



Behavioral Health Resources

Free Substance Use Support Opportunities

Crisis care and access to treatment

Massachusetts Substance Use Helpline: helplinema.org

Statewide public resource for finding substance use treatment and recovery services, 800-327-5050

MA Behavioral Health Helpline: 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 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.

Support groups

Alcoholics Anonymous: aaboston.org/meetings

A fellowship of men and women who have had a drinking problem, 617-426-9444

Smart Recovery: smartne.org

Self-Management And Recovery Training (SMART), help resolving problems with any addiction

New England Region of Narcotics Anonymous: nera.org

Recovering addicts who meet regularly to help each other stay clean

Marijuana Anonymous of New England: newenglandma.org

Helping one another recover from marijuana addiction

Support groups for families affected by substance use

Learn to Cope: learn2cope.org

Support network for family members coping with a loved one addicted to opiates or other drugs

Al-Anon and Alateen: al-anon.org

For families and friends of alcoholics

Nar-Anon Family Groups: nar-anon.org

12-Step program for family and friends of addicts

Community support

Many towns now have behavioral health clinicians working along-side local police departments. They work to address the mental health and substance use needs of people coming into contact with law enforcement through crisis intervention and referrals to services. They also offer NARCAN training and distribution. Contact your local police department about their behavioral health clinician.