

Mental Health Resources:

The COMPASS Helpline is open during our regular hours – Monday through Friday, 9 am – 5 pm. You can reach us by calling 617-704-6264 or 1-800-370-9085, or emailing us at compass@namimass.org.

COMPASS is the information and referral helpline at NAMI Massachusetts. We provide resources and support to help people navigate the complex mental health system and problem solve in difficult circumstances.

The Massachusetts Dept of Mental Health has this website @

<https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

The 24/7 crisis number 877-382-1609

Main number (617) 626-8000 M-F 9a-5p

Voicemail Box 800-221-0053 (checked regularly calls returned within 48 hrs.)

Interface Referral Service @ <https://interface.williamjames.edu>

Referral Helpline @ 888-244-6843; M-F 8-5

Massachusetts Substance Abuse Hotline @ 800-327-5050

Crisis Hotline for domestic abuse @ <https://www.mass.gov/service-details/domestic-violence-programs-for-survivors>

24/7 877-785-2020

877-521-2601 (TTY)

National Domestic Violence Hotline 24/7 @ 800-799-7233

National Sexual Abuse Hotline 24/7 @ 800-656-4673

Samaritans has a hotline as well @ [1-800-273-8255](tel:1-800-273-8255)

CDC has a stress and coping during COVID-19 link @ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

This is a link to suicide prevention during COVID-19 @ <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>