



24/7 Emergency Assistance

Call 9-1-1 – say your language
9 -911 from a town building phone

24/7 Confidential Crisis Support

You are not alone



Call or Text 1-877-870-4673

National Suicide Prevention Lifeline
Call 1-800-273-TALK (8255)
say your language



Veterans Crisis Line
Call 1-800-273-8255 and Dial 1 or Text 838255



Nacional de Prevención del Suicidio – **Español**
llame al 1-888-628-9454



Lifeline Options for Deaf and Hard of Hearing
Call 1-800-799-4889

Do you feel safe in your relationship?



SafeLink MA
Domestic Violence
Counseling & Shelter



Call 1-877-785-2020
say your language



Call 1-877-521-2601 TTY
for Deaf/Hard of Hearing

Professional help for mental health or addiction



Advocates Mobile
Intervention for
MetroWest MA

24-Hour Crisis Support:
Call 1-800-640-5432

Report Suspected Abuse in MA

Child Abuse
1-800-792-5200

Disabled Person Abuse
1-800-426-9009

Elder Abuse
1-800-922-2275