New Resources for Finding Behavioral Health Treatment

Behavioral Health Helpline

The Behavioral Health Helpline connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. The Helpline is free and available to all Massachusetts residents, even if you do not have insurance.

**call or text** 1-833-773-2445
**chat** online at [www.masshelpline.com](http://www.masshelpline.com)

The Helpline is available in more than 200 languages and is open 24 hours a day, 7 days a week, 365 days a year. When you reach out to the Helpline, you’ll speak with a Resource & Referral Specialist. The Resource & Referral Specialist can provide:

- information about behavioral health services
- resources for behavioral health and other needs
- clinical triage and assessment
- connection to emergent, urgent, and routine mental health and substance use treatment
- warm handoff to your local Community Behavioral Health Centers

After your initial contact with the Helpline, a Resource & Referral Specialist will follow up to ensure you were able to connect with services.

Community Behavioral Health Centers

Community Behavioral Health Centers (CBHCs) are regional centers that offer emergent, urgent, and routine treatment for mental health and substance use conditions. This includes:

- in-person and via telehealth, with evening and weekend availability
- clinical and peer support
- individual, family, and group therapy
- medication prescribing services and management
- care coordination, treatment planning, and referrals to other services
- same day evaluation and access to treatment, with timely follow-up appointments
- behavioral health urgent care
- youth and adult mobile crisis intervention and community crisis stabilization

CBHCs are open Monday through Friday, 8 am to 8 pm and Saturday and Sunday 9 am to 5 pm for routine services and 24/7 365 days a year for crisis services. You can contact the Behavioral Health Helpline to be connected with your local CBHC, or reach out to a CBHC directly.

March 3 2023
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Website</th>
<th>Telephone</th>
<th>Address</th>
<th>Cities &amp; Towns Served</th>
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</thead>
<tbody>
<tr>
<td>Beth Israel Lahey Health</td>
<td><a href="http://www.bilhbehavioral.org/services/community-behavioral-health-center/">www.bilhbehavioral.org/services/community-behavioral-health-center/</a></td>
<td>1-877-255-1261</td>
<td>12 Methuen Street, Lawrence</td>
<td>Andover, Lawrence, Methuen, and North Andover</td>
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<td>Vinfen</td>
<td><a href="http://www.vinfen.org/cbhc">www.vinfen.org/cbhc</a></td>
<td>978-674-6744 or 1-866-388-2242</td>
<td>40 Church Street, Lowell</td>
<td>Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, and Westford</td>
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<td>Eliot Community Human Services</td>
<td><a href="http://www.eliotchs.org/cbhc">www.eliotchs.org/cbhc</a></td>
<td>1-800-988-1111</td>
<td>95 Pleasant Street, Lynn</td>
<td>Lynn, Lynnfield, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, and Wakefield</td>
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<td>Metro Boston Community Behavioral Health Centers</td>
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<td>North Suffolk Mental Health Association</td>
<td><a href="http://www.northsuffolk.org">www.northsuffolk.org</a></td>
<td>1-888-309-1989</td>
<td>14 Porter Street, Boston</td>
<td>Chelsea, Revere, Winthrop, and Boston (Charlestown and East Boston neighborhoods)</td>
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<td>Boston Medical Center</td>
<td><a href="http://www.bmc.org/psychiatry">www.bmc.org/psychiatry</a></td>
<td>1-800-981-4357</td>
<td>85 East Newton Street, Boston</td>
<td>Boston, Brighton, and Brookline</td>
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<td>Southeast Community Behavioral Health Center</td>
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<td>Aspire Health Alliance</td>
<td><a href="http://www.aspirehealthalliance.org">www.aspirehealthalliance.org</a></td>
<td>617-847-1914 or 1-800-528-4890</td>
<td>460 Quincy Ave, Quincy</td>
<td>Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, and Weymouth</td>
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<td>High Point</td>
<td><a href="http://www.hptc.org">www.hptc.org</a></td>
<td>1-888-725-9066</td>
<td>30 Meadowbrook Road, Brockton</td>
<td>Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Rockland, Stoughton, West Bridgewater, and Whitman</td>
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Child and Family Services
www.child-familyservices.org
telephone: 1-877-966-3154
address: 68 Industrial Park Road, Plymouth
address: 543 North Street, New Bedford

cities & towns served: Acushnet, Carver, Dartmouth, Duxbury, Fairhaven, Halifax, Hanover, Hanson, Kingston, Marion, Marshfield, Mattapoisett, New Bedford, Pembroke, Plymouth, Plympton, Rochester, and Wareham

