MetroWest Mental Health Resources

Crisis and emergency

Situation	Start here
Immediate danger or medical emergency	Call 911
Suicidal thoughts, emotional distress, or substance-use crisis concern	Call, text, or chat 988
Need help finding Massachusetts care options	Massachusetts Behavioral Health Help Line at 833-773-2445
Non-emergency outpatient fit question	Contact Brave Path Recovery

Resource map

Category	Resource	Best for
Immediate danger	Call 911	A current emergency, immediate danger, or urgent
Suicide or emotional crisis	988 Lifeline	Call, text, or chat support for suicidal thoughts, em
Massachusetts behavioral health navigation	Massachusetts Behavioral Health Help Line	24/7 help finding mental health or substance use c
Outpatient care conversation	Brave Path Recovery	Non-emergency questions about outpatient fit, sch
Official state data and resources	Mass.gov behavioral health and substance use resources	Statewide public health data, service navigators, a

Review note

Verify phone numbers, URLs, and service availability before publishing or distributing.