

Resources for Accessing 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 routine, urgent, emergent 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:

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

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:

- 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. Services are available in-person and via telehealth. You can contact the Behavioral Health Helpline to be connected with your local CBHC or reach out to a CBHC directly.

updated August 2025

Northeast Community Behavioral Health Centers

Advocates

1-800-640-5432

www.advocates.org/services/cbhc

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

Beth Israel Lahey Health

1-877-255-1261

www.bilhbehavioral.org/services/community-behavioral-health-center/

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

Cambridge Health Alliance

1-833-222-2030

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

cities & towns served: Everett, Malden, and Medford

Eliot Community Human Services

1-888-769-5201

www.eliotchs.org/cbhc

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

Eliot Community Human Services

1-800-988-1111

www.eliotchs.org/cbhc

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

Vinfen

1-866-388-2242

www.vinfen.org/services/cbhc

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

Metro Boston Community Behavioral Health Centers

Boston Medical Center

1-800-981-4357

www.bmc.org/cbhc

cities & towns served: Boston (Allston, Brighton, Dorchester, Hyde Park, Jamaica Plain, Mattapan, North End, Roslindale, Roxbury, South Boston, South End, and West Roxbury) and Brookline

Cambridge Health Alliance

833-222-2030

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

cities & towns served: Cambridge and Somerville

North Suffolk Community Services

1-888-309-1989

www.northsuffolk.org/community-behavioral-health-center-cbhc/

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

Southeast Community Behavioral Health Center**Aspire Health Alliance**

1-800-528-4890

www.aspirehealthalliance.org

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

Bay Cove Human Services

1-833-229-2683

www.baycovecapedcod.org

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

1-877-966-3154

www.cfservices.org/services-cbhc.php

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

Child and Family Services

1-877-966-3154

www.cfservices.org/services-cbhc.php

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

Community Counseling of Bristol County

1-800-660-4300

www.comcounseling.org

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

Fairwinds Center

1-888-323-3447

www.fairwindscenter.org

cities & towns served: Nantucket

High Point

1-888-725-9066

www.hptc.org

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

Martha's Vineyard Community Services

508-693-0410

www.mvcommunityservices.org

cities & towns served: Martha's Vineyard

Central Mass Community Behavioral Health Center

Advocates

1-800-640-5432

www.advocates.org/services/cbhc

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

Clinical Support Options

978-488-8888

www.csoinc.org

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

Community HealthLink

1-800-977-5555

www.chlhelps.org

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.chlhelps.org

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/

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

Riverside Community Care

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

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

Western Mass Community Behavioral Health Center

Behavioral Health Network

413-301-9355

www.bhninc.org/wellbeing

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

Center for Human Development

1-833-243-8255

www.chd.org/gateway/

cities & towns served: Belchertown, Chicopee, Granby, Holyoke, Ludlow, Monson, Palmer, South Hadley, Southampton, and Ware

Clinical Support Options

978-249-3141

www.csoinc.org

cities & towns served: Athol, New Salem, Orange, Petersham, Phillipston, Royalston, Warwick, and Wendell

Clinical Support Options

413-774-5411

www.csoinc.org

cities & towns served: Ashfield, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Montague, Northfield, Rowe, Shelburne, Shutesbury, Sunderland, and Whately

Clinical Support Options

413-586-5555

www.csoinc.org

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

The Brien Center

1-800-252-0227

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

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