

Youth Substance Use Resources

Crisis Support

MA Substance Use Helpline

800-327-5050

Free treatment navigation 24/7

Services for youth & young adults

<https://helplinema.org/for-parents/>

Crisis Text Line

Text "HOME" to 741741 Free; 24/7

Suicide Prevention Lifeline

988 OR 800-273-8255

Free; 24/7

The Trevor Project

866-488-7386

24/7 line for LGBTQ+ young people

Samariteens

800-252-TEEN (8336)

Free; 24/7 help line for teens

Staffed by teens weekdays 3-9 PM & weekends 9AM-9PM

Local Support

INTERFACE Referral Service

Free referrals for outpatient counseling services

888-244-6843 M-F 9AM-5PM

MetroWest Care Connection

Free referrals in the MetroWest area

844-528-6800 M-F 9AM-5:30PM

Health & social services search hub

<https://metrowesthub.findhelp.com/>

Tempo Young Adult Resource Center

Services for young adults transitioning to adulthood; ages 17-24

Framingham 508-879-1424

OUT MetroWest

Programs for LGBTQ+ youth

508-875-2122 www.outmetrowest.org

Program Rise at JRI

Free Narcan, overdose prevention, & harm reduction services; Serves 18+

Framingham 508-935-2960

YARCM Program at SMOC

Residential recovery program located in Framingham for males 18-24

508-872-4853

Smoking/Vaping

QuitWorks

Free 24/7 phone-based counseling

& resources for those 12+

800-QUIT-NOW (call)

855-DEJELO-YA (Spanish line)

www.mass.gov/quitting (enroll here)

Truth Initiative

Free texting program to help teens

& young adults quit vaping

Text "DITCHVAPE" to 88709

<https://truthinitiative.org/>

My Life, My Quit

Free texting program to help teens

& young adults quit vaping

Text "Start My Quit" to 36072

Call 855-891-9989

<https://ma.mylifemyquit.org/>

Smokefree Teen

Free resources and tools to quit

smoking for teens ages 13-17

Text "QUIT" to 47848

Visit <https://teen.smokefree.gov/>

quitSTART

Free phone app to quit smoking

PRACTICE THE 6 D's

Different situations can "trigger" the urge to use substances. The 6 D's can help you with those urges.

- DELAY** (clock icon)
- DO SOMETHING ELSE** (mountain icon)
- DEEP BREATHING** (person breathing icon)
- DIALOGUE WITH FRIENDS** (group of people icon)
- DIRECT ENERGY POSITIVELY** (lightning bolt icon)
- DRINK WATER** (water bottle icon)

Information adapted from the University of Massachusetts Medical School

Support Meetings

Alcoholics Anonymous

<https://alcoholicsanonymous.com/>

Narcotics Anonymous

<https://www.na.org/meetingsearch/>

SMART Recovery

<https://www.smartrecovery.org/>

Hospital Programs

ASAP Program at Boston Children's Hospital

Adolescent Substance Use &

Addiction Program (ASAP)

617-355-2727

ARMS Program at MA General Hospital

Addiction Recovery Management

Service (ARMS)

617-643-4699

CATALYST Clinic at BMC

Center for Addiction Treatment

for Adolescent/Young adults who

use Substances (CATALYST)

617-414-6655

www.bmc.org/catalyst-clinic

Other Programs

Recovery High Schools

State funded alternative schools

Boston - Beverly - Springfield -

Brockton - Worcester

www.doe.mass.edu/sfs/rhs/

To learn about the below resources, visit:

www.helplinema.org/for-parents/

- Outpatient Counseling
- Medication Assisted Treatment for Youth
- Youth Withdrawal Management and Stabilization
- Youth Residential Treatment
- Transition Age Youth/Young Adult Residential Treatment
- Recovery Communities
- Collegiate Recovery Programs

For more info or free Narcan trainings, contact Natick 180 at 508-647-6623 or

natick180@natickma.org