

Behavioral Health Resources

This is not a comprehensive list but a guide to get you started in your search for a mental health provider. Please go online and explore any of these resources.

Social Work Therapy Referral Service – 617-720-2828 – You will get an answering machine when you call. Leave your first name, town(s) you want therapy located, insurance, and one or two words of the issue (depression, anxiety, relationships, substance use). They will call you back usually in the same day with two names you can call that meet your criteria. You can go on line and put the names in a google search and learn more about them.

www.psychologytoday .com – This is an online therapy finder. You go on their therapy finder and put in your zip code. You will see pictures and profiles of therapists in that zip code who subscribe to this site. You then can go over to the left of the screen and narrow your search by insurance taken (expand the list and click on yours), and also by subject area (what expertise you are looking for).

When you call ask if they take your insurance.

Newton/Wellesley/Needham/Brookline/Boston

Newton Wellesley Psychiatry, 2356 Washington Street, Newton 617-332-2047

Comprehensive Psychiatric Associates, 372 Washington Street, Suite 6, Wellesley, 781-239-3550

Commonwealth Psychology Care Associates, 313 Washington Street, Newton 617-332-4500, 617-259-1895 – Financial District and Backbay

Colony Care Behavioral Health, 11 River Street, Wellesley 781-780-2424 x210

Brookline Psychiatric Associates, Brookline 617-738-1066

Crossroads Counseling, 219 Washington Street, Wellesley 781-431-2277

Needham Psychotherapy Associates, Great Plan Ave, Needham, 781-449-7522

Charles River Counseling, Highland Ave, Needham, 617-527-4610

Dana Group Associates, 220 Reservoir Street, #21, Needham, 781-449-1143

Boston Behavioral Medicine 1371 Beacon Street, Suite 305, Brookline, 617-232-2435

Boston Cognitive Behavioral Therapy Center, 842 Beacon Street, Suite 404, Brookline, 617-730-9500

Insight Brookline Psychotherapy, 129 Harvard Street, Brookline 617-834-4235

Insight Newton Psychotherapy, 233 Needham Street, Newton Upper Falls 617-834-4235

Boston Evening Therapy Associates, 7 Kent Street, Brookline, 617-738-1480

Brookline Community Mental Health Center, 41 Garrison Road, Brookline, 617-277-8107 –
Services Brookline Residents Only

Child and Family Psychological Services/Integrated Behavioral Associates – Locations in:
Norwood, Weymouth, Abington, Boston, Holliston, Newton and Quincy, 781-551-0999

Thrive Boston – 872 Mass Ave, Boston, 617-395-5806

Arbour Health System counseling centers – Allston (617-782-6460). Jamaica Plain (617-524-1120), Malden (781-322-1503), Woburn, (781-932-8114), Haverhill, (978-373-7010), Lawrence (978-686-8202), Lowell (978-453-5736), Fall River (508-678-2833), Franklin (508-528-6037), Norwell (781-871-6550), Worcester (508-799-0688) Brookline (617-232-0354).

Commonwealth Psychology Associates - Located in the Back Bay at 160 Commonwealth Ave, 617-259-1895

North Suffolk Mental Health Association – Chelsea (617-889-3300) and East Boston (617-569-3189) – They provide services in Spanish, Vietnamese, and Khmer.

Benson- Henry Institute for Mind Body Medicine, 151 Merrimac Street, 4th Floor, Boston, 617-643-6090

Marcus Mental Health – 82 Marlborough Street in Boston and 898 Main Street in Winchester – 781-721-2737

Framingham/Natick/Waltham/Watertown

Metrowest Counseling Associates, 600 Worcester Rd, Ste 201, Framingham, 508-875-1110

Aurora Counseling Associates, 20 Main St. Natick, 508-650-0991

Waltham Behavioral Health, 210 Bear Hill Road, Waltham, 781-966-0070

Square Psychiatry 124 Watertown Street, Watertown, 617-916-5069

Child and Family Psychological Services/Integrated Behavioral Associates – Locations in:
Norwood, Weymouth, Abington, Boston, Holliston, Newton and Quincy, 781-551-0999

The Meeting Point, 3464 Washington Street, Jamaica Plain, 877-207-8479 – They offer psychotherapy and body work specializing in trauma, disability, LGBTQ.

Psychological Care Associates, 781-646-0500 located in Arlington, Woburn, Stoneham, Chelmsford, Framingham

Dedham/ Norwood/Walpole/Canton

Strattus Mental Health Clinic, 20 Eastbrook Road, Dedham, 781-302-4600 (specialty with individuals with autism and learning disabilities but sees everyone).

