



## Mental Health Resources for Westford Residents

The COMPASS Helpline is open during our regular hours – Monday through Friday, 9 am – 5 pm. You can reach us by calling 617-704-6264 or 1-800-370-9085, or emailing us at [compass@namimass.org](mailto:compass@namimass.org).

COMPASS is the information and referral helpline at NAMI Massachusetts. They provide resources and support to help people navigate the complex mental health system in difficult circumstances.

### ***Massachusetts Dept of Mental Health***

<https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

**Crisis number 24-hour line:** (877) 382-1609

**Main number:** (617) 626-8000 M-F 9-5

**Voicemail Box:** 1-800-221-0053 (checked regularly calls returned within 48 hrs.)

### ***Interface Referral Service-*** <https://interface.williamjames.edu>

**Referral Helpline:** 888-244-6843

Monday – Friday 8am-5pm

### ***Veterans Crisis Line***

1-800-273-8255 (Press 1)

### ***Massachusetts Substance Abuse Hotline***

1-800-327-5050

### ***Crisis Hotline for Domestic Abuse 24-hour line***

<https://www.mass.gov/service-details/domestic-violence-programs-for-survivors>

877-785-2020

877-521-2601 (TTY)

**Samaritans Hotline:** (800) 273-8255

**National Domestic Violence Hotline 24-hour line:** 1-800-799-7233

**National Sexual Abuse Hotline 24-hour line:** 1-800-656-4673

### ***CDC stress and coping during COVID-19:***

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

### ***Suicide Prevention during COVID-19:***

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>