

Do you need Help?



Are you struggling with feelings of loneliness or depression?

Do you feel overwhelmed, anxious, isolated or hopeless?

Are you battling with addiction and feel as if you are losing control?

Help is available.

There are many resources available to help support you during these difficult times.

You don't have to do this **Alone.**

National Suicide Prevention Lifeline
800.273.8255
suicidepreventionlifeline.org

Samaritans Statewide Helpline
877.870.HOPE
samaritanshope.org

Massachusetts Suicide Hotlines
suicide.org/hotlines/massachusetts-suicide-hotlines.html

Crisis Text Line
Text HOME to 741741
crisistextline.org

Veterans Crisis Line
800.273.8255
veteranscrisisline.net

Substance Abuse and Mental Health Service Administration
(SAMHSA) Disaster Distress Helpline
800.985.5990
samhsa.gov/find-help/disaster-distress-helpline



massdental.org