Anadyne Psychotherapy - 45 Walpole Street, Suite 4, Norwood MA, 781-329-4774

Boston Health, INC., 1600 Providence Hwy, Suite 167, Walpole MM, 02081, 508-660-7949

Walpole Behavioral Health Care, 841 Main Street LL2, Walpole, MA 02081, 508-660-6699 x230

Neuro Behavior Center, 420 Main Street, Suite 15, Walpole MA 02081, 508-660-1666x1302

Child and Family Psychological Services Inc., Norwood, Boston, Braintree, Holliston
781-551-0999

Wellcare Physicians Group, LLC: Norwood, 781-769-8700. A psychiatry practice that predominately provides psychopharm-has some child psychopharm capabilities. Suboxone providers – Blue Cross and Tufts

Renz Counseling – 378 Page Street Stoughton and 1032 Turnpike Street in Canton, 339-364-8510

Northshore

Greater Lowell Psychiatric Associates, 73 Princeton Street, #3, North Chelmsford, 978-256-6579 x11

Lynnfield Psychological Associates, 180 Main Street, Lynnfield, 781-334-2644

Northshore Clinicians Group, 1R Newbury Street, Suite 205, Peabody, 978-535-1608

Charles River Counseling Services – Center for Family Development in **Lowell** (978-459-2306), in **Needham** (617-527-4610), Stoney Brook Counseling Center, **Chelmsford**, (978-275-9444).

Southshore

Ascendant Psychiatric and Consulting Centre, 175 Derby Street 21-22, Hingham, 781-556-5662

Brookside Counseling Associates, 62 Derby Street, Hingham, 781-749-4600

Center for Integrative Counseling and Wellness, 62 Derby St., Hingham, 781-749-9227
(private pay)

Nova Psychiatric Services, 1261 Furnace Brook Pkway, Quincy, 617-479-4545

Mass Bay Counseling, 234 Copeland Street, Quincy, 617-786-0137

Good Shepherds Maria Droste Counseling Services, 13543 Hancock St., Quincy, 617-471-5686

The Family Centers – Volunteers of America, 14149 Hancock St., Quincy, 617-770-9690 and
5 Post Office Square, Taunton, 508-822-4027

Child and Family Psychological Services/Integrated Behavioral Associates – Locations in:
Norwood, Weymouth, Abington, Boston, Holliston, Newton and Quincy, 781-551-0999

Atlantic Counseling, 49 Pleasant Street, South Weymouth, 781-335-6000

South Bay Mental Health, Attleboro, Brockton, Mashpee, Dorchester, Fall River, Lawrence,
Lowell, Springfield, Weymouth, Worcester. - Call Intake at 508-427-5362

Lamour Counseling, 44 Diauto Drive, Randolph, 781-885-7252

Southeastern Psychiatric Associates, 1093 North Main Street, Randolph, 781-963-7775

Berry & Lobel, 209 Quincy Street, Brockton, 508-584-2291

Changing Directions Counseling, 15 Torrey St. Brockton, 508-603-7315

The Psyched Group, 165 E Grove Street, Middleboro, 800-273-6277

NorthEast Health Services/ Middleboro Counseling, 94 South Main Street, Middleboro, 508-947-6100

High Point Hospital, 52 Oak St, Middleborough, 774-213-8535 intake

Foxboro/ Canton

Collaborations in Clinical Care, 275 Turnpike Street, Suite 105, Canton, 781-821-1760

Granite Pond Counseling and Behavioral Health, 354 Turnpike Street, Canton and Charlestown, 617-326-3014

Kerzner Associates, P. C. Psychological Service, Foxboro, 508-543-2133 Insurances:BC/BS, United Healthcare, Tufts and most others

Foxboro Psychological Services, 38 Mechanic Street, Suite 201, Foxboro, MA 02035, (508)543-3133 Accepts Blue Cross Blue Shield, Harvard Pilgrim, United, and Tufts

APRN: Practice of Advanced Practice Nurses in psychiatry. All provide psychopharm, some also include psychotherapy. When calling, choose a number, they will work w/ you as to who is the best fit for you in the practice. Walpole, Insurance: BC/BS, Tufts, Harvard Pilgrim, and Medicare. No Mass Health or NHP, 781.551.4455

Area Crisis teams – They take calls 24/7 and can come to the home to conduct an emergency evaluation if needed. You can always go to your local emergency room for crisis situations. Any one of these agencies can tell you what crisis team covers your individual town/city. Many have their own outpatient counseling centers.

- **BEST Team** – Boston – 800-981-4357
- **South Shore Mental Health** – Braintree, Cohasset, Hingham, Hull, Milton Norwell, Quincy, Randolph, Scituate, Weymouth – 800-528-4890
- **Advocates** – Framingham area, Burlington area, Waltham area – 800-640-5432
- **Brockton Multi-Service Center** – 877-670-9957
- **Riverside Community Care** – Franklin, Newton, Wellesley, Dedham and surrounding towns -800-529-5077
- **Norton Emergency Services** – Attleboro and surrounding towns – 800-660-4300
- **Eliot Community Services** – Lynn, Everett, Medford Reading and surrounding towns – 800-988-1111

Good Samaritans (24 hr hotline) – 617-247-0220

For Psychiatric Emergencies, you can always go to your nearest Emergency Department or call 911

Inclusion in this resource guide does not indicate endorsement. Please go on line to explore these resources and make an informed decision on who will be providing this service. This is only intended as a starting point and not an extensive and inclusive list of the resources in your area.