

About this resource guide

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This guide helps MetroWest residents distinguish emergency assistance, emotional crisis support, Massachusetts care navigation, and routine outpatient questions. Phone numbers and source links were checked September 15, 2026.

Confirm the details you need

Services and appointment availability can change. Contact the organization directly to ask about eligibility, location, access needs, and the next step. If a routine provider is unavailable, the Massachusetts Behavioral Health Help Line can help you find another starting point.

Keep the right numbers accessible

Call 911 for immediate danger. Call or text 988 for emotional crisis support. Call or text 833-773-2445 for the Massachusetts Behavioral Health Help Line.

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.