

Want Emotional, Mental Health, or Substance Use Help?

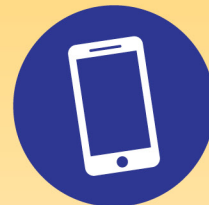
In emotional
distress or have
thoughts of suicide?



Call 988
for emotional support.

988 SUICIDE & CRISIS
LIFELINE

Want to connect
to treatment?



Call or Text
833-773-2445

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**

Want help now and
need to be seen
in person?



Visit a Community
Behavioral Health Center
near you instead
of going to the
emergency department.

mass.gov/CBHCs



Free. Available 24/7. No insurance needed. Always there for you.