

Behavioral Health Crisis Example Scenarios

Here is a non-exhaustive list of some scenarios of mental health crisis.

Scenario:

“I can’t stop thinking about hurting myself.”



Call: 988

Scenario:

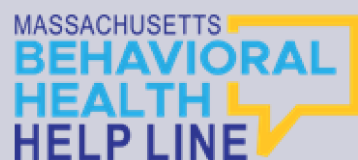
"My roommate has been crying and yelling in his room for hours. I don't know what to do or how to help."

Boston Emergency Services Team

Call: (BEST) 1-800-981-4357

Scenario:

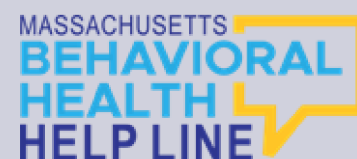
“My child is so withdrawn all the time. I don't know where to get help for them.”



Call: 833-773-2445

Scenario:

"I don't have insurance and I can't afford therapy, but I'm feeling really down and haven't been able to get out of bed all week."



Call: 833-773-2445


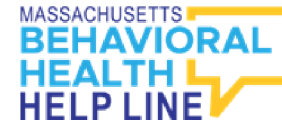


**Community
Behavioral Health
Centers (CBHC)**

Call BHHL to be transferred to a CBHC

Contact 911 if there is an immediate risk for life-threatening harm to self/another person.

Behavioral Health Crisis Response Options

		Boston Emergency Services Team (BEST) 1-800-981-4357	 833-773-2445	Community Behavioral Health Centers 5 in Boston Metro Region
Contact for mental health & substance use concerns	✓	✓	✓	✓
Available 24/7	✓	✓	✓	✓
Provides in person treatment		✓		✓
Offers translation services	✓	✓	✓	✓
Provides a texting option	✓ *English Only*		✓	
Available Statewide	✓	✓	✓	✓ 25 Centers Statewide

Contact 911 if there is an immediate risk for life-threatening harm to self/another person.