

Who Can Call the Behavioral Health Help Line?

The Help Line is for anyone, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC), Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English.



Do you or a loved one need to see someone now?



Find your local Community Behavioral Health Center here.

Going through a tough time? Help is here.

BE6900-English

If you or someone you care about is struggling with mental health or substance use, contact us.



Call or text

833-773-2445

Chat live: masshelpline.com/chat

It's free, confidential, and no health insurance is needed.

The Behavioral Health Help Line is a service of the Commonwealth of Massachusetts, operated by the Massachusetts Behavioral Health Partnership (MBHP).

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**

Looking for help with mental health or substance use?

In crisis, or working hard to prevent one?

Concerned about the health or safety of a loved one?

Whatever you're going through, help is just a phone call away.

The Massachusetts Behavioral Health Help Line is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.



How the Help Line Works:

- ✓ Call, text or chat with a real person to get the treatment and support you need.
- ✓ Deaf or hard of hearing? Contact MassRelay at 711.
- ✓ Real-time interpretation in 200+ languages.
- ✓ Access mental health and substance use treatment options in your community.

Common Reasons for Seeking Help Include:

- Having trouble sleeping or sleeping all the time
- Feeling anxious or worried more often than usual
- Alcohol or drug use
- Feeling trapped or hopeless
- Acting recklessly or engaging in unsafe activities
- Feeling very angry or looking for revenge
- Talking or thinking about harming or killing yourself or others

