

## **Mental Health Services and other Supports**

**Counseling:** Some of these agencies are providing teleconferencing as an option. Please call the number attached to the agency for more details.

- **Behavioral Health Network (BHN) - 413-737-2439**
- **Gandara Mental Health - 413-736-8329**
- **Mental Health Association- 413-734-5376**
- **CHD - 413-737-1426**
- **CT Family Services - 413-285-8642**
- **Brightside- 413-788-7366**
- **South Bay- 413-495-1500**
- **River Valley- 413-540-1234**
- **School St. Counseling- 413-846-4300**

**BHN Crisis Line (open 24 hours, 7 days a week): 413-733-6661**

### **Domestic Violence:**

DOVE's 24 hour hotline: 617-471-1234

National Domestic Violence Hotline: 1-800-799-7233

**AA/Drug Treatment: SAMHSA's National Helpline - 1-800-662-HELP (4357)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

### **Partnership for Drug-Free Kids:**

You can connect to us in the following ways, with support available in English and Spanish. We're available from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.

- Text a Message to 55753
- Send an Email
- Call 1-855-378-4373 (1-855-DRUGFREE)