



Going through a tough time?

Help is here.

Are you or someone you care about struggling
with mental health or substance use?

The Massachusetts Behavioral Health Help Line is here for you.



833-773-2445 or



masshelpline.com

Free. Confidential. No health insurance needed.

Here's how it works:

- ☒ Call, text or chat with a real person to get the treatment or support you need.
- ☒ Deaf or hard of hearing? Contact MassRelay at 711.
- ☒ Real-time interpretation in 200+ languages.

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**



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

Find your local Community
Behavioral Health Center here.

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