



## Lexington Human Services

### Quick Guide to Mental Health Resources

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#### **Lexington Police Department**

**Emergency** – 911

**Other** – (781) 862 – 2121

#### **William James Interface (Mental Health Referral Service)** – (888) 244 – 6843

- **William James Interface Referral Services** is a FREE and confidential service now available to ALL Lexington residents and students in Lexington schools. The service maintains a mental health and wellness referral Helpline Monday through Friday, 9 am-5 pm, at 888-244-6843 (toll-free). Through the Helpline, callers work with a Resource and Referral Counselor who will help them navigate the challenges of finding mental health services. Each caller will be assigned a lead counselor who will provide matches to services, as well as provide information and resources about mental health and wellness.

#### **Advocates Psychiatric Emergency Service (PES)** – (800) 640 – 5432

- **Advocates** provides mobile crisis intervention, 24 hours a day, 365 days a year, at Advocates clinics, in homes and schools, or other community settings. They provide emergency crisis stabilization and focus on engaging individuals and family members or other supportive people in their lives. Advocates PES serves individuals of all ages in 30 Boston communities, regardless of ability to pay.

#### **Samaritans** - Call or Text: (877) 870 – 4673

- **Samaritans** primary suicide prevention program is a 24 Hour/7 day Telephone Befriending Service. Anyone in need can use the support of Samaritans, which is free, confidential, anonymous, and is accessible any time of the day or night. Samaritan volunteers offer callers uncritical acceptance and respect in a comforting and understanding manner. In addition to supporting depressed, lonely and suicidal callers, this program also supports those calling with concerns for others.



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#### **Samariteens** – (800) 252 – 8336

- **Samariteens** is a teen help line that provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness and stress. Offered from 3 pm to 9 pm on weekdays, and 9 am to 9 pm on weekends, this service is staffed by volunteers between the ages of 15 and 18. Outside of these hours, calls are answered by adult volunteers.

#### **National Suicide Prevention Lifeline** – (800) 273 – 8255

- **Lifeline Chat** is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the U.S.

#### **Other Information & Resources:**

- Girls & Boys Town National Hotline (800) 448-3000
- National Hopeline Network (800) SUICIDE
- National Youth Crisis Hotline (800) 442-HOPE (4673)