



CALL2TALK IS HERE **24 HOURS A DAY, 7 DAYS A WEEK**

HELPLINE

Call us, we are here to listen. At Call2Talk we are here every day of the year. We receive thousands of calls annually from people in need of emotional support.

Calls are free and confidential. Some of our callers feel overwhelmed, sad or lonely. Sometimes callers feel confused, ashamed or hopeless.

If you are in emotional pain or know someone who is, please call us.

**508-532-CALL (2255)
OR DIAL 2-1-1 | EXT.25**



VOLUNTEER

By picking up the phone, Call2Talk volunteers make a difference in the lives of our callers everyday. Our call takers are empathetic and compassionate people who simply listen to those that need a friendly ear and a caring voice. Training is free and there is ample support through the process of becoming a call taker.

Our call takers are the core of our existence. We take pride in our volunteer community and welcome you to our team.

TO LEARN MORE VISIT: MASS211.ORG/CALL2TALK

TELECHECK

TeleCheck is a telephone check-in service for older adults living at home. An experienced Call2Talk call taker will reach out to a senior at home 1-2 times per week to provide support and friendly conversation at a convenient time.

FOR A TELECHECK REFERRAL CALL 508-573-7200 | INTAKE DEPT.



WHAT IS CALL2TALK?

Providing service since December 2013, Call2Talk is the mental health component of Mass211. When calling Call2Talk, those who are struggling with mental health concerns have a safe place to call and will be encouraged to discuss their current experience. Some callers even talk openly about their thoughts of suicide and are in search of options. By sharing their personal stories of tragedy, recovery, despair and grief, callers feel relief, comfort and hope. Calling Call2Talk is the first step toward getting the help and emotional support our callers so desperately need.

WORRIED ABOUT SOMEONE?



Listen to them. Don't be afraid to ask them directly what is on their mind and if they are thinking about suicide. Talking about sad things or suicide will not put those ideas into their heads. Actually, most people will feel relief after someone has finally noticed and validated their pain. It is important to remember that most people who think about suicide do not want to die but simply want their emotional pain to end. By listening, you may be able to help someone explore safer choices and feel relief.

COMMUNITY EDUCATION

Informational presentations and best practice awareness trainings are available, customized for any size audience and time frame. Options include Question, Persuade, Refer (QPR) Training, Mental Health First Aid, safeTalk, Applied Suicide Intervention Skills Training (ASIST), More Than Sad, and Talk Saves Lives.

METROWEST LOSSTEAM

A partnership with local police departments to offer immediate on-site peer emotional support to suicide loss survivors. Currently available in Ashland, Holliston, Hopkinton, Hudson, Sherborn, and Sudbury.

COALITION FOR SUICIDE PREVENTION



Recent statistics state that over 48,000 people in the United States die by suicide each year. Close to 600 of them are from Massachusetts. Thousands more make attempts to end their lives or engage in self-harming behavior that results in hospitalizations and emergency room visits.

The MetroWest Regional Coalition for Suicide Prevention serves as an adjunct to the statewide Massachusetts Coalition for Suicide Prevention (MCSP). Our mission is to support and enhance the MCSP and to help promote the State Strategic Plan. The MetroWest Regional Suicide Prevention Coalition works to support and actively engage with local programs and services and to promote awareness and reduce the incidence of suicide in our region.

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WE'RE HERE TO LISTEN



508-532-CALL (2255)
OR SIMPLY DIAL 2-1-1 EXT. 25
TEXT: C2T TO: 741741

FOR MORE INFORMATION OR TO DONATE VISIT:
WWW.MASS211.ORG/CALL2TALK



A National Suicide Prevention
Lifeline Crisis Center
1-800-273-TALK (8255)



Now Available on the app store for  and 

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WE'RE HERE TO LISTEN

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508-532-CALL (2255)
TRAINED CALL TAKERS ARE STANDING BY



Call2Talk is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be suicidal. A service of the United Ways of MA and Mass 2-1-1.