

Mental Health Resources and Information

Massachusetts and National Hot lines:

- **2-1-1– or 1-877-211-6277; or <https://mass211.org/>**

Information and referral hotline. Available 24 hours a day, 7 days a week. All calls are free and confidential. Interpreter services are available in multiple languages. Connects callers to information about critical health and human services available in their community.

National Suicide Prevention Hotline: 1-800-273-8255

Samaritan Suicide Prevention (Statewide): 877-870-4673

Safelink (877) 785-2020. Safelink Is Massachusetts' statewide 24/7 toll-free domestic violence hotline.

12 Step Online Meetings. <https://www.12step.org/social/online-meetings/>

Local Resources

- **NFI Family Resource Center: 978-455-0701** to speak to our clinician Greg about counseling options during the state of emergency; including phone intakes, telehealth and virtual sessions.
- **Lowell Mental Health Crisis Team: 800-830-5177 or 978-455-3397,**
- **Lahey Crisis Clinic: 978-455-339**
- **Lowell House Addiction, Treatment and Recovery**

www.lowellhouseinc.org , (978) 459-8656

Lowell House will be continuing services as best as possible while complying with guidelines to slow the spread of COVID-19. Individual and group treatment, recovery coaching, case management support:

- **South Bay Community Services** <https://southbaycommunityservices.com/> (978) 674-5400. Many services now offered by tele-health.