

ARE YOU LOOKING FOR SUPPORT OR GUIDANCE FOR AN ADULT YOU CARE ABOUT?

North Suffolk Hotline



If you or someone you know is in crisis, please call the 24/7 Behavioral Health Crisis Hotline:

888-309-1989

MENTAL HEALTH is for EVERYONE.

DON'T WAIT,

take care of yours by getting the right help for your needs.



You are not alone. Call or text 988 or chat 988lifeline.org.

The Trauma Response Team



A community led team that serve to connect people to treatment, support concerning issues around loss, violence and substance use disorder.

617- 726-0058 (9AM to 5PM)
617-643-0449 (5PM to 9PM)

SUICIDE WARNING SIGNS FOR ADULTS

You Are Not Alone



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.

988

- Mental Health & Substance Use Support
- Suicide Prevention & Crisis De-escalation
- Connection to Local Care & Treatment Resources

WHOLE-PERSON CARE

911

- Medical Emergency
- Fire
- Crime in Progress
- Life-Threatening Situations

988 | SUICIDE & CRISIS LIFELINE

Resources for helping yourself or someone else provided by 988lifeline.org:



If you or someone you know is in immediate danger, please dial 9-1-1 or go to the nearest emergency room.

Access More Resources Here:
WWW.CHARLESTOWNCOALITION.ORG

