



#BeThe1To connect

Support & Services

Crisis Text Line

Text START to 741-741

Samaritans Hope

Call or text: 877-870-4673

National Suicide Prevention Lifeline

Helpline: 1-800-273-8255

B.E.S.T. Crisis Services

24/7 in-person behavioral health crisis assessment, intervention, and stabilization services: 800-981-4357

Boston Neighborhood Trauma Team

Trauma support helpline: 617-431-0125

PAATHS

Providing Access to Addictions Treatment, Hope, and Support: 311 or 617-534-5554

The Trevor Project

LGBTQ centered helpline: 1-866-488-7386

BARCC

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

For more information, visit bphc.org/support

BOSTON
PUBLIC
HEALTH
COMMISSION

