

Behavioral Health Resources- Updated 4/27/23						
	Resource	Website	Phone	Location	Insurances	Offers
CRISIS and EMERGENCIES	National Suicide Prevention Lifeline		800-273-8255			
	Local Emergency Services		911			Call or text
	Suicide and Crisis Lifeline		988			Call or text
	Behavioral Health Help Line		833-773-2445			
	Eliot in Danvers Mobile Crisis Line		888-769-5201	Danvers		
	Massachusetts Mobile Crisis Line		877-382-1609			
	Eliot in Framingham: Youth Community Crisis Stabilization	https://www.eliotchs.org/cbhc/	800-640-5432	Framingham		
	Eliot in Danvers: Core Clinic and Crisis Services	https://www.eliotchs.org/cbhc/	866-523-1216	Danvers		Single entry point for timely mental health and substance use treatment for youth, families and adults 24/7
	Eliot in Danvers: Adult Community Crisis Stabilization	https://www.eliotchs.org/cbhc/	978-619-6800	Danvers		
	HeySam		877-832-0890 Text: 439-726			Samaritans peer-to-peer texting support for people up to 24y old (9am-9pm)

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Online Resources	Psychology Today	Psychologytoday.com		Virtual	Filter by insurance	Search tool for local behavioral health providers (filter down by insurance, location, specialty etc.
	Telemetrynd	Telemetrynd.com		Virtual	Aetna	Connect users to BH providers virtually
	Well Connection	https://www.bluecrossma.org/myblue/find-care/care-options/video-call-a-doctor	800-262-2583	Virtual	BCBSMA	Telehealth and Mental health visits
	BCBS Virtual Learn to Live	https://www.bluecrossma.org/myblue/your-health/mental-and-behavioral-health/mental-health-resource-center	888-389-7764	Virtual	BCBSMA	Self guided, no cost, available 24/7: social anxiety, depression, stress, anxiety, worry, insomnia, substance use
	Self Care Tool "AbleTo"	https://member.ableto.com/begin/		Virtual	United	Self care techniques, coping tools, meditations at no cost
	Talkspace	https://www.talkspace.com/connect		Virtual	United	Telehealth with licensed therapist
	Teladoc Health	https://www.teladoc.com/ways-we-help/mental-health/		Virtual	Aetna, BCBS, cigna, tufts, united	Therapy \$0-\$99, Psychiatry \$0-\$299
	SilverCloud	https://www.silvercloudhealth.com/health-plans		Virtual	United, BILH benefit	Online, self guided CBT program
	WellConnected: Find Help	https://wellconnected.net/		Virtual		Search source for health and social services
	Therapy Matcher	https://www.riversidecc.org/adult-services/mental-health/	800-242-9794	Virtual		Free referrals to social workers in MA
Prescribers	Atlantic Telepsychiatry	https://atlantictelepsychiatry.com/	978-400-2778	Virtual	Out of pocket (\$75-150)	Telepsychiatry for 18+

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	Vitruvian Health	https://www.vitruvianhealth.org/	978-791-3879	Beverly	BCBS, Tufts, Optum, United, Harvard Pilgrim, Allways	Medication management
	Square Medical Group	https://squaremedicalgroup.org/	617-916-5069	Watertown	MassHealth, Medicare, Blue Cross Blue Shield, Tufts, United Healthcare, Aetna, Cigna	Medication management, individual and group therapy, IOP, PHP, day treatment, residential treatment, TMS and neuropsych testing.
	Caron Bixby NP	https://www.caronbixby.com/	351-223-8034	Beverly		Medication management for adults
	Alta Mental Health	https://altamh.com/contact-us	781-244-0115	Salem		Medication management and therapy for teens, adults and seniors
	Northeast Health Services	https://nehs.transformationsnetwork.com/	508-663-3859	Danvers	Optum, Cigna, Aetna, Tricare, Medicare, BCBS, united, fallon, masshealth	Medication management and therapy for children, teens, and adults
	ABC Medical	https://abcmedical.com/ma/	833-394-7998	Reading	Several commercial plans, medicare and medicaid	Medication management and therapy for children, teens, and adults
	Mind Soul Wellness	https://www.mindsoulwellness.org/services	781-307-8184	Woburn		Outpatient medication management
	Dr. Debra Little		978-304-0721	Danvers		
	Mental Health Plus LLC	https://mentalhealthplusllc.com/	978-720-8934	Beverly		Medication management, telehealth, counseling for preteens-geriatrics

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	Dr. Katherine Kozitza		781-599-7090	Danvers		
	Dr. Loretta Cusick		978-922-3301	Beverly		
	Family Counseling Associates	https://www.fca-andover.com/	978-922-8600	Andover, Danvers	Aetna, allways, anthem, BCBS, Cigna, Fallon, Harvard Pilgrim, optum, Tufts, Well Sense	Therapy and psychiatry services for children and adults
	Arches Psychiatric Services	https://www.archespsychiatric.com/	774-238-8783	Amesbury		Medication management for children, adolescents, and adults
	North Shore Psychiatry	https://www.nspsychcenter.com/	978-922-8600	Danvers Gloucester	Does not accept insurance	Medication management
	LifeStance Health (Formerly Child & Family psychological services)	https://www.cfpsych.org/about-us/lifestance/	781-551-0999	Lynnfield, Danvers		Children and adults
	Lynnfield Psychological Associates	http://www.lynnfieldpsych.com/	781-334-2644	Lynnfield	AARP, Aetna, Athem, BCBS, cigna, Harvard Pilgrim, Medicare, Tricare, Tufts, United	Outpatient multidisciplinary mental health (med management, therapy) for children, adults, families and seniors
	Ferncroft Behavioral Health	https://ferncroftbh.com/our-providers	978-606-0011	Danvers	Blue Cross Blue Shield, Tufts, Tufts Together, Aetna, Cigna, United Health Care, Allways, Harvard Pilgrim, and Optum	Outpatient medication management for patients 5-65
	Dan Gross NP CNS	https://www.dangross.com/	617-903-0321	Beverly		Medication management

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	North Shore Nurse Practitioners	https://northshorenursema.com/	978-750-0755	Danvers	Aetna, Allways, BCBS, Cigna, Medicare, Tufts, TMP, United, Wellforce	Adults 18+
	Psychiatric Associates of Lynn	https://www.psychiatricassociatesoflynn.com/	781-268-2200	Lynn	Most major plans, medicare and medicaid	Medication and therapy
	Beth Israel Lahey Health Behavioral Health Burlington/Danvers	https://www.bilhbehavioral.org/location-search/	781-744-8013	Burlington/ Danvers		Adults, children and families
	Beth Israel Lahey Health Behavioral Health Gloucester	https://www.bilhbehavioral.org/location-search/	978-283-0296	Gloucester		Adults, children and families
	Beth Israel Lahey Health Behavioral Health Beverly