

Mindful Community: Talking Mental Health Together

Mental Health Resources

National Suicide and Crisis Lifeline	988
Samaritans Teen and Suicide and crisis call line	1-800-525-TEEN or 1-877-870-HOPE
Massachusetts Behavioral Health Help Line is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need.	1-833-773-2445 Call or Text 24/7/365 https://www.masshelpline.com/ It's free, confidential, and no health insurance is required. Real-time interpretation in 200+ languages.
Riverside Emergency Crisis Team provides 24/7 mental health and substance use evaluations.	1-800-529-5077
INTERFACE Referral Services from William James College:	https://interface.williamjames.edu/community/needham Helpline (toll free) 888-244-6843 / Local:617-332-3666 (M, W, F 9am-5pm, T, Th 8am-6pm)
NAMI Help Line (Mon-Friday 10-6) free nationwide peer support service providing information and resource referrals to support people living with mental health conditions	1-800-950-NAMI / 1-800-950-6264 www.nami.org ,
Counseling Department K-12 - Needham Public Schools	www.needham.k12.ma.us/departments/student_support_services/guidance_department_k-12
Needham Youth and Family Services	781-455-7500 ext. 267
Mental Health First Aid (Upcoming Classes still to be determined) Reach out to Needham Youth and Family Services this winter for upcoming classes.	781-455-7500 ext. 267