

Mental Health Hotlines:

988

Suicide & Crisis Hotline

~call or text~

(similar to 911 but specifically for mental health-related issues)

1-833-9-

HELP4MOMS

(1-833-943-5746)

~call or text~

*National Maternal
Mental Health Hotline*

1-800-799-7233

National Domestic Violence Hotline

1-800-632-8188

Parental Stress Hotline

1-866-488-7386

or text START to 678-678

Trevor Project Hotline

(for LGBTQ+ youth)

**1-800-662-HELP
(4357)**

SAMHSA Hotline

(Mental health & Substance use)

1-833-773-2445

~call or text~

Behavioral Health Helpline

Serving all Ages

*Assessments and Referrals to treatment
for mental health conditions, substance
use disorders and crisis care.*

www.masshelpline.com

Scan the QR code to get
a copy on your phone!

RPA Behavioral Health
Team