

## Mindful Community: Talking Mental Health Together

### Mental Health Resources

<p><b>National Suicide and Crisis Lifeline</b> provides 24/7 free and confidential support for people in distress or their loved ones</p>	<p><b>988</b></p>
<p><b>Samaritans Teen and Suicide and crisis call line</b></p>	<p><b>1-800-525-TEEN or 1-877-870-HOPE</b></p>
<p><b>Massachusetts Behavioral Health Help Line</b> 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.</p>	<p><b>1-833-773-2445 Call or Text 24/7/365</b>  <a href="https://www.masshelpline.com/">https://www.masshelpline.com/</a>                      It's free, confidential, and no health insurance is required. Real-time interpretation in 200+ languages.</p>
<p><b>The Trevor Project</b> 24/7 suicide prevention hotline with a focus on LGBTQ+ youth</p>	<p><b>1-866-488-7386</b></p>
<p><b>Riverside Emergency Crisis Team</b> provides 24/7 mental health and substance use evaluations to people in crisis</p>	<p><b>1-800-529-5077</b></p>
<p><b>INTERFACE Referral Services</b> from William James College: Free mental health referral service assistance for Needham residents (and other towns) looking for a therapist</p>	<p><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></p>
<p><b>Metrowest Care Connection</b>—Allows you to search for local mental health, substance use, healthcare, and social services to match your individualized needs</p>	<p><a href="https://mwcareconnection.info">https://mwcareconnection.info</a></p>
<p><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</p>	<p><b>1-800-950-NAMI / 1-800-950-6264</b>  <a href="http://www.nami.org">www.nami.org</a>,</p>
<p><b>Parental Stress Line</b>—24/7 free, trained counselors offering confidential support for parents and caregivers, available in all languages</p>	<p><b>1-800-632-8188</b></p>
<p><a href="http://www.needham.k12.ma.us/departments/student_support_services/guidance_department_k-12">Counseling Department K-12 - Needham Public Schools</a></p>	<p><a href="http://www.needham.k12.ma.us/departments/student_support_services/guidance_department_k-12">www.needham.k12.ma.us/departments/student_support_services/guidance_department_k-12</a></p>

<b>REACH: Beyond Domestic Violence</b> —Multi-Service agency helping individuals and their loved ones experiencing domestic violence	<b>1-800-899-4000</b>
<b>Needham Youth and Family Services</b>	<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 for upcoming classes.	<b>781-455-7500 ext. 267</b>