

MENTAL HEALTH RESOURCES

This is not a comprehensive list, but is a helpful starting point for seeking mental health services.

Substance Misuse

MA Bureau of Substance Use Services Helpline
800-327-5050 • www.helplinema.org

Free, confidential info & referrals for alcohol & drug problems. Services available in any language. Provided by the MA Dept. of Public Health.

M - F 8am-10pm EST; Sat - Sun 9am-5pm EST

Program RISE Opioid Overdose Prevention Program
508-935-2960 • 1 Grant St, Suite 100, Framingham
Free, confidential info on opioid overdose prevention & access to treatment services. Narcan distribution, harm reduction kits, counseling & testing for sexually transmitted infections available. Provided by Justice Resource Institute (JRI).

M & F 8:30am - 3:30pm
Tues, Wed, Thurs
8:30am-6:30pm EST

SMOC Recovery Coaches

508-232-8282 • M - F 9am-5pm EST

Free, confidential support from experienced recovery coaches for those in or wanting to be in recovery from an opioid use disorder. Provided by South Middlesex Opportunity Council.

Massachusetts Organization for Addiction Recovery (MOAR)

Resource list of treatment & recovery services throughout MA.

www.moar-recovery.org/resources

Town of Natick Health Department

508-647-6623 • 13 E. Central St., 2nd Floor, Natick

Contact Katie Sugarman, Prevention & Outreach Program Manager, for confidential assistance with treatment navigation and support.

M - W 8:30am - 5pm ; Th 8:30am- 7pm;
Fri 8:30am-12:30pm (EST)

Eating Disorders

National Eating Disorders Association
nationaleatingdisorders.org

Call: 800-931-2237 ; Mon - Th 11am-9pm,
Fri 11am-5pm EST

Text: 800-931-2237 ; Mon - Th 3pm-6pm ET

Chat on website ; Mon - Th 9am-9pm,
Fr 9am - 5pm EST

If you have questions or concerns, please contact
natick180@natickma.org

Mental Health Crisis

Psychiatric Emergency Services

800-640-5432 • 24/7

Help during a crisis. Provided by Advocates.

Call2Talk Suicide Prevention Hotline & Crisis Text Line

800-273-8255 • Text C2T to 741741

www.crisistextline.org

Free, confidential text conversation w/ trained crisis counselor.

The Trevor Project

866-488-7386 • www.thetrevorproject.org

A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

General Mental Health Support

INTERFACE Referral Service Helpline

Free consultation with mental health professional about resources. Natick residents can receive personalized, matched referrals for outpatient counseling services.

Helpline Number: 888-244-6843

<https://interface.williamjames.edu/>

M - F 9am-5pm EST

NAMI HelpLine

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

Helpline Number: 800-950-NAMI

10am-8pm EST, Mon-Fri

Email: info@nami.org



Mental Health Apps

- 1) NotOk
- 2) CalmHarm App
- 3) Youper
- 4) Sanvello



Natick 180

natick180.org