

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

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.

Northeast Community Behavioral Health Centers

Beth Israel Lahey Health

www.bilhbehavioral.org

telephone: 978-620-1250 or 1-877-255-1261

address: 12 Methuen Street, Lawrence

cities & towns served: Andover, Lawrence, Methuen, and North Andover

Eliot Community Human Services

www.eliotchs.org/cbhc

telephone: 1-866-523-1216

address: 10 Harbor Street, Danvers

cities & towns served: Amesbury, Beverly, Boxford, Danvers, Essex, Georgetown, Gloucester, Groveland, Hamilton, Haverhill, Ipswich, Manchester by the Sea, Marblehead, Merrimac, Middleton, Newbury, Newburyport, Peabody, Rockport, Rowley, Salem, Salisbury, Topsfield, Wenham, and West Newbury

Vinfen

www.vinfen.org/cbhc

telephone: 978-674-6744 or 1-866-388-2242

address: 40 Church Street, Lowell

cities & towns served: Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, and Westford

Eliot Community Human Services

www.eliotchs.org/cbhc

telephone: 1-800-988-1111

address: 95 Pleasant Street, Lynn

cities & towns served: Lynn, Lynnfield, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, and Wakefield

Metro Boston Community Behavioral Health Centers

North Suffolk Mental Health Association

www.northsuffolk.org

telephone: 1-888-309-1989

address: 14 Porter Street, Boston

cities & towns served: Chelsea, Revere, Winthrop, and Boston (Charlestown and East Boston neighborhoods)

Cambridge Health Alliance

www.challiance.org/services-programs/mental-health-and-substance-use/psychiatry-crisis-services

telephone: 833-222-2030

address: 1493 Cambridge Street, Cambridge

cities & towns served: Cambridge, Somerville, Everett, Malden, and Medford

Boston Medical Center

www.bmc.org/psychiatry

telephone: 1-800-981-4357

address: 85 East Newton Street, Boston

cities & towns served: Boston, Brighton, and Brookline

Southeast Community Behavioral Health Center

Aspire Health Alliance

www.aspirehealthalliance.org

telephone: 617-847-1914 or 1-800-528-4890

address: 460 Quincy Ave, Quincy

cities & towns served: Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, and Weymouth

High Point

www.hptc.org

telephone: 1-888-725-9066

address: 30 Meadowbrook Road, Brockton

cities & towns served: Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Rockland, Stoughton, West Bridgewater, and Whitman

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

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

Community Counseling of Bristol County

www.comcounseling.org

telephone: 1-800-660-4300

address: 1 Washington Street, Taunton

cities & towns served: Attleboro, Berkley, Dighton, Lakeville, Mansfield, Middleborough, North Attleboro, Norton, Raynham, Rehoboth, Seekonk, and Taunton

Bay Cove Human Services

www.baycovehumanservices.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

Fairwinds Center

www.fairwindscenter.org

telephone: 1-888-323-3447

address: 20 Vesper Lane, Nantucket

cities & towns served: Nantucket

Central Mass Community Behavioral Health Center

Community HealthLink

www.communityhealthlink.org

telephone: 1-800-977-5555

address: 40 Spruce Street, Leominster

cities & towns served: Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Groton, Hardwick, Harvard, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Townsend

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

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

Riverside Community Care

www.riversidecc.org

telephone: 1-800-529-5077

address: 190 Lenox Street, Norwood

cities & towns served: Canton, Dedham, Dover, Foxboro, Medfield, Millis, Needham, Newton, Norfolk, Norwood, Plainville, Sharon, Walpole, Wellesley, Weston, Westwood, and Wrentham.

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

Riverside Community Care

www.riversidecc.org

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

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

cities & towns served: Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hinsdale, Lanesboro, Lee, Lenox, Monroe, Monterey, Mount Washington, New Ashford, New Marlboro, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor

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, Erving, 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

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

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

Center for Human Development

<https://chd.org/programs-services/mental-health-therapists-in-hampden-hampshire-and-franklin/gateway/>

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