

# VALUABLE MENTAL HEALTH & CRISIS RESOURCES

NATIONAL

**SUICIDE** PREVENTION  
**LIFELINE**™

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Text HOME  
to 741741**

for free, 24/7 crisis  
support in the US.

**911**

<https://www.notokapp.com/>

**Boston Area Rape Crisis Center:  
800-841-8371**

Domestic Violence  
Services Network, Inc.



**Toll free &  
confidential helpline:**

**888-399-6111**

[www.dvsn.org](http://www.dvsn.org)

THE **TREVOR** PROJECT  
*Saving Young LGBTQ Lives*  
**1-866-488-7386**

**Mobile Emergency Psychiatric  
Services Programs**

**Advocates Emergency Service:  
1-800-640-5432**

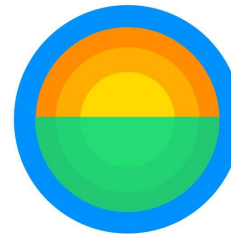


**Boston: 877-870-4673 (call or text)**  
**Merrimack Valley: 866-912-4673**  
**Samariteen (Teen line): 800-252-8336**  
**(3pm - 9pm on weekdays; 9am - 9pm on weekends)**

<https://samaritanshope.org/>

**William James INTERFACE Referral  
Service**

**Free, confidential behavioral health and wellness  
provider referral service, available Monday  
through Friday, 9am - 5pm, at  
888-244-6843 (toll free)**



**AB Cares**

[www.abuw.org](http://www.abuw.org) (Under How We Help)