

MENTAL HEALTH & EMERGENCY RESOURCES FOR TRANSITION-AGE YOUTH & THEIR FAMILIES

Emergency Resources Available 24/7

It's okay to ask for help.

These Massachusetts and national resources are **free and confidential**.

Emergency Clinical Assessment

Massachusetts Emergency Service Program/Mobile Crisis Intervention

Teams of clinicians available for mental health and substance abuse crisis assessment, intervention and stabilization services. *These services are available for many, **not all**, depending on location, age and/or insurance.*

Call 1-877-382-1609

Additional information:

www.masspartnership.com/member/ESP.aspx

Runaway/Homeless Youth Support

National Runaway Safeline

Hotline for youth who are thinking about running away or already have.

Families can get support and be connected to resources.

Call 1-800-786-2929

Additional information: <https://www.1800runaway.org/>

Basic Centers

[Community-based](#) Basic Centers [are located](#) throughout the United States [to meet immediate needs](#). [Call for information/support services](#). (Note: Not a 24/7 call center.)

Call 1-800-621-4000

Additional information: <https://www.benefits.gov/benefit/625>

Domestic Violence

MASSACHUSETTS SafeLink

Free. 24/7 domestic violence hotline and a resource for anyone affected by domestic or dating violence. English and Spanish speaking volunteers. Support for other languages.

Call 1-877-785-2020

Additional information: <https://www.casamyrna.org/get-support/safelink/>

National Domestic Violence Hotline

Free. 24/7 confidential hotline.

Call: 1-800-799-7233

Additional information <https://www.thehotline.org/>

Suicide or Emotional Crisis Line Supports

Support from trained staff for yourself or someone you are worried about.

National Suicide Prevention Lifeline*

Call 800-273-TALK (8255) for crisis support.

TTY: 1-800-799-4889_ Spanish: 1-888-628-9454

Online chat and additional information:

www.suicidepreventionlifeline.org

Crisis Text Line*

Text HOME to 741741 for crisis support.

Additional information: www.crisistextline.org

Samaritans Massachusetts Helpline

Call or text 1-877-870-4673 for crisis support.

Additional information: <https://samaritanshope.org/>

Crisis Lines for LGBTQ Youth

Trevor Project*

Provides suicide prevention and crisis intervention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.

Trevor Lifeline: Call 1-866-488-7386

TrevorText: Text START to 678678

TrevorChat and additional information:

www.thetrevorproject.org/Help

TrevorSpace: Safe space social networking site

www.TrevorSpace.org

Trans Lifeline*

Provides emotional and financial support to transgender people in crisis.

Call 1-877-565-8860

Additional information: <http://www.translifeline.org>

* Information from:

<https://www.sprc.org/livedexperience/tool/crisis-lines>

Crisis Line for Sexual Assault Survivors

Rape, Abuse and Incest National Network (RAINN),
National Sexual Assault Hotline

Call 1-800-656-4673 for confidential support, information, advice or referrals in English or Spanish.

Please make sure you are in a safe place and that you are using a secure device and Internet connection.

Additional information: <https://www.rainn.org/>

AFTER A CRISIS: Resources for Accessing Mental Health and Crisis Services

If you have this resource, it's likely the last few days have been tough for you. Youth Move participants and PPAL families get it! We know what it's like to feel scared, alone, worried and confused about what to do next. That's why we have prepared this resource to help you identify additional information, resources or support.

Support During Business Hours

PPAL (Parent Professional Advocacy League)

PPAL's focus is helping families whose children have **emotional, behavioral and mental health needs** in Massachusetts. PPAL is a family-based and statewide organization. Families are encouraged to call the PPAL offices (Boston or Worcester) for more information on family support and youth programming. PPAL staff can help when youth are involved in the juvenile justice system. For more information and resources and a list of statewide family support groups, go to: <http://ppal.net/>
Call 1-508-767-9725 or 1-617-542-7860

Youth MOVE Massachusetts

Youth Move Massachusetts is a youth-led national organization empowering young adults to use their voices to change the mental health, juvenile justice, child welfare, and education systems. For more information about community-based individual and group peer support resources, and more, go to:
<https://www.sites.google.com/a/ppal.net/youth-move-massachusetts/>

NAMI Massachusetts

NAMI Mass offers education and support for families. Families can call NAMI Mass Compass for help answering questions on **mental health** topics and finding resources. Additional information: <https://namimass.org/> or COMPASS@namimass.org
Call 1-617-704-6264 / 1-800-370-9085

William James College INTERFACE Referral Service

INTERFACE provides a free, confidential **mental health and wellness referral Helpline** for families in many communities. See website for participating communities. For all families, INTERFACE website offers many resources for families and youth. Additional information: <https://interface.williamjames.edu/> Call 1-888-244-6843

Network of Care Massachusetts (new 3/2020)

Comprehensive, searchable directory to help MA residents find information on mental health, substance use and related social services and supports in their communities. Directory includes 5,000+ programs and organizations, searchable by keyword and zip code. Program descriptions include contact information, as well as information on populations served, relevant eligibility, fee information.
<https://massachusetts.networkofcare.org/mh/>

Crisis Guides

If You Are Experiencing a Crisis from NAMI Mass
<https://namimass.org/in-a-crisis/>

A Parent and Caregiver Guide to Helping Your Family Before, During, and After a Crisis (2019) from Judge Baker Children's Center <https://jbcc.harvard.edu/resources>

Crisis Planning Guide for Parents from PPAL (1998)
<http://ppal.net/publications/guides>

Shelters for Unaccompanied Youth and Young Adults Experiencing Homelessness

For a young person experiencing homelessness right now, **Massachusetts Unaccompanied Homeless Youth Commission Locations:** <https://www.mass.gov/orgs/mass-unaccompanied-homeless-youth-commission/locations?page=1#>

Y2Y (Cambridge). To get a bed:
<https://www.y2ynetwork.org/beds/>

Referral to Clinical Services

Organizations that may be able to help you find clinical services

- Pediatrician/Doctor – Even if you haven't seen a pediatrician in years, they can make a referral to MCPAP <https://www.mcpap.com/Default.aspx>
- [PPAL](#) and [Youth MOVE Massachusetts](#)
- [NAMI Mass](#)
- Behavioral Health Services for Children and Adolescents <http://ppal.net/insurance-resources/behavioral-health-services-for-children-and-adolescents>
- Children's Behavioral Health Initiative <https://www.mass.gov/childrens-behavioral-health-initiative-cbhi>
- Mass Family Voices <https://fcsn.org/mfv/>
- School clinics