

THE LIBRARY HAS MANY  
SUPPORT & CRISIS  
RESOURCES AVAILABLE  
FOR YOU.

LIBRARIANS ARE VERY BIG  
ON PRIVACY AND ARE  
NONJUDGMENTAL. WE  
ONLY WANT TO HELP YOU  
FIND WHAT YOU ARE  
LOOKING FOR.



IF YOU OR ANYONE YOU  
KNOW IS STRUGGLING,  
PLEASE REACH OUT.

TOPSFIELDLIBRARY.ORG  
ASK@TOPSFIELDLIBRARY.ORG

This pamphlet was created by  
the Topsfield Town Library,  
based on a pamphlet created by  
the nonprofit TWLOHA.

Please take a  
pamphlet and share  
with friends or family  
in need.

Topsfield Town Library

Check website for  
current hours.

[topsfieldlibrary.org](http://topsfieldlibrary.org)  
978-887-1528

# Hope & Help

CRISIS RESOURCES FOR  
TEENS & ADULTS

## Support Groups

## National Hotlines

## Local Treatment Resources

Alcoholics Anonymous (AA) Central Service Committee of Eastern Mass:  
www.aabosmeetings.org  
1-617-425-9444

Al-Anon/Alateen Family Group Meetings in Massachusetts:  
www.ma-al-anon-alateen.org  
(508) 366-0556

American Foundation for Suicide Prevention  
AFSP.org  
1-888-333-AFSP (2377)

Anxiety & Depression Association of America (ADAA)  
https://adaa.org/finding-help  
240-485-1001

Depression and Bipolar Support Merrimack Valley (DBSA)  
http://www.dbsamerrimackvalley.org  
888-280-7773

Massachusetts Organization for Addiction Recovery (MOAR)  
www.moar-recovery.org  
617-423-6627

Massachusetts Eating Disorders Association (MEDA)  
www.medainc.org  
617-558-1881

National Alliance on Mental Illness (NAMI) Greater North Shore  
https://namigreaternorthshore.org  
(617) 984-0504

New England Region of Narcotics Anonymous (NERNA)  
www.nerna.org  
1-866-624-3578

Crisis Text Line  
Text TWLOHA to 741741 to connect  
with a crisis counselor

National Suicide  
Prevention Lifeline  
1-800-273-TALK

IMAlive Online Crisis Network  
https://www.imalive.org

Rape, Abuse, and Incest National  
Network (RAINN)  
1-800-656-HOPE

Parent Stress Hotline  
1-800-632-8188

The Trevor Project (LGBTQ)  
1-866-4-U-TREVOR

Treatment Referral Hotline  
(Substance Abuse)  
1-800-662-HELP

GLBT National Help Center  
888-843-4564

National Hopeline Network  
1-800-784-2433 (1-800-SUICIDE)

Veterans Crisis Line  
Call 1-800-273-8255 and Press 1  
Text 838255

Samaritans of Merrimack Valley  
877-870-4673 (HOPE)

ARBOUR COUNSELING SERVICES  
10-1 ROESSLER ROAD WOBURN, MA 01801  
PHONE: 781-932-8114  
HTTP://ARBOURHEALTH.COM/  
  
DANVERSCARES  
DANVERSCARES.ORG/MENTAL-HEALTH-RESOURCES  
64 CABOT ROAD  
DANVERS, MA 01923  
978-777-8932 X2214

HAWC  
(HEALING ABUSE WORKING FOR CHANGE)  
HAWCDV.ORG  
27 CONGRESS STREET  
SALEM, MA 01970  
24-HOUR HOTLINE 1-800-547-1649

JEANNE GEIGER CRISIS CENTER INC.  
2 HARRIS STREET NEWBURYPORT, MA  
5 MARKET SQUARE AMESBURY, MA  
24-HOUR HOTLINE 978-388-1888

LAHEY HEALTH BEHAVIORAL SERVICES  
978-968-1700  
HTTP://NEBHEALTH.ORG

MASCONOMET SAFE SCHOOL HELPLINE  
24-HOUR HOTLINE 1-800-418-6423 EXT 359  
HTTPS://WWW.SAFESCHOOLHELPLINE.COM

NORTH SHORE COUNSELING CENTER  
WWW.NSCC-INC.COM  
900 CUMMINGS CENTER #324-S, BEVERLY, MA 01915  
978-922-2280

NORTH SHORE RAPE CRISIS CENTER  
WWW.HES-INC.ORG/NORTH-SHORE-RAPE-CRISIS-CENTER  
156 BROAD STREET  
BEVERLY, MA  
24-HOUR HOTLINE 1-800-922-8772

TRI-TOWN COUNCIL  
WWW.TRITOWNCOUNCIL.ORG  
7 GROVE STREET, UNIT 202  
TOPSFIELD, MA 01983  
978-771-4619

911 AND ANY LOCAL EMERGENCY ROOMS ARE ALSO GREAT RESOURCES IN TIMES OF CRISIS.