

# Mental Health Resources



MASSACHUSETTS  
**BEHAVIORAL  
HEALTH  
HELP LINE**



**Call/Text 833-773-2445**

**[www.masshelpline.com](http://www.masshelpline.com) to chat**

**Available 24/7**

**in more than 200 languages**

**Information on DMH services and  
the 24/7 Behavioral Health Help Line**

**[www.mass.gov/dmh](http://www.mass.gov/dmh)**



# Mental Health Resources



## Infant and early childhood

*Handhold MA*  
**HandholdMA.org**



*Partnership for Early Childhood  
Mental Health*  
**www.ecmhmmatters.org**

## Young Adults

*Speaking of Hope*  
**www.speakingofhope.org**

