

ARE YOU LOOKING FOR SUPPORT OR GUIDANCE FOR A TEEN 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

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)

It's time to take action if you notice these signs in family or friends:

- 1 Talking about or making plans for suicide.
- 2 Expressing hopelessness about the future.
- 3 Displaying severe/overwhelming emotional pain or distress.
- 4 Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

Resources for starting a conversation provided by the National Alliance on Mental Illness:



Open conversations build trust and resiliency in kids and youth.

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