

## Crisis & Mental Health Resources

**Massachusetts Substance Abuse & Education:** Helpline provides free and anonymous access to information & resources in MA

Phone: 1-800-327-5050

**Multi-Service Eating Disorders Association:** Provides a support network and resources for caregivers and individuals battling eating disorders. Educational information available.

<http://medainc.org/>

**National Alliance on Mental Illness:** Provides information on various disorders, identifies treatment options, areas for support, and has an online discussion forum.

<http://www.nami.org/#>

**National Institute of Mental Health:** Education on different mental health disorders and provides information regarding treatment and resources

<https://www.nimh.nih.gov/index.shtml>

**National Suicide Prevention Lifeline: (related to OK2Talk)** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Resources available for specific populations including: LGBTQ, Attempt Survivors, Loss Survivors, Disaster Survivors, and more. Information is available in English and Spanish; services also available for Deaf or Hard of Hearing.

Phone: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

**Norton Emergency Services** (for Mass Health) 1-800-660-4300

**OK2Talk:** An online support community for teens struggling with mental health using an online chat feature or by phone. Students can access immediate help online. Help is available in English and Spanish.

Phone: 1-800-273-TALK

[www.OK2Talk.org](http://www.OK2Talk.org)

**Riverside Family Services in Norwood:** 781-769-8674

**Samaritan's Hope:** Provides crisis services to teens and adults via phone, text, or instant messenger (IM Hear program). Links and information about the different services available can be found on the main website.

<http://samaritanshope.org/get-help/helping-suicidal/>

Call or Text 24/7: 1-877-870-4673

**Teens Health:** This site provides a safe, private place for teens who need honest, accurate information and advice about health, emotions, and life.

<http://teenshealth.org/en/teens/>

**US Department of Health & Human Services:** Provides information in English and Spanish regarding mental health disorders. Includes information for various types of caregivers and links to additional resources.

[www.Mentalhealth.gov](http://www.Mentalhealth.gov)

## **Apps for Mobile Devices**

**Mind Shift App:** Designed to help teens and young adults cope with anxiety.

<https://www.anxietybc.com/resources/mindshift-app>

**Calm:** Simple mindfulness meditation app

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