**Emergency Resources**

**Alcoholics Anonymous** http://www.aa.org/ https://aaboston.org/

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

**Call2Talk**– Mass 211 https://mass211.org/call2talk https://www.uwotc.org/call2talk

Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times

Call 211 or 508-532-2255 or text C2T to 741741

508-532-2255

**The Compassionate Friends** https://www.compassionatefriends.org/ https://www.compassionatefriends.org/find-support/chapters/chapter-locator/

A self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Phone: (630) 990-0010 Toll-Free: (877) 969-0010

617-539-6424

**National Suicide Prevention Lifeline** https://suicidepreventionlifeline.org/

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Phone: 800-273-8255

**Riverside Emergency** Services https://www.riversidecc.org/ https://www.riversidecc.org/child-family-services/emergency-services/

For children experiencing a mental health or behavioral crisis

Our Youth Emergency Services team provides services to children (under 21) who are experiencing a behavioral health crisis with a mobile, face-to-face response. Our team can meet with youth and their families at one of our community-based locations or we can travel to homes, schools, and other locations with the goal of avoiding a hospital emergency room visit and unnecessary hospitalizations.

Our team can remain involved with the family for up to a week for continued crisis intervention and to help the family connect with on-going behavioral health services and supports.

**Youth Emergency Services** are available to children under the age or 21, regardless of their insurance plan, including those who are uninsured.

Service Locations

Milford and Surrounding Communities

Phone: 800-294-4665

South and West of Boston

Phone: 800-529-5077

Southbridge and Surrounding Communities

Phone: 877-750-3127

800-294-4665

**Samaritans**

https://samaritanshope.org

Samaritans works to prevent suicide and support those who have lost someone to suicide. Each year, 300+ volunteers answer more than 75,000 calls and text messages on our Helpline.

If you need to talk to someone about how you’re feeling, grieve the loss of a loved one to suicide, or learn how to help others in crisis, you can find support with us. Call or text 24/7 (877) 870-HOPE (4673)

Wayside Emergency Services https://www.waysideyouth.org/services/waysidemetrowest/mobilecrisisintervention/

An alternative to 911 for experiencing a mental health crisis

Mobile, on-site, therapeutic response to youth experiencing a behavioral health crisis. MCI teams provide crisis intervention, stabilization, and coordination, for up to 7 days, until the youth is stable or transferred to another level of care.

This service is provided 24 hours a day, 7 days a week, 365 days a year. Wayside is subcontracted by Advocates, Inc., to provide MCI services for youth and families in the MetroWest and Waltham areas. Referral Numbers Framingham area: 508.872.3333 Waltham area: 781.893.2003

General Information/Program Number 781.891.0556 x76

Phone: 508.879.9800

**American Foundation for Suicide Prevention** https://afsp.org/

Nation's largest non-profit dedicated to saving lives and bringing hope to those affected by suicide. The American Foundation for Suicide Prevention is a voluntary health organization based in New York, NY, with a public policy office based in Washington, D.C., and local chapters in all 50 states in the United States. The organization’s stated mission is to “save lives and bring hope to those affected by suicide

877-870-4673