



www.suicideispreventable.net

suicideprevention@capecoalition.com

P.O. Box 119, Barnstable, MA 02630

SUICIDE PREVENTION CRISIS RESOURCES

- **24-hour Crisis Intervention - Cape Cod: 1-800-981-4357**
- **24-hour Crisis Intervention – Nantucket: 1-877-784-6273**
- **24-hour Crisis Intervention - Martha's Vineyard: 1-508-693-0032**
- The Samaritans on Cape Cod and the Islands: 1-800-893-9900 (free, confidential crisis line)
- National Suicide Prevention Lifeline: 1-800-273-8255 (free, 24/7 crisis line)
- The Trevor Helpline: 866-488-7386 Specifically for LGBTQ youth and young adults

MENTAL HEALTH RESOURCES (non-emergency services)

- Allied Health Providers: 508-362-1180, 800-763-7777, <http://alliedhealthproviderscapecod.com/>
- Arbour Counseling Services-West Yarmouth: 774-470-2294, <http://arbourhealth.com/organizations/arbour-counseling-services/>
- Barnstable County Behavioral Health Portal and Service Directory: <http://barnstable.ma.networkofcare.org/mh/>
- Bay Coast Behavioral: 774-294-5722, <http://www.baycoastbehavioral.com/>
- Bayview Associates: 508-295-3600
- Cape Behavioral Health Center: 508-862-0514
- Cape Cod Healthcare Centers for Behavioral Health: 508-790-3360, <http://www.capecodhealth.org/care-treatment/behavioral-health/>
- Child & Family Services of Cape Cod: 508-778-1839
- Family & Children's Services of Nantucket: 508-228-2689
- Family Continuity: 508-862-0600
- Gosnold Outpatient Counseling Centers: 800-444-1554
- Martha's Vineyard Island Counseling Center: 508-693-0032
- National Alliance On Mental Illness (NAMI) Of Cape Cod and The Islands: 508-778-4277, <http://www.namicapecod.org/>
- South Bay Community Services: 508-760-1475, <http://southbaycommunityservices.com>

Town Specific Resources

- Falmouth Human Services: 508-548-0533, 508-540-8209, www.falmouthhumanservices.org
- Harwich Youth & Family Services: (508) 430-7836 <http://www.harwich-ma.gov/youth-counselor>
- Monomoy Community Services: 508-945-1501, 508-945-1117 <http://monomoy.org/>
- Martha's Vineyard Community Services: 508-693-7900 <http://www.mvcommunityservices.com/>
- Mashpee Human Services: 508-539-1400 ext 8598
- Family & Children's Services of Nantucket: 508-228-2689
- Outer Cape Health Services: Provincetown: 508-487-9395
- Outer Cape Health Services: Wellfleet: 508-349-3131
- Provincetown Community Resource Navigator Program: 774-722-5704; navigator@outercape.org (Provincetown residents only)

Peer Support

- Dance in the Rain A Whole Person Approach: 508-364-4045, <http://www.danceintherain-wpa.org>
- Hyannis Waves of Wellness Recovery Connection Center: (RCC) 774-212- 4519, Peer Support: 1-877-733-7563