



Mental Health Crisis?

We're Here 24/7.

If you or someone you know is experiencing a mental health or substance use crisis, help is available right now.

No appointment.

No insurance required.

No emergency room visit needed.

Call if someone is experiencing:

- Thoughts of suicide or self-harm
- Significant anxiety or panic
- Increased emotional distress
- Unsafe or concerning behavior
- A mental health or substance use crisis
- A situation where you're not sure what to do

Mobile Crisis Intervention provides:

- 24/7 support
- Help for children, teens, adults, and older adults
- Services at home, school, or another safe community location
- Telehealth when appropriate

Call 24/7

800-294-4665

Serving Milford and 28 surrounding communities

Outside this area?

Call or text 833-773-2445 for the

Massachusetts Behavioral Health Help Line

What Happens When You Call?

A master's level clinician will listen, assess the situation, and help determine the best next step.

Our team can:

- Meet you at home, school, or another safe community location
- Connect by telehealth when appropriate
- Provide rapid crisis intervention
- Help connect you with ongoing care and support

Our goal is to help people stay safe and receive the right care in the least restrictive setting whenever possible.

Anyone Can Call

You don't have to be the person in crisis.

Parents, family members, friends, teachers, healthcare providers, first responders, or anyone concerned about someone's safety can call for help.

"As a parent, knowing there is a resource to call when you don't know what to do is invaluable. Thank you so much."

— Rachel, parent of youth served

Serving:

Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Holland, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster, West Brookfield.

Mobile Crisis Intervention

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