

Mental Health and Substance Use

988 Lifeline

If you or a loved one is having emotional distress or thoughts of suicide, call or text 988 and connect with a support specialist. Free and available 24/7 in English, Spanish, and ASL

The Trevor Project

24/7 Free Suicide and Crisis Intervention for LGBTQ+ Young People
1-866-488-7386
Text START to 678678
trevorproject.org/get-help/

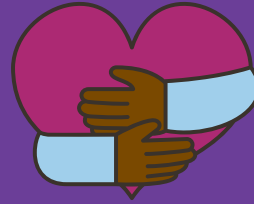
Hey Sam Textline

Dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, it is free, confidential, and nonjudgemental. Available daily 9 a.m. - midnight
Text 439-726

The MA Substance Use Helpline

This 24/7 helpline is for youth and young adults who are struggling with substance use. They can answer your questions, listen to your concerns, and refer you to special treatment and recovery support services.
Call or text "HOPE" to 1-800-327-5050

You Are Not Alone.



Contact Us:

24/7 - 365

Free. Multilingual. Confidential.

Call for support, questions, concerns, referrals, and more.
casamyrna.org/get-support/

SafeLink 1.877.785.2020
MA Statewide Toll-free Domestic Violence Hotline

Casa Myrna Community Helpline:
617-521-0108

Help with safety planning, resource needs, and one-on-one support.



Youth Resource Guide

For young people looking for support, education, case management, resources, and more.



casa myrna

until every relationship is safe and healthy

This project was supported by Grant No. 510VW-24-GG-01463-CY awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.



Who We Are:

Casa Myrna is Boston's largest provider of domestic violence awareness, shelter, and supportive services. We help survivors heal from trauma and build long-term self-sufficiency. We support survivors through housing, counseling, legal advocacy, and economic empowerment programs, as well as leads statewide prevention and education efforts.

How We Support Youth

- Rapid Youth Rehousing and Peer Resource Navigators
- Teen Parenting Residential Program
- Prevention Peer Leader Program

Contact us via **SafeLink (1-877-785-2020)** or our **Community Helpline (617-521-0108)** to get connected with these resources and learn about what they offer!

Safety Planning

Need to leave in a hurry? Make sure you have:

- ☐ Keys
- ☐ Phone + charger
- ☐ ID / passport or school card
- ☐ Medications
- ☐ Cash, bus/train pass, or Charlie Card
- ☐ A small comfort item (if helpful)

Scan the QR code to access **Love is Respect's** comprehensive safety planning guide - walking you through step by step, at your own pace.



Domestic Violence and Sexual Health

ABCD (Action for Community-Based Development) Vending Machines

Three 24/7 public health vending machines in Boston that provide free, anonymous reproductive health supplies, including STI tests, emergency contraception, and menstrual products.

Locations:

565 Warren Street, Dorchester, MA 02121.
 714 Parker Street, Roxbury, MA 02115
 110 Claybourne Street, Dorchester, MA 02124
bostonabcd.org/service_categories/youth/

Love is Respect

Confidential support about dating, breakups, and healthy relationships.
 Call 866-331-9474, text LOVEIS to 22522
 for 24/7 support and guidance.
loveisrespect.org

Boston Area Rape Crisis Center

BARCC offers all young people, of all genders and sexual identities, ages 12 and older, free confidential counseling, medical accompaniment, legal services, and a 24/7 hotline.
 Call 800-841-8371 to get connected and receive free and confidential support.
barcc.org/get-help/youth/

Housing, Food, and Legal

Bridge Over Troubled Waters

Provides life-changing services for homeless, runaway, and at-risk youth (14-24) in Greater Boston.
 24/7 helpline: 617-923-4105
bridgeotw.org/get-help/

Boston Public Library Resource Guide

Information on youth resources, shelters, food, medical and legal assistance for the homeless and housing insecure in the Boston area.
<https://guides.bpl.org/guide4help/teens>

YMCA of Greater Boston Mobile Market

The Mobile Market provides free produce and shelf stable items. The truck visits sites all around the Greater Boston area. All are welcome! For their monthly schedule, visit
ymcaboston.org/mobilemarket

Youthline Resource Directory

Comprehensive resource navigator that helps youth and their families connect with over 500 programs and resources.

