

Mental Health Resources



For Employees and Their Family Members

MIIA Health Benefits Trust Resources: For Members on a MIIA/BCBS Health Plan

- [AllOne Health](#) employee assistance program: 1-800-451-1834 or online
- [Learn to Live](#): online confidential programs for anxiety, depression, stress, worry, insomnia and substance abuse
- [Mindwise](#): online confidential screenings for anxiety, depression, alcohol use, eating disorders, gambling, bipolar, PTSD, and psychosis

COVID-19 Related Resources

- BCBS general concerns: 1-800- 372-1970
- [BCBS Resource Center](#)
- [MindWise Innovations](#) offers behavioral health, suicide prevention and other resources

Kids and Teens

- [Teen Voices](#): Coping with the Pandemic
- [How to Talk to Kids About the Virus](#)

Videos on Grief

- [Ambiguous Grief](#): Managing Emotional Losses During the Pandemic
- [Interrupted Grief](#): Modifying our Rituals

Suicide and Crisis Prevention

- [Massachusetts 24-hour hotline](#)
- National Suicide Prevention Hotline: 1-800-273-8255
If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States
- Samaritans Statewide Crisis line: call or text (8am - 11pm, 7 days a week): (877) 870-4673 or [online chat](#)

Violence, Domestic Violence, Rape Resources

- Safe Link (domestic violence): (877) 785-2020; Chat on the [website](#). Advocates are available 24/7 at in more than 200 languages. All calls are free and confidential.
- National Domestic Violence Hotline: 1-800-799-7233; Chat on the [website](#). Advocates are available 24/7 in more than 200 languages. All calls are free and confidential. El chat en español está disponible todos los días de 12–6 p.m.
- Boston Area Rape Crisis Center: 1 (800) 841-8371

LGBTQ Resources

- Trevor Project (LGBTQ youth): 1-866-488-7386; trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386.
- Fenway Health: [LGBT Aging Project](#)
- Trans Lifeline: 1-877-565-8860

Health/Medical Hotline

- Blue Cross Blue Shield Nurse Line: 1-888-247-BLUE (2583)

Substance Use/Abuse Resources

- Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357), SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- The Massachusetts Substance Abuse Hotline: 1 (800) 327- 5050

Veteran Support

- US Veterans Crisis Line: 1-800-273-8255; Text: 838255; deaf & hard of hearing: 1-800-799-4889