

MetroWest resource directory

Choose a starting point

Immediate danger or medical emergency: call 911. Emotional crisis or suicidal thoughts: call or text 988, or visit 988lifeline.org. Help finding mental health or substance use care in Massachusetts: call or text 833-773-2445. Non-emergency Brave Path outpatient questions: call (617) 991-3664.

Prepare for the call

State the concern, the town where you need care, and any transportation, language, or access needs. Ask whether a referral is required and how the first assessment is arranged.

Source and more information

[Massachusetts Behavioral Health Help Line](#)

Source checked September 15, 2026. Contact the relevant organization to confirm current service details.

For immediate danger, call 911. For emotional crisis support, call or text 988. For Massachusetts care navigation, call or text 833-773-2445.