

# Resources For Residents Seeking Mental Health-Related Assistance



## New 988 Suicide and Crisis Lifeline

The 988 Suicide & Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. People can also dial 988 if they are worried about a loved one who may need crisis support

**Call:** Dial 988

**Online:** [988lifeline.org](https://988lifeline.org) (chat is available)

**For Veterans:** Pressing "1" after dialing 988 will connect you directly to the Veterans Crisis Lifeline, which serves our nation's Veterans, service members, National Guard and Reserve members, and those who support them.



## Aspire Health Alliance

Aspire Health Alliance's Emergency Services Program provides in-home, community, and hospital ER-based services to children, teens, and adults who are at risk of harming themselves or others, available 24 hours a day/seven days a week. AHA's Emergency Services Program also includes an open, eight-bed stabilization unit as an alternative to hospitalization for clients in need of short-term crisis intervention.

**Call:** 617-774-6036 or 800-528-4890

**Online:** [www.aspirehealthalliance.org](http://www.aspirehealthalliance.org)



## Hope Floats

Hope Floats is a bereavement and educational center for adults, children, teens and their family who are grieving, dealing with illness, or facing other life challenges.

**Online:** [hopefloatswellness.org](http://hopefloatswellness.org)



## Community Crisis Response Clinician

The Hingham Police Department's Community Crisis Response Clinician, Aileen Walsh, is available for those in need. Aileen provides resources not only to those with mental health and drug dependency needs but also their family members.

**Call:** 781-206-1577 (cell) or 781-741-2222 (office)

