

## **SAFETY & MENTAL HEALTH RESOURCES**

**MASS 211** <https://mass211.org/>

**Mass 211 is the centralized hub for comprehensive information and referrals to the complete spectrum of services in Massachusetts.** Mass 211 can be contacted by dialing 211.

### **MENTAL HEALTH**

**[HandholdMA.org](https://handholdma.org/)** is a new, family friendly website designed to help families navigate the mental health system in Massachusetts.

Handhold's three main sections help parents answer these three big questions: *should I worry?*, *what can I do?*, and *who can help?* Whatever steps a family decides to take, [HandholdMA.org](https://handholdma.org/) offers a variety of tips, tools, and resources to help families take them with confidence.

**[Call2Talk Program](http://www.uwotc.org/Call2Talk)** [www.uwotc.org/Call2Talk](http://www.uwotc.org/Call2Talk); 508-532-CALL(2255) or dial 2-1-1

At Call2Talk someone is there to listen every day to people in need of emotional support. Calls are free and confidential.

### **SUICIDE PREVENTION**

<https://www.mass.gov/suicide-prevention-program>

A National Suicide Prevention Lifeline Crisis Center 1-800-273-TALK (8255)

### **Suicide Prevention Crisis Hotlines**

**[Samaritans Statewide Hotline](https://www.samaritans.org/)** Call or Text: 1-877-870-HOPE (4673)

**[National Suicide Prevention Lifeline](https://www.nationalsuicideline.org/)** 1-800-273-TALK (8255) Press # 1 if you are a Veteran

**[The Trevor Helpline](https://www.thetrevorproject.org/)** 866-4-U-TREVOR (488-7386) Specifically for Lesbian, Gay, Bisexual and Transgender youth and young adults.

### **DOMESTIC VIOLENCE**

Mass Coalition Against Sexual Assault And Domestic [https://janedoe.org/find\\_help/](https://janedoe.org/find_help/)

**Call SafeLink** 1-877-785-2020

<https://www.mass.gov/service-details/rape-crisis-centers>

SafeLink is the statewide domestic violence hotline to talk to someone and be connected with a local sexual assault or domestic violence program. SafeLink is free and confidential.

### **Greater Lowell Area**

**[Center for Hope and Healing](https://www.glahealing.org/)** Hotline: (800) 542-5212 Office: (978) 452-7721