

## Mindful Community: Talking Mental Health Together

### Mental Health Resources

<b>National Suicide and Crisis Lifeline</b>	<b>988</b>
<b>Samaritans Teen and Suicide and crisis call line</b>	<b>1-800-525-TEEN or 1-877-870-HOPE</b>
<b>Massachusetts Behavioral Health Help Line</b>	<b>1-833-773-2445 Call or Text</b>
<b>Riverside Emergency Crisis Team</b> provides 24/7 mental health and substance use evaluations.	<b>1-800-529-5077</b>
<b>INTERFACE Referral Services</b> from William James College:	<a href="https://interface.williamjames.edu/community/needham">https://interface.williamjames.edu/community/needham</a> <b>Helpline (toll free) 888-244-6843 / Local:617-332-3666 (M,W, F 9am-5pm, T, Th 8am-6pm)</b>
<b>NAMI Help Line</b> (Mon-Friday 10-6) free nationwide peer support service providing information and resource referrals to support people living with mental health conditions	<b>1-800-950-6264</b>
<a href="http://www.needham.k12.ma.us/departments/student_support_services/guidance_department_k-12">Counseling Department K-12 - Needham Public Schools</a>	<b>www.needham.k12.ma.us/departments/student_support_services/guidance_department_k-12</b>
Needham Youth and Family Services	<b>781-455-7500 ext. 267</b>
<b>Mental Health First Aid</b> (Upcoming Classes still to be determined) Reach out to Needham Youth and Family Services this winter for upcoming classes.	<b>781-455-7500 ext. 267</b>