

Mental Health Resources

Who to Call for Help, NAMI Massachusetts

Listing of programs and numbers to call for emergency services to help individuals having a mental health and/or substance abuse crisis.

<https://namimass.org/crisis/who-to-call-for-help>

877-382-1609 and enter your zip code to get the toll free phone number for your local ESP provider.

South Shore Mental Health's Emergency Services Program (ESP)

Provides comprehensive emergency services for children, teens, and adults who are at risk of harming themselves or others. Available 24 hours a day, seven days a week.

<http://www.ssmh.org/our-programs/for-children-families/emergency-crisis/>

800-528-4890

Massachusetts General Hospital Acute Psychiatry Services (APS)

Located within the Mass General Emergency Department, the APS addresses acute psychiatric and substance-use emergencies in children and adults.

<https://www.massgeneral.org/psychiatry/services/>

No phone number. All care takes place face-to-face in a dedicated area within the Emergency Department at Mass General.

Samaritans: Suicide Prevention and Support For Those Affected

Do you feel sad, lonely, hopeless, or suicidal? We're here to listen to you, 24 hours a day. If you need to talk to someone about how you're feeling, grieve the loss of a loved one to suicide, or learn how to help others in crisis, you can find support with us.

<https://samaritanshope.org>

877-870-HOPE (4673)

Jewish Family and Children's Services

JF&CS CHAI Services provide support, strategies, and solutions that strengthen individuals and families, build community connections, and enhance independence.

<https://www.jfcsboston.org/Our-Services/CHAI-Services>

781-647-JFCS (5327)

The William James Interface Referral Service

Provides a mental health and wellness referral Helpline, Monday through Friday, 9 am-5 pm, at 888-244-6843. This is a free, confidential referral service for individuals across the lifespan living in participating communities.

<https://interface.williamjames.edu>

888-244-6843

AdCare

AdCare's substance abuse treatment centers provide inpatient and outpatient alcohol and drug addiction services throughout Massachusetts and Rhode Island.

<http://adcare.com>

800-ALCOHOL (800-252-6465)

Please note: A longer list can be found on a link on the CSS website, <http://www.shaaray.org>

Disclaimer: *This resource list is intended as general information. It is not a recommendation for a particular program or treatment and should not be considered medical or mental health advice. We urge families to discuss the information. Questions related to medical or mental health care should be directed to your health care professional. You should contact your primary care provider for referrals. You should also contact your health plan for referrals and request that they find you an in-network provider.*