

Mental Health Resources at Sherwood Middle School

Local/State Resources

Youth Mobile Crisis Intervention-Worcester Team
1-866-549-2142

Emergency Mental Health Services
(EMH) - 508-334-3562 - UMass Memorial Hospital

<https://massachusetts.networkofcare.org/mh/> is a resource directory that is searchable by zip code and type of service needed

Food Source Hotline 1-800-645-8333

Support at School There are many people at school who are willing to listen and talk. Please reach out to an adult at school if you need help. A list of school support resources can be found [here](#).

Information shared with school counselors and nurses will not be shared without your permission, unless there is a risk of harm to yourself or someone else.

For more resources, [click here](#).

National Resources

National Alliance on Mental Illness (NAMI)

Text "HELPLINE" to 62640 between 10 a.m.-10 p.m. ET, Monday-Friday, to connect with the NAMI HelpLine.

NAMI HelpLine is also available Monday-Friday, 10 a.m.-10 p.m. ET by phone at 1-800-950-NAMI (6264), via the "Chat with us" web widget, or by email at helpline@nami.org.

The Trevor Project

1-866-488-7386 or text "START" to 678678

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

JED Foundation

1-800-273-TALK (8255) or text "START" to 741-741

The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

If you are concerned about someone in a crisis, many of the following resources are available 24/7. Use links below for more information.

If you are dealing with an emergency, please call 911.

[National Suicide Prevention Lifeline](#) is available 24/7 for individuals who may be suicidal. If you are anxious about calling or would like information about what happens when you call a crisis line read this article. [What happens when you call the suicide prevention lifeline?](#)

[National Crisis Text Line](#) can be accessed 24/7 by texting HOME to 741741.



Scan to opt-in
or text
SHERWOODMS
to 78573



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