

Massachusetts

Free resources to support mental health and wellness

Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **Free online forums and 1-on-1 chats** | [7cups.com](https://www.7cups.com)
- **Boston Peer Support Line**
Monday-Sunday, 4-8 pm | 877-733-7563
- **Western Mass Peer Support Line**
Monday-Thursday, 7pm–9pm
Friday-Sunday, 7pm–10pm | 888-407-4515
- **Virtual peer support groups**
Western Massachusetts Recovery Learning Community westernmassrlc.org/hidden-community-happenings-fix/888-on-line-and-phone-supports-march-2020

In a crisis?



- **National Suicide Prevention Lifeline**
800-273-TALK (8255)
- **Massachusetts Emergency/Crisis Services** | 877-382-1609
- **Call2Talk** | 508-532-2255
Text C2T to 741741
- **Samaritans (24/7)** | 877-870-4673
- **SAMHSA's Disaster Distress Helpline (24/7)** | 800-985-5990
Text TalkWithUs to 66746
- **American Foundation for Suicide Prevention** | Find a local chapter afsp.org/find-a-local-chapter
- **Crisis Text Line** | Text HOME to 741741 | crisistextline.org

Specialized Support

Young Adults

- **OK2Talk** | ok2talk.org | 800-273-TALK
- **Text TEEN to 839863** between 9pm and 1am any night, download the [Teen Talk App](#), or participate in discussions with other teens on the TEEN LINE [message board](#).
- **Your Life Your Voice**
 - » 800-448-3000
 - » Text VOICE to 20121 between 1pm and 1am
 - » [Send a message from the website](#)
- **Virtual online support groups for young adults**
Zia Young Adult Access Center
centralmassrlc.org/zia
- **Visit mass.gov/service-details/dmh-access-centers** to connect with a young adult access center.

Older Adults

- **FriendshipWorks** (Boston & Brookline)
Older Adults who are socially isolated can receive regulate phone calls and virtual visiting with online technology
fw4OlderAdults.org/front-page/make-a-referral

LGBTQ

- **The Trevor Project** (LGBTQ support)
866-488-7386 | Text START to 678678
Chat online at thetrevorproject.org
- **Fenway Health Peer Listening Line**
888-340-4528
or for under 25:
800-399-PEER (7337)
fenwayhealth.org/care/wellness-resources/help-lines

Parents



- **Parent Stress Line (24/7)**
800-632-8199
- **Parents Helping Parents of Massachusetts**
Daily online support groups
parentshelpingparents.org/copy-of-parent-support-groups
- **PPAL** (Parent /Professional Advocacy League)
866-815-8122
ppal.net

Veterans

- **Veteran's Crisis Hotline**
800-273-8255 (press 1)

For multilingual resources, please visit our [website](#).

Other resources

- **Visit [Mass211.org](https://mass211.org)** or dial 2-1-1
- **Massachusetts Community Resource Directory** | massthive.org
- **Support Group Central**
various online support groups
supportgroupcentral.com
- **Contact your behavioral health provider to see if they can schedule a telehealth visit.** Telehealth is a virtual therapy session. Many providers are now offering this option.
- **Massachusetts Network of Care**
Find behavioral health resources in your area
massachusetts.networkofcare.org/mh