

MetroWest resource map table

Downloadable table

Source table prepared for Brave Path Recovery resource pages.

| category | resource | best_for |
|--|--|---|
| Immediate danger | Call 911 | A current emergency, immediate danger, or urgent medical safety concern |
| Suicide or emotional crisis | 988 Lifeline | Call, text, or chat support for suicidal thoughts, emotional distress, or substance use |
| Massachusetts behavioral health navigation | Massachusetts Behavioral Health Help Line | 24/7 help finding mental health or substance use care in Massachusetts |
| Outpatient care conversation | Brave Path Recovery | Non-emergency questions about outpatient fit, scheduling, and care coordination |
| Official state data and resources | Mass.gov behavioral health and substance use resources | Statewide public health data, service navigators, and official guidance |