

# YOU ARE NOT ALONE

## Resources to find help for yourself and someone else

**Milton Cares**, a program out of the Milton Police Department, supports families who are experiencing drug and/or alcohol problems. You can reach Milton Cares confidentially via email or phone at

**Miltoncares@mpdmilton.org**  
**(617) 898-4814**

**ASPIRE Health Alliance** provides an array of therapeutic services for youth, adults & families on the South Shore who are seeking behavioral and mental health help.

Located at 500 Victory Rd,  
Quincy, MA 02171

**(800) 852-2844**



**William James College: Interface Referral Service** offers free phone referrals to mental health counselors for adults and children.

**Helpline: 888-244-6843,**  
**M-F 9:00 AM- 5:00 PM.**



**Samaritans** provides suicide prevention counseling through a 24/7 confidential helpline:

**(877) 870-4673,**

as well as grief support services, and suicide prevention training.



**CATALYST**, at Boston Medical Center, helps teens and young adults struggling with behavioral health and addiction problems.

**(617) 414-6655**



**Boston Area Rape Crisis Center** provides trained counselors to help sexual assault survivors and their loved ones.

**24/7: (800) 841-8371**

**Web Chat: 9:00 AM - 11:00PM**



**Family Resource Center in Quincy** (serving Norfolk County) helps students and families get connected to assessment and services for families whose children range in age of birth to 18. FRC provides monthly support groups for youth and parents in the LGBTQ+ community.

**Contact:**  
**(617) 481-7227 ext. 193**



**The MA. Department of Mental Health** has a directory of organizations that offer mental health and related services for communities of color, LGBTQ+ community, immigrants, and refugees.

Please visit

<https://www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory>



**Massachusetts Substance Abuse Helpline** provides referrals for treatment of substance use disorders (for adults and youth)

**(800) 327-5050**



**Smoking/Vaping Quitline**  
(English & Spanish)  
**(800) QUIT-NOW**



**For additional resources, please contact your adjustment counselor, guidance counselor or nurse at Milton High School.**

For more information, please visit Milton Substance Abuse Prevention Coalition's (MSAPC) website: [www.milton-coalition.org](http://www.milton-coalition.org)  
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