

Help is always a call or text away.

Take a picture or save these contacts in your phone.

24-Hour Crisis Services (please dial 911 in an emergency)

Boston Emergency Services Team -- 800-981-4357.

Crisis Text Line -- Text: 741741.

Eliot Crisis Services -- 800-988-111.

SafeLink Domestic & Sexual Violence Line -- 877-785-2020.

Suicide Prevention Lifeline -- 800-273-8255. Español: 888-628-9454. Deaf & Hard of Hearing: 800-799-4889. Free, 24hr/7.

Housing Services

ABCD Mystic Valley Housing Services -- Malden/Medford/Everett only. 781-321-3431 or 617-348-6347.

Bay Cove Transitional Housing -- Senior, disabled, & transitional housing. Human services. 617-371-3000.

Boston Tenancy Preservation Project -- Eviction prevention for the disabled. 617-788-6211.

Homestart, Inc -- Eviction prevention, housing stabilization & housing search services. 617-542-0338.

Housing Families -- 781-322-9119 or 781-324-1303.

Malden Housing Authority -- Housing Choice Voucher Program. 781-322-9460 or 781-322-8007.

Mass Housing and Community Development (DHCD) -- 617-573-1100.

MassHousing -- Tenancy preservation, dispute resolution + Sober housing. 617-854-1000.

Metro Housing Boston -- 617-859-0400.

Somerville Homeless Coalition -- 617-623-6111.

Healthcare & Human Services

Boston Healthcare for the Homeless -- Medical, sexual, & behavioral healthcare. 857-654-1000.

Dimock Center -- Comprehensive care. Sexual & behavioral health. Housing services. 617-442-8800.

Eliot Human Services -- Homeless services, behavioral/mental healthcare, disability healthcare, pregnancy/childcare support, children/family services, residential programs, suicide prevention. 781-388-6200.

MassHealth Enrollment & Customer Service -- 800-841-2900.

Mystic Valley Public Health Coalition -- 781-393-2449.

Behavioral Healthcare Services

National Alliance on Mental Illness (NAMI) COMPASS Helpline -- 617-704-6264 or 800-370-9085.

MA Behavioral Health -- For MassHealth members. 617-790-5002 ext. 1000.

South Bay Community Services (Malden) -- 781-851-2648.

Vinfen -- Comprehensive services for adolescents and adults with behavioral issues, psychiatric conditions, intellectual or developmental disabilities, brain injury, or life challenges. 617-441-1800.

Riverside Community Care (Dedham) -- 781-329-0909.

Lahey Behavioral Health (Danvers) -- 978-777-2121.

North Suffolk Mental Health Associates -- 617-889-3300 (Chelsea) / 781-289-9331 (Revere) / 617-569-3189 (East Boston) / 617-912-7800 (Boston).

Advocates Community Counseling -- 508-628-6300. 24hr crisis support: 800-640-5432.

Violence & Victims Assistance

Boston Area Rape Crisis Center -- Sexual assault. 617-492-7273.
CHA Victim Resource Center -- Victim services. Community, medical and legal resources. 617-665-2992.
Jane Doe Domestic Violence -- Sexual and somestic violence. 877-785-2020.
National Domestic Violence Hotline -- 800-799-7233.
The Network/La Red -- LGBTQ+ friendly. Provides safe houses. 617-742-4911 or 800-832-1901 (toll-free).
RAINN National Sexual Assault Hotline -- 800-656-4673.
RESPOND, Inc -- Domestic violence. 617-623-5900.

Substance Use Disorder, Addiction & Recovery Services

Addiction Referral Center (ARC) -- 508-485-4357.
Alcoholics Anonymous -- 617-426-9444. / **Narcotics Anonymous:** 866-624-3578.
Cambridge Health Alliance -- Outpatient Program: 617-591-6051. Opioid Use Nurse Helpline: 617-591-6000.
Gavin Foundation -- Community, residential, and preventative programs. 617-268-5000.
Habit Opco (Boston) -- Comprehensive addiction healthcare. 617-442-1499 or 844-830-6052.
Malden Overcoming Addiction (MOA) -- Services locator & advocacy. 781-838-2203.
Mass Substance Use Helpline -- Services locator, information & referrals. 800-327-5050.
Providing Access to Addictions Treatment, Hope and Support (PAATHS) -- Services locator, information & referrals. 855-494-4057.
SMART Recovery -- 866-951-5357.
Wheels of Hope -- Free rides to treatment/detox facility for those with secured treatment spot. 800-327-5050.

Military Veteran & Elder Services

Mystic Valley Elder Service -- 781-324-7705.
Somerville Cambridge Elder Services -- 617-628-2601.
Veterans Affairs Healthcare Clinic -- 617-248-1000.

Youth/Adolescent Health & Support Services

Beth Israel Lahey Health Children, Youth + Family Services -- Behavioral healthcare & support services. 978-968-1700. Psychiatric Emergency: 866-523-1216.
Child-at-Risk -- Mass Department of Children & Families emergency line. 800-792-5200.
Cushing House (South Boston) -- Youth (16-20) rehabilitation & behavioral healthcare. 617-269-2933.
High Point Treatment Center -- 800-233-4478.
National Runaway Safeline -- Advice for parents & children. 800-786-2929.
Phoenix House -- Youth, family, adult rehabilitation & behavioral healthcare. 888-671-9392 or 888-392-7867.
Trevor Project -- LGBTQ+ lifeline. 866-488-7386.

Shelters & Centers

Boston Night Center -- 857-296-0322.
Cambridge Warming Center -- 857-292-1870.
Cardinal Medeiros Center -- For adults 45+ only. 617-619-6960.
CASPAR Emergency Services Center/Shelter -- 617-661-0600.
Community Day Center of Waltham -- 781-392-6311.
St. Francis House -- 617-457-1002.
Women's Lunch Place -- For women only. 617-267-1722.