

Below is a list of mental health resources available in and around Bridgewater, Massachusetts, including crisis support, counseling services, and community organizations:

24/7 Crisis & Helpline Support

- **988 Suicide & Crisis Lifeline:** Dial **988** for immediate, confidential support for mental health or suicidal crises. Available nationwide and in Massachusetts.
- **SAMHSA National Helpline:** Call **1-800-662-HELP (4357)** for free, confidential assistance with mental and/or substance use disorders.
- **Massachusetts Behavioral Health Helpline:** Call or text **978-409-7349** for help finding mental health and substance use services, with real-time interpretation in over 200 languages.
- **Crisis Text Line:** Text **HELLO** to **741741** to connect with a trained crisis counselor via text.
- **Mobile Crisis Intervention (ESP/MCI):** Call **1-877-382-1609** for 24/7 mobile support during mental health or substance use crises.

Local Mental Health & Substance Use Services

- **High Point Treatment Center (CBHC)** – Brockton, MA
Offers 24/7 crisis services, outpatient counseling, and stabilization programs for individuals and families.

30 Meadowbrook Dr, Brockton, MA 02301
(888) 725-9066
- **The Well: A Center for Hope and Healing** – Bridgewater, MA
Provides holistic care for emotional and spiritual wellness, including support groups and counseling services.
- **BAMSI Behavioral Health & BAMSI Kids** – Bridgewater, MA
Supports children and adolescents with emotional and behavioral needs through therapy and community-based services.
- **Praxis Integrated Counseling Services** – Bridgewater, Taunton, & East Bridgewater
Provides holistic care for the mind, body, and spirit, designed to empower individuals, couples and families to achieve emotional, mental, and spiritual well-being.

www.praxis-counseling.com

email: intake@praxis-counseling.com

phone : 508-426-6770

- **Care Solace** – Bridgewater-Raynham Regional School District
A free, confidential service helping students, staff, and families find mental health or substance use treatment options. Available 24/7 in any language.

888-515-0595

www.caresolace.com/brrsd

BSU Campus & Employee Support

- **Bridgewater State University Counseling Center**
Offers confidential counseling services for students.

Weygand Hall, 351 Great Hill Dr, Bridgewater, MA 02325
(508) 531-1331

- **Bridgewater EASU (Employee Assistance Services Unit)**
Provides confidential counseling for employees and their families.

5 Wally Kreuger Way, Suite 4, Bridgewater, MA 02324
(508) 422-3483

Community & Family Support

- **Bridging L.I.V.E.S.** – Bridgewater & Raynham
A local coalition offering prevention programs, training, and support for families affected by substance use.

<https://brbridginglives.org>

- **Learn to Cope** – Massachusetts
Provides peer support for families of loved ones with addiction.

<https://learn2cope.org>

- **Parents Helping Parents** – Massachusetts
Offers a 24/7 Parental Stress Line at 1-800-632-8188 and online support groups.

- **Hope Floats** – Kingston, MA
A bereavement and educational center offering support for individuals and families dealing with grief and loss.

PO Box 345, Kingston, MA 02364
(781) 585-4221

<https://www.hopefloatswellness.org>