

Name of Department or Resource	About	How to Get in Touch	Website/Link
Massachusetts 2-1-1	Don't know where to start? START HERE! Dial 2-1-1. Multilingual help connecting you to the information you need. Free & confidential	Dial 2-1-1	<a href="https://mass211.org/">https://mass211.org/</a>
Massachusetts Department of Mental Health #DisasterDistressHelpline	24/7 hotline: Free, Multilingual, and Confidential crisis support	Call: 1-800-985-5990; Text "TalkWithUS" to 66746	<a href="https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak">www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak</a>
Maintaining Emotional Health & Well-Being During the COVID-19 Outbreak	24/7 availability; Resources and tips to help boost emotional health and well-being during the COVID-19 outbreak.	Dial 211; online chat available	<a href="https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak">https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak</a>
National Domestic Violence Hotline	24/7; English & Español; Text & chat support; additional resources available	1-800-799-7233; 1-800-787-3224(TTY); Or text LOVEIS to 22522	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
National Alliance on Mental Illness	31 languages available, digital resources, all ages.	Additional resources can be found Monday through Friday, 9 am – 5 pm by calling 617-704-6264 or emailing compass@namimass.org.	<a href="https://namimass.org/resources/">https://namimass.org/resources/</a>
Ok2Talk	OK2TALK is a community where <b>teens and young adults</b> struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Funded in part by NAMI (see above). Spanish & English support.	Call 1-800-273-TALK , or Submission guidelines & link: <a href="https://ok2talk.org/guidelines">https://ok2talk.org/guidelines</a>	<a href="https://ok2talk.org/about">https://ok2talk.org/about</a>

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Massachusetts Substance Use Helpline	The Helpline is the only statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. Our caring, trained Specialists will help you understand the treatment system and your options. English & Spanish.	Call 800.327.5050 M–F 8a–10p • WKND 8a–6p	<a href="https://helplinema.org/">https://helplinema.org/</a>
Boston Healthcare for the Homeless Program	People experiencing homelessness are exceptionally vulnerable to the coronavirus and its complications. Living in crowded shelters, transmission of the illness can happen very quickly. BHCHP is working in close collaboration with our shelter and hospital partners, the City, and the State to enact a swift, comprehensive and multi-faceted response.	Tel 857.654.1000; Email: <a href="mailto:info@bhchp.org">info@bhchp.org</a>	<a href="https://www.bhchp.org/">https://www.bhchp.org/</a>
Teaching Tolerance: <b>How to Respond to Coronavirus Racism</b>	As COVID-19 infections increase, so too does racism and xenophobia. Use our “Speak Up” strategies to let people know you’re not OK with racist or xenophobic comments about coronavirus or anything else.	<a href="https://www.tolerance.org/magazine/how-to-respond-to-coronavirus-racism">https://www.tolerance.org/magazine/how-to-respond-to-coronavirus-racism</a>	<a href="https://www.tolerance.org/">https://www.tolerance.org/</a>