

SAMHSA Behavioral Health Disaster Distress Hotline

800-985-5990

Open 24/7

Hampshire County Crisis Services

413-586-5555

Open 24/7

Greenfield / Franklin Crisis Services

413-774-5411

Open 24/7

Athol / North Quabbin

978-249-3141

Open Weekdays 8am-8pm

Empower Center Includes Spanish speakers

877-435-7800

Open 24/7

Compassionate Ear

866-927-6327

Open 7 days 4:00-10:00pm

Call to Talk

508-532-2255

Open 24/7

Crisis Text

Dial: 741-741

Text: C2T

Parental Stress Line Parents to Parents

800-632-8188

Massachusetts Department of Public Health

[\(617\) 624-6000](tel:(617)624-6000)

Open: 24/7

LGBT Support

888-843-4564

Open M-F 4:00pm-Midnight, Sat 12-:00pm

National Suicide

800-273-8255

Open 24/7