

# Accessing behavioral health services in Massachusetts just got easier.



All options are available for:

- ✓ Individuals of all ages
- ✓ Those needing support with both mental health and addiction needs



**BY PHONE:**  
833-773-2445  
833-773-BHHL  
masshelpline.com

- Consult with a qualified behavioral health expert.
- Find a provider.
- Make an appointment.
- Get immediate help for a behavioral health crisis. Covered for all, with or without insurance.
- No insurance necessary.



**IN PERSON:**  
At your local Community Behavioral Health (CBHC)  
mass.gov/CBHCs

- Consult with a qualified behavioral health clinician.
- Get urgent behavioral health care.
- Get immediate help for a behavioral health crisis. Covered for all, with or without insurance.
- Get follow-up supports.



**AT HOME OR WHEREVER YOU ARE IN THE COMMUNITY:**  
Mobile Crisis Intervention

**Contact Mobile Crisis Intervention** in person or by phone using the phone or in-person options above. MCI can send trained behavioral health staff wherever you are for immediate help. Covered for all, with or without insurance!

