

<b>Name of Department</b>	<b>About</b>	<b>How to Get in Touch</b>	<b>Website/Link</b>
<b>Massachusetts 2-1-1</b>	Don't know where to start? Start here! Multilingual help connecting you to the information you need. Free & confidential.	Dial 2-1-1	<a href="https://mass211.org/">https://mass211.org/</a>
<b>Massachusetts Department of Mental Health</b>	24/7 hotline: Free, Multilingual, and Confidential crisis support	Text "TalkWithUs" to 66746 Call: 1-800-985-5990 #DisasterDistressHelpline	<a href="https://www.mass.gov/orgs/massachusetts-department-of-mental-health">https://www.mass.gov/orgs/massachusetts-department-of-mental-health</a>
<b>National Alliance on Mental Illness</b>	31 languages available, digital resources, all ages	Call: 800-950-NAMI (Mon-Fri 10am-10pm) In a Crisis: text "NAMI" to 741741 NAMI Massachusetts: call 617-580-8541 or email info@namimass.org	<a href="http://www.namimass.org">http://www.namimass.org</a>  <a href="https://nami.org/Home">https://nami.org/Home</a>
<b>National Suicide Prevention Lifeline</b>	Provides 24/7, free and confidential support as well as prevention and crisis resources	1-800-273-8255	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
<b>Trans Lifeline</b>	Provides trans peer support. Is run by trans people	Call: 877-565-8860	<a href="https://translifeline.org/">https://translifeline.org/</a>
<b>Trevor Project</b>	Provides support for LGBTQ young people	Call: 212-695-8650	<a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>
<b>Out MetroWest Prism (for LGBTQ+ and allied high school youth)</b>	Provides programs and support for LGBTQ+ youth and allies	Call: 508-875-2122 309 Washington Street, Wellesley, MA	<a href="https://www.outmetrowest.org">https://www.outmetrowest.org</a>
<b>Crisis Text Line</b>	Free 24/7 support through any crisis	Text HOME to 741741, Can also message them on Facebook	<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>

<b>Boston Area Rape Crisis Center</b>	24/7 Hotline, Provides free and confidential support and services for survivors of sexual violence (ages 12 and up) as well as their families and friends	24/7 Hotline: 1-800-841-8371 or 617-492-8306	<a href="https://www.barcc.org">https://www.barcc.org</a>
<b>National Domestic Violence Hotline</b>	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>
<b>Maintaining Emotional Health &amp; Well-Being During the COVID-19 Outbreak</b>	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>