

Crisis Hotlines

Suicide prevention, domestic violence, and other crisis hotlines for youth, young adults, and their friends and families.

National Runaway Safeline:1-800-786-2929

The National Runaway Safeline helps youth who have run away, are thinking about running away, or who already ran away but are ready to come home. Parents and guardians can also contact the hotline if they are worried about their child running away or if their child has already left home.

The hotline is available 24 hours a day, seven days a week. Youth, parents, and guardians can also use the online chat feature on the Runaway Safeline's website to ask for help and get support, or can send a text to 66008.

Additional Resources for
[National Runaway Safeline](#)

National Suicide Prevention Lifeline: 1-800-273-8255

The National Suicide Prevention Lifeline is a network of local crisis centers that are available 24/7 to provide support for youth and adults who are in any kind of emotional crisis. In addition to the main hotline number listed above, there are several other numbers to call depending on your needs:

Spanish Language: 1-866-628-9454

Deaf and Hard of Hearing: 1-800-799-4889

Veterans: 1-800-273-8255

Disaster Distress: 1-800-985-5990

Anyone can also use their online chat feature on their website.

Additional Resources for
[National Suicide Prevention Lifeline](#)

Samaritans Statewide Helpline: 1-877-870-4673

The Samaritans Statewide Helpline is available to anyone in Massachusetts who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.

Massachusetts high school and college students can also get online support through the IMHear_ program. For high school students, volunteers ages 15-18 are available Monday-Thursday from 6-9PM. For college students, IMHear_ is available Monday-Friday from 5-9PM.

Additional Resources for
[IMHear for high school students](#)
[IMHear for college students](#)

The Trevor Project: 1-866-488-7386

The Trevor Project is a 24/7 crisis intervention and suicide prevention hotline for LGBTQ youth. Youth can also text "Trevor" to 1-202-304-1200 for support, or use the online chat feature on the Trevor Project's website.

TrevorText is available Monday-Friday between 3-10PM. TrevorChat is available seven days a week between 3-10PM.

Additional Resources for
[The Trevor Project](#)

SafeLink: 1-877-785-2020

SafeLink is for anyone who is being affected by domestic violence or dating violence. Volunteers at SafeLink speak English and Spanish, and SafeLink also has a service that can provide translation in more than 130 languages.

TTY: 1-877-521-2601

Additional Resources for
[SafeLink](#)

Boston Area Rape Crisis Center: 1-800-841-8371

The Boston Area Rape Crisis Center has a 24/7 hotline for survivors of sexual violence ages 12 or older. The hotline is also available to survivors' friends and families, as well as other professionals.

TTY: 1-800-439-2370 (ask for the hotline)

Additional Resources for
[Boston Area Rape Crisis Center](#)

The Network/La Red: 1-800-832-1901

The Network/La Red hotline provides support, information, and safety planning to anyone in the LBGTQ community who are being abused, or have been abused, by a partner. The hotline is also open to friends and family, as well as others who work on domestic violence issues in the LBGTQ community. The hotline is available 24/7.

Additional Resources for
[The Network/La Red](#)

New Hope, Inc: 1-800-323-4673

New Hope, Inc. has a 24/7 hotline available to anyone who is a survivor of domestic violence or sexual violence. New Hope primarily serves Central and Southeastern Massachusetts.

FoodSource Hotline

To find food resources in your community, call the FoodSource Hotline:
1-800-645-8333
TTY 1-800-377-1292

Hotline Hours:
Monday - Friday
8 A.M. - 7 P.M.

Saturday
10 A.M. - 2 P.M.