

BHN Crisis:

Call: 413-733-6661

Walk In: 417 Liberty Street, Entrance B, Springfield MA 01104

CSO Crisis:

Greenfield/Franklin County

Call: 413.774.5411

Walk In: 296 Federal Street, Greenfield, MA 01301

Athol/N. Quabbin

Call: 978.249.3141

Walk In: 2033 Main Street Level 2, Athol, MA 01331

Northampton/Hampshire County

Call: 413.586.5555

Walk In: 29 N. Main Street, Florence, MA 01062

National Suicide Prevention Lifeline(NSPL) :

Call or Text : 988 or (1-800-273-8255)

Chat Online at: <https://988lifeline.org/current-events/the-lifeline-and-988/> (In the top right corner)

Veterans Crisis (NSPL):

Call: 988 or (1-800-273-8255) Then Press 1

Text: 838-255

Chat Online at: VeteransCrisisLine.net/Chat

Trevor Lifeline for LGBTQ Youth:

Call: 1-866-488-7386

Text: 678-678

NAMI HelpLine:(Call function can be reached Monday through Friday, 10 a.m. – 10 p.m.)

Call: 1-800-950-6264

Email: info@nami.org

Text: NAMI to 741-741

Chat Online at : <https://nami.org/help>

SAMHSA (Substance Abuse and Mental Health Services Administration):

Call: 1-800-662-4357

American Federation for Suicide Prevention <https://afsp.org/> - see Get Help tab

Call: 988

Text: 988 or TALK to 741741

Resources from this source: <https://afsp.org/im-having-thoughts-of-suicide>

<https://afsp.org/when-someone-is-at-risk>

<https://afsp.org/find-a-support-group>

Trauma Institute in Northampton- <https://www.ticti.org/>

<https://www.ticti.org/intensive-therapy/free-treatment-western-ma/>

Call: 413-744-2340

Address: 285 Prospect St, Northampton, MA 01060