

# Mental Health Resources

## MA Behavioral Health Hotline

**833-773-2445**

Call or Text 24/7 365 days / year Chat [online](#). Connect directly to clinical help, when and where you need it.

## Suicide & Crisis Lifeline

**988**

Call or Text 24/7 365 days / year Chat [online](#) 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**

## William James INTERFACE Referral Service

Resources 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 the [William James INTERFACE](#) to check for eligibility.

## **LGBTQ+ National Support Hotline**

888-843-4564

## **National Domestic Violence Hotline**

800-799-7233

For additional resources, visit [the city of Newton Social Services](#)