

Crisis vs non-crisis directory

Downloadable table

Source table prepared for Brave Path Recovery resource pages.

situation	start_here	why
Immediate danger or medical emergency	Call 911	Emergency services are the correct route
Suicidal thoughts, emotional distress, or substance-use crisis concern	Call, text, or chat 988	988 is available 24/7/365 for crisis support
Need help finding Massachusetts care options	Massachusetts Behavioral Health Help Line at 833-773-2445	Mass.gov describes it as available 24/7 for
Non-emergency outpatient fit question	Contact Brave Path Recovery	Useful for scheduling, service fit, and ad