

Going through a tough time? Help is here.

Are you or someone you care about struggling
with mental health and/or substance use?

The Massachusetts Behavioral Health
Help Line is here for you.



Call or text **833-773-2445**
It's free, confidential, and no health insurance is needed.

The Massachusetts Behavioral Health Help Line is here.

- ✓ Deaf or hard of hearing? Contact MassRelay at 711.
- ✓ Real-time interpretation in 200+ languages.
- ✓ Chat at masshelpline.com/chat.

Do you or a loved one need to see someone now?

Find your local Community Behavioral Health Center here.



MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**

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