

Accessing behavioral health services in Massachusetts just got easier!

All options are available for:

- ✓ Individuals of all ages
- ✓ Those needing support with both mental health and addiction needs



BY PHONE:
Behavioral Health
Help Line (BHHL)
masshelpline.com

833-773-2445 | 833-773-BHHL

- Multi-lingual live response via call, text and chat 24/7/365.
- No insurance necessary.
- Crisis identification and action when needed, follow-up within 48 hrs.
- Clinical assessment, triage and warm hand-off to a provider with appropriate expertise.



IN PERSON:
Community Behavioral
Health Center (CBHC)
mass.gov/CBHCs

Crisis Services

- Crisis triage, evaluation, assessment, and de-escalation 24/7/365 at your home, in a community location, or at the CBHC.
- Covered for all, with or without insurance.

Clinical Services

- Same day evaluation, assessment, group therapy, peer support.
- Individualized outpatient treatment, care coordination, and referrals. Both mental health and addiction use.
- Available to all MassHealth members. May be available to those with commercial insurance.
- 8 a.m. - 8 p.m. on weekdays;
9 a.m. - 5 p.m. on weekends.



**BEHAVIORAL HEALTH
URGENT CARE**
mass.gov/BHroadmap

Same or next day outpatient appointments with extended night and weekend availability. Available to all MassHealth members. May be available to those with commercial insurance.



AT HOME
Call 833-773-BHHL or go
to mass.gov/CBHCs
to request a MCI visit.

Community Behavioral Health Centers provide Mobile Crisis Intervention, including crisis evaluation and connection to crisis or emergency placement, in your home or a community-based location 24/7/365. Covered for all, with or without insurance.