

National Crisis Hotlines

During this time of increased stress there are many people that are experiencing an increased risk to their personal, emotional and financial safety. We know that many people are not able to access the supports and resources they previously relied on to cope and we want to let people know that help is out there. Reach out to the numbers below if you need extra support.

National Suicide Prevention Lifeline
800-273-8255 or text: HELLO to 741741

National Domestic Violence Hotline
(800) 799-7233 or text: SUPPORT to 741741

Rape, Sexual Assault, Abuse, and Incest
National Network (RAINN)
(800) 656-HOPE (4673) or text: HOME to
741741

National Eating Disorders Center Helpline
(800) 931-2237 Open M-F, 9-9pm or text:
NEDA to 741741

The Childhelp National Child Abuse Hotline
(800) 422-4453

Massachusetts Child Abuse Hotline
(800) 792-5200

National Institute on Drug Abuse Hotline
(800) 662-4357

SAMHSA National Helpline
800-662-HELP (4357)

Veteran's Crisis Line
(800) 273-8255

