Safety & Mental Health Resources

Medical and Insurance · https://community.womensmoneymatters.org/resources/safety-mental-health-resources/

Mass 211 https://mass211.org/
Mass 211 is the centralized hub for comprehensive information and referrals to the complete spectrum of services in Massachusetts.
Mass 211 can be contacted by dialing 211.

Call2Talk Program www.uwotc.org/Call2Talk 508-532-CALL(2255) or dial 2-1-1
At Call2Talk someone is there to listen every day to people in need of emotional support. Calls are free and confidential.

SUICIDE PREVENTION

https://www.mass.gov/suicide-prevention-program
A National Suicide Prevention Lifeline Crisis Center 1-800-273-TALK (8255)
Suicide Prevention Crisis Hotlines
Samaritans Statewide Hotline Call or Text: 1-877-870-HOPE (4673)
National Suicide Prevention Lifeline 1-800-273-TALK (8255) Press # 1 if you are a Veteran
The Trevor Helpline 866-4-U-TREVOR (488-7386) Specifically for Lesbian, Gay, Bisexual and Transgender youth and young adults.

DOMESTIC VIOLENCE

Mass Coalition Against Sexual Assault And Domestic Violence https://janedoe.org/find_help/
Call SafeLink 1-877-785-2020 https://www.mass.gov/service-details/rape-crisis-centers
SafeLink is the statewide domestic violence hotline to talk to someone and be connected with a local sexual assault or domestic violence program. SafeLink is free and confidential.

Greater Lowell Area

Center for Hope and Healing Hotline: (800) 542-5212 Office: (978) 452-7721
HandholdMA.org is a new, family friendly website designed to help families navigate the mental

health system in Massachusetts. Handhold’s three main sections help parents answer these three big questions: should I worry?, what can I do?, and who can help? Whatever steps a family decides to take, HandholdMA.org offers a variety of tips, tools, and resources to help families take them with confidence.