

MENTAL HEALTH RESOURCES

This is not a comprehensive list, but is a helpful starting point for seeking mental health services.
TTY- Hearing & Speech Impaired 1-800-799-4889

Mental Health Crisis

Suicide Prevention Lifeline

988 OR 800-273-8255 • www.988lifeline.org
Free and available 24/7, confidential conversations with a trained crisis counselor.

Crisis Text Line

Text HOME to 741741 • www.crisistextline.org
Free and available 24/7, confidential conversations with a trained crisis counselor.

MA Behavioral Health Help Line

Call or Text 833-773-2445 • www.masshelpline.com
Free and available 24/7, confidential conversations with a trained crisis counselor.

Psychiatric Emergency Services

800-640-5432 • 24 hours a day, 7 days a week
Help during a crisis. Provided by Advocates.

Samaritans

877-870-4673 • 24 hours a day, 7 days a week
Crisis helpline and grief support services for those impacted by suicide.

General Support

Behavioral Health Partners Metrowest

844-528-6800 <https://metrowesthub.findhelp.com/>
Connects individuals to behavioral health and social service partner agencies in the greater Metrowest region.

INTERFACE Referral Service Helpline

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

Helpline Number: 888-244-6843 M - F 9am-5pm ET
<https://interface.williamjames.edu/>

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
M-F 10am-10pm ET Email: info@nami.org

Voices Against Violence

800-593-1125 • 24 hours a day, 7 days a week
Helpline and services for those impacted by sexual and/or domestic violence.

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.
24 hours a day, 7 days a week

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 ET; T, W, Th. 8:30am-6:30pm ET

SMOC Recovery Coaches

508-872-4853 ext 2343 • M - F 9am-5pm ET
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 Natick 180 at natick180@natickma.org for confidential assistance with treatment navigation and support.

M-W 8:30am-5pm; Th 8:30am-7pm; F 8:30am-12:30pm ET

Eating Disorders

National Eating Disorders Association

nationaleatingdisorders.org
Call: 800-931-2237: M - Th 11am-9pm; F 11am-5pm ET
Text: 800-931-2237: M - Th 3pm-6pm ET; F 1pm-5pm ET
Chat Online: M - Th 9am-9pm; F 9am-5pm ET

LGBTQ+ Support

The Trevor Project

866-488-7386 • www.thetrevorproject.org
A national 24-hour, toll free confidential suicide prevention and crisis intervention hotline for LGBTQ+ young people.

OUT MetroWest

508-875-2122 • www.outmetrowest.org
Local organization that provides regularly scheduled meetings and programs for LGBTQ+ and allied youth in the MetroWest area.

Mental Health Apps

- 1) [NotOk](#)
- 2) [CalmHarm App](#)
- 3) [Youper](#)
- 4) [Sanvello](#)



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