Bay Cove Human Services
www.baycovecapecod.org
telephone: 1-833-229-2683
address: 116 Camp Street, Barnstable

cities & towns served: Barnstable, Bourne, Brewster, Chatham, Chilmark, Cotuit, Dennis, Eastham, Falmouth, Harwich, Hyannis, Mashpee, Orleans, Osterville, Provincetown, Sandwich, Truro, Wellfleet, Woods Hole, and Yarmouth

Child and Family Services
www.child-familyservices.org
telephone: 1-877-966-3154
address: 1052 Pleasant Street, Fall River

cities & towns served: Fall River, Freetown, Somerset, Swansea, and Westport

Fairwinds Center
www.fairwindscenter.org
telephone: 1-888-323-3447
address: 20 Vesper Lane, Nantucket

cities & towns served: Nantucket

Community Counseling of Bristol County
www.comcounseling.org
telephone: 1-800-660-4300
address: 1 Washington Street, Taunton


Central Mass Community Behavioral Health Center

Community HealthLink
www.communityhealthlink.org
telephone: 1-800-977-5555
address: 40 Spruce Street, Leominster


Clinical Support Options
www.csoinc.org
telephone: 1-800-562-0112
address: 205 School Street, Gardner

cities & towns served: Gardner, Templeton, Hubbardston, Westminster, Ashburnham, Winchendon

Community HealthLink
www.communityhealthlink.org
telephone: 1-866-549-2142
address: 12 Queen Street, Worcester

cities & towns served: Auburn, Boylston, Grafton, Holden, Leicester, Millbury, Paxton, Shrewsbury, Spencer, West Boylston, and Worcester

Riverside Community Care
www.riversidecc.org/adult-services/community-behavioral-health-centers/
telephone: 1-800-529-5077
address: 190 Lenox Street, Norwood

Advocates

www.advocates.org/services/cbhc

**telephone:** 508-661-2020 or 1-800-640-5432

**address:** 354 Waverly Street, Framingham

**telephone:** 781-893-2003 or 1-800-640-5432

**address:** 675 Main Street, Waltham

**cities & towns served:** Acton, Ashland, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Littleton, Maynard, Marlborough, Natick, Northborough, Sherborn, Southborough, Stow, Sudbury, Waltham, Watertown, Wayland, Westborough, Wilmington, Winchester, and Woburn

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Riverside Community Care

www.riversidecc.org/adult-services/community-behavioral-health-centers/

**telephone:** 1-800-294-4665

**address:** 176 West Street, Milford

**cities & towns served:** Bellingham, Blackstone, Brimfield, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Holland, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Sturbridge, Sutton, Upton, Uxbridge, Wales, Warren, Webster, and West Brookfield

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Western Mass Community Behavioral Health Center

The Brien Center

www.briencenter.org/what-we-do/acute-care/

**telephone:** 413-499-0412 or 1-800-252-0227

**address:** 334 Fenn Street, Pittsfield


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Behavioral Health Network

www.bhninc.org

**telephone:** 1-800-437-5922

**address:** 417 Liberty Street, Springfield

**address:** 77 Mill Street, Westfield

**cities & towns served:** Agawam, Blandford, Chester, East Longmeadow, Granville, Hampden, Huntington, Indian Orchard, Longmeadow, Montgomery, Russell, Southwick, Springfield, Tolland, Westfield, West Springfield, and Wilbraham

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Center for Human Development


**telephone:** 1-833-243-8255

**address:** 1109 Granby Road, Chicopee

**cities & towns served:** Belchertown, Bondsville, Chicopee, Granby, Holyoke, Ludlow, Monson, Palmer, South Hadley, Southampton, Thorndike, Three Rivers, Ware

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Clinical Support Options

www.csoinc.org

**telephone:** 1-800-562-0112

**address:** 2033 Main Street, Athol

**address:** 1 Arch Place, Greenfield

**cities & towns served:** Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Eving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Millers Falls, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne, Shutesbury, Sunderland, Turners Falls, Warwick, Wendell, and Whately

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Clinical Support Options

www.csoinc.org

**telephone:** 1-800-562-0112

**address:** 8 Atwood Drive, Northampton

**cities & towns served:** Amherst, Chesterfield, Cummington, Easthampton, Florence, Goshen, Hadley, Hatfield, Middlefield, Northampton, Pelham, Plainfield, Westhampton, Williamsburg, and Worthington