



## Behavioral Health Resources

# Free Supports for Teens & Young Adults

### Call, text, or chat services

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

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

**Teen Line:** [teenline.org](https://teenline.org) 1-800-266-7883 (call, text, email)

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

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

### Other support options

**Speaking of Hope:** [speakingofhope.org](https://speakingofhope.org) A web and social media platform that supports mental wellness for young adults in Massachusetts

**Youth MOVE Massachusetts:** [youthmovemassachusetts.net](https://youthmovemassachusetts.net) A youth-led organization dedicated to amplifying the voices of young people and supporting them in taking charge of their mental health. Supported by the Parent/Professional Advocacy League.

**Jed Foundation:** [jedfoundation.org](https://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](https://umassmed.edu/TransitionsACR)  
Offers handouts, reports, and more for young people living with mental health conditions.

**NAMI Teen & Young Adult Resource Directory:** [NAMI Teen & YA Resource Directory \(pdf\)](#)  
Offers articles, webinars, and resources about coping skills, accommodations at school, diagnoses, first episode psychosis, relationships, talking about mental health, self-care, social media, resources for specific cultural communities, and more.

**Northeast Recovery Learning Community (NERLC):** [nilp.org/nerlc](https://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](https://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](https://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.