

suicide prevention resources

National Suicide Prevention Lifeline: 1-800-273-TALK

Local Hotlines – *Talk with someone anonymously*

Samaritans

Toll Free Massachusetts: 1-877-870-HOPE (4673)

Boston: 617-247-0220

Framingham: 508-875-4500

Merrimack Valley: 866-912-4673

Teen Line: 1-800-252-TEEN (8336); 978-688-TEEN (8336)

Fenway Community Health Center

(for gay, lesbian, bisexual, trans; ages 25 and under): 1-800-399-7337

Boston Area Rape Crisis Center: 1-800-841-8371

State funded mental health emergency services – 24 hour emergency numbers

Concord Emergency Service Providers:

Advocates: 1-800-540-5806 – Mobile Crisis Intervention for All Ages

Boston Medical Center/Boston Emergency Medical Services (B.E.S.T.): 1-800-981-4357

Other areas of the state: Statewide Toll Free 1-877-382-1609

Outpatient Counseling Sites – *Make an appointment to meet with a counselor*

The Eliot Center: 978-369-1113 Cuming Building/Emerson Hospital, 24 hour a day referral

Boundaries Therapy Center: 978-263-4878 Great Road, Acton

MetroWest Behavioral Health Center: 978-264-3500 380 Mass Ave, Acton

Or contact your pediatrician or private physician for a referral.

Websites with resources and information on suicide, depression, grieving:

www.samaritanshope.org

www.suicidology.org

www.sprc.org (suicide prevention resource center; many good resources, info)

www.mentalhealthscreening.org

www.nimh.nih.gov/health/topics/depression/index.shtml

www.familyaware.org (Families for Depression Awareness)

www.trevorproject.org (resource for LGBTQ youth)

www.childrensroom.org (resources related to grieving and youth)

www.dougy.org (resources related to grieving and youth)

www.reachout.com (targeted for teens and young adults)

www.masspreventssuicide.org

www.4sans.org

www.afsp.org

www.projectinterface.org

www.familyserviceinc.com/Samaritans

If someone needs immediate medical attention, call 911