



COUNSELING SERVICES OF GREATER BOSTON, LLC

WWW.CSGBOSTON.COM

7 LINCOLN STREET, SUITE 216 • WAKEFIELD, MA 01880

Office: (781) 328-1904 Fax: (781) 328-4733

CRISIS AND SUPPORT RESOURCES

In the event of a safety issue, or crisis that occurs outside of session, please take all necessary steps to maintain safety and stability including calling 911, or going to your nearest emergency room. Below are helpful contact numbers to both national and community-based emergency services and hotlines that operate in the New England area. Most are available 24 hour a day, 7 days a week, 365 days a year.

Statewide Massachusetts Emergency Services Programs: (877) 382-1609

Statewide New Hampshire Rapid Response: (833) 710-6477, www.nh988.com

National: In both NH and MA, you can call/text 988 for immediate mental health support. <https://988lifeline.org/>

MA Behavioral Health HelpLine: <https://www.masshelpline.com/>

NH Harbor Homes 603-882-3616 <https://www.harborcaenh.org/> Walk in appointments available, uninsured welcome.

HOTLINE NUMBERS

Samaritans' (877) 870-4673. Help line for all ages in order to support depressed, lonely and suicidal callers. This program also supports those calling with concerns for others. Free, confidential, and anonymous. (24/7)

Samariteens (800) 252-8336. Teen help line for teens struggling with feelings of depression, loneliness and stress. (From 3-9pm on weekdays, and 9am-9pm on weekends, this service is staffed by volunteers between the ages of 15 and 18; outside those hours, calls are answered by adult volunteers.)

National Suicide Prevention Lifeline (800) 273-TALK. For Veterans, press 1. (24/7)

National Maternal Mental Health Hotline (833) 9-HELP4MOMS

Crisis Text Line: Text "GO" to 741741. Free, confidential, available 24/7.

RAINN: Rape, Abuse, and Incest National Network (800) 799-7233. Available 24/7.

The Trevor Project (866) 488-7386. Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth. Phone, text, and online chat options. (24/7)

GLBT National Youth Talk (800) 246-7743. (Monday-Friday, 4pm-12am EST; Saturday, 12pm-5pm EST)

Trans LifeLine (877) 565-8860, <https://translifeline.org/> Staffed by transgender people for transgender people.

National Domestic Violence Hotline (800) 799-7233. (24/7)

Domestic Violence program: <https://www.dovema.org/programs-and-services>. Local shelters, legal help, and more.

Jeanne Geiger Crisis Center Hotline (978) 388-1888: Local shelters, groups, legal help, and more.

Alcoholics Anonymous <https://www.aa.org/>

Narcotics Anonymous <https://na.org/>

National Grad Crisis Line (877) GRAD-HLP: For grad students struggling with stress, anxiety and feelings of despair