

**Where can I learn about mental health resources in my community?
How can these services be accessed for all ages?**

Getting support is easier than you think!

All Hopkinton residents can access free and confidential help with finding an outpatient mental health provider, in as little as two weeks, that best matches their needs in terms of location, specialty of provider, insurance/fee requirement and availability.

**CALL the INTERFACE® Helpline
1.888.244.6843**



Monday-Friday from 9am–5pm for a brief intake to start the process

**Find Community-based Mental Health and Wellness Resources
on the INTERFACE Hopkinton Page:**

interface.williamjames.edu/community/hopkinton



This card was created by Hopkinton Youth & Family Services in collaboration with Hopkinton Organizing for Prevention. The INTERFACE service contract is provided by the town of Hopkinton through grant funding.

NEED URGENT ASSISTANCE? Please see the back of this card for help →

**RESOURCES TO ACCESS
FREE AND CONFIDENTIAL SUPPORT**

NEED HELP NOW?

Advocates Psychiatric Emergency Services

If you or a loved one is experiencing mental health or emotional crisis, please call **1.800.640.5432** to speak to an Advocates crisis clinician. Help is available 24 hours a day, every day.

Having thoughts of Suicide?

Samaritan Helpline

1.877.870.HOPE (4673) or Text 24/7 www.samaritanshope.org

National Suicide Prevention Helpline

1.800.273.TALK (8255) www.suicidepreventionlifeline.org

Struggling with Drug/Alcohol Issues?

Massachusetts Substance Use Treatment & Recovery Services Helpline

Monday through Friday 8am-10pm
Weekends 8am-6pm, helplinema.org 1.800.327.5050

Need to Talk?

Call2Talk 508.532.2255 or Text: C2T to 741741 www.uwotc.org/call2talk

Are you Being Hurt?

Voices Against Violence

For victims and survivors of sexual and domestic violence in the MetroWest area:
www.smoc.org/voices-against-violence.php
24-hour Hotline: 1.800.593.1125 or 508.626.8686 (TTY-friendly)

Need connection to an Immediate Resource?

Massachusetts Residents 211

Dial 211 or 1.877.211.MASS (6277) Available 24 hours/day, 7 days a week. Supports callers by matching services to the most critical human service needs in times of crisis or for general inquiries.

LOCAL SUPPORT & RESOURCES

Hopkinton Youth & Family Services

508.497.9781 Support Services for ages birth to 18 and families

Hopkinton Senior Center/Council on Aging

508.497.9730 Services to enhance the lives of older adults