

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! Multilingual help connecting you to the information you need. Free & confidential.	Dial 2-1-1	https://mass211.org/
Massachusetts Department of Mental Health	24/7 hotline: Free, Multilingual, and Confidential crisis support	Text "TalkWithUS" to 66746 Call: 1-800-985-5990 #DisasterDistressHelpline	https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak
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	https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak
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	https://www.thehotline.org/
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	https://namimass.org/resources/