

Mental Health Resources

MA Behavioral Health Hotline

833-773-2445

Call or Text 24/7 365 days / year

Chat online at masshelpline.com

Connects you directly to clinical help, when and where you need it.

Suicide & Crisis Lifeline

988

Call or Text 24/7 365 days / year

Chat online at 988lifeline.org

If you need to talk to someone or learn how to help others.

Are You a City or School Employee?

City of Newton's **Employee Assistance Program (EAP)** offers a variety of services including mental health and substance abuse professional services.

Contact: CMG Associates 24/7 EAP Line at **833-549-3277**

Mental Health & Substance Use

(SAMHSA) **National Helpline**

Free, confidential, 24/7/365 treatment referral and information service

800-662-4357

www.FindTreatment.gov

William James INTERFACE

Referral Service

Resource and referral helpline to connect people with outpatient mental health and wellness resources.

888-244-6843

Available Mon-Fri

**Services provided based on city/town of residence. Visit interface.williamjames.edu to check eligibility*



LGBTQ+ National Support Hotline

888-843-4564

National Domestic Violence Hotline

800-799-7233

For additional resources, visit: www.newtonma.gov/socialservices