



## 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) 439-726 (text only)

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

**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

**Jed Foundation:** [jedfoundation.org](https://jedfoundation.org) Works to strengthen the emotional health of teens and young adults so they can thrive. Info and advice with no judgment.

**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 Information for Teens & Young Adults:** [nami.org/kids-teens-and-young-adults](https://nami.org/kids-teens-and-young-adults)  
Offers articles, webinars, and resources about coping skills, accommodations at school, diagnoses, fHow to talk to Your Friends. How to Talk to Your Parents. Your Mental Health & School, How to Disclose Your Mental Health Condition, Mental Health & College, Finding Help, and other topics.

### Urgent and crisis care

**National Suicide and Crisis Lifeline:** 988 call or text  
Support for anyone experiencing mental health related distress and those concerned about someone who may need crisis support, 24/7.

**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.

**Massachusetts Substance Use Helpline:** [helplinema.org](https://helplinema.org), 800-327-5050  
Statewide public resource for finding substance use treatment and recovery services.