



AB Cares Resources on Suicide Prevention and Mental Health

AB Cares is a community based collaborative effort that seeks to prevent suicide across the life span and support all who are impacted by suicide.

Suicide Emergency Help Lines

If you or someone you know is in immediate danger, Call 911 for emergencies

National Suicide Prevention Lifeline [1-800-273-8255](tel:1-800-273-8255)

- This line offers free 24/7 support for people in emotional crises and is connected to a network of local crisis centers.

Call2Talk [1-508-532-2255](tel:1-508-532-2255)

Text C2T to [741741](tel:741741)

- Confidential mental health and emotional support line.

Samaritans [1-877-870-HOPE \(4673\)](tel:1-877-870-HOPE)

- Call or text this line anytime if you ever feel in need of someone to talk to. This service is free, confidential and anonymous. For Teens: Samariteens Line [800-252-TEEN\(8336\)](tel:800-252-TEEN)

Advocates [1-800-640-5432](tel:1-800-640-5432)

- Advocates offers 24 hour support for those experiencing a mental health crisis.

Trevor Project [1-866-488-7386](tel:1-866-488-7386) Text "Trevor" to [1-202-304-1200](tel:1-202-304-1200)

- The Trevor Project lifeline is designed to connect trained counselors to youth who are LGBTQ and in a crisis or who need a safe and judgement free environment to talk.

Connect to a Professional

Town of Acton, Community Services Coordinator: [1-978-929-6651](tel:1-978-929-6651)

Town of Boxborough, Community Services Coordinator: [1-978-264-1730](tel:1-978-264-1730)

William James INTERFACE Helpline [1-888-244-6843](tel:1-888-244-6843) (goo.gl/E5J2ov)

- Find resources and answers to questions about your local mental health services.

Eliot Community Human Services [1-978-369-1113](tel:1-978-369-1113) (www.eliotchs.org)

- Eliot provides comprehensive mental health services.

Advocates [1-508-628-6300](tel:1-508-628-6300) (goo.gl/yqTAwa)

- Advocates provides various types of counseling and psychiatry services.

How to Choose a Mental Health Provider (goo.gl/FjM9rC)

Teens

TrevorChat (goo.gl/S33Ktp)

- An online chat with Trevor counselors for LGBTQ teens as a place to connect, share their experiences, and get advice.

Samariteens Line [1-800-252-TEEN\(8336\)](https://www.samaritans.org/1-800-252-TEEN)

- Help line provided by Samaritans specifically for teens

ABRHS Counseling Department (goo.gl/tZYffy)

- Adolescent Suicide and Prevention: Article (goo.gl/6srGSG)

Teen Depression Fact Sheet (goo.gl/RH3mkp)

What can I do to help a friend who may be facing depression? (goo.gl/CAkMna)

Illumination (iOS: <https://goo.gl/7QGV8q>) (Android: <https://goo.gl/PXgKZR>)

- This app provides students with the resources they need to cope with adversity

Help After a Suicide or Attempt

National Suicide Prevention Resource: After an Attempt goo.gl/cPZuGf

Samaritans (goo.gl/1gj1qB)

- This resource connects you to support groups to help in the aftermath of a suicide.

Learn More about Suicide Prevention and Mental Health

Riverside Trauma Center: Suicide Prevention Tools and Information (goo.gl/2NnJbB)

ABRSD - Wellness Site (abschoolswellness.weebly.com)

AB United Way: Get Help (goo.gl/XfM2EP)

American Foundation for Suicide Prevention (afsp.org)

Families for Depression Awareness (familyaware.org)

Suicide Prevention Resource Center (sprc.org)

NAMI Massachusetts (<https://goo.gl/wRNn7F>)

