and young adults so they can thrive.

The Transitions to Adulthood Center for Research: umassmed.edu/TransitionsACR
Offers handouts, reports, and more for young people living with mental health conditions.

Northeast Recovery Learning Community (NERLC): nilp.org/nerlc Offers peer support groups, one-on-one support, workshops, and more. Open to adults living with mental health symptoms in Massachusetts.

Urgent and crisis care

MA Behavioral Health Helpline: masshelpline.com or 833-773-2445

Call or text 24/7 for urgent care evaluation, connection to clinical services and mobile crisis response. Those concerned about someone who may need support are welcome to call.

Community Behavioral Health Centers (CBHCs): mass.gov/info-details/find-your-local-community-behavioral-health-center or 833-773-2445

24/7 walk-in alternative to emergency department visits for mental health and substance use crisis and urgent care. CBHCs in Waltham, Framingham, Lowell and Leominster cover the Emerson Hospital service area. Check the link for location info.