

# MENTAL HEALTH AWARENESS

For more information about upcoming events, visit our Website and Facebook page.

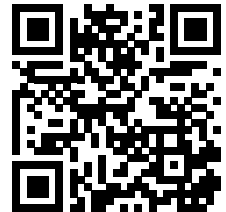


## MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE (BHHL)

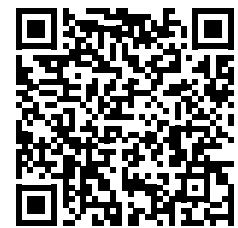
**(833) 773-2445**

Connects Massachusetts residents directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- Call or text (833) 773-2445
- Live chat available at: <https://www.masshelpline.com/>
- Available 24 hours per day, 7 days per week, 365 days per year (including holidays)
- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages
- Deaf or hard of hearing? Contact MassRelay at 711



**WEBSITE**



**FACEBOOK**

## NATIONAL SUICIDE PREVENTION 24-HOUR LIFELINE

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Call 988.

**1 IN 5**  
**U.S. ADULTS**  
EXPERIENCE MENTAL  
ILLNESS EACH YEAR  
**AND ONLY**  
**HALF**  
OF THEM  
RECEIVE TREATMENT

**50%**  
OF ALL LIFETIME  
MENTAL ILLNESS  
BEGINS BY  
**AGE 14**  
AND  
**75%**  
BY AGE 24

**THE AVERAGE DELAY**  
BETWEEN ONSET  
OF MENTAL ILLNESS  
SYMPTOMS & TREATMENT IS  
**11 YEARS**



SUDBURY · WAYLAND · WESTON · CONCORD · CARLISLE · LINCOLN · BEDFORD