

Mental Health

Hotlines

Brought to you by MPDC's
Mental Health Team



IMPORTANT

If you or someone you know is experiencing a mental health crisis or emergency please call 911 or your local crisis team

■ Suicide Hotline: 1-800-273-8255 OR Text: HELLO to 741741

■ Samaritans: 1-877-870-4673

■ Self Harm Hotline : 1-800-273-8255 OR Text: HOME to 741741

■ B.E.S.T (Boston Emergency Services Team): 1-800-981-4357

■ Sexual Assault Hotline: 1-800-656-4673

■ National Deaf Domestic Violence Hotline- 855-812-1001

■ Abortion Hotline- 1-800-772-9100 or text HELPLINE to 313131

■ Grief Hotline- 877-779-2223

■ Domestic Violence Hotline- 1-800-799-7233 OR Text "START" to 88788

■ SAMHSA Mental Health Hotline: 1-800-662-4357 OR Text/Call: NAMI to 741741 or 1-800-950-NAMI (6264)

LGBTQAI+ Community Supports

■ Trevor Project-866-488-7386 or text START to 678678

■ Trans Lifeline: 877-565-8860

■ LGBT National Youth Talk Line- 800-246-7743

■ LGBT Senior Hotline: 1-888-234-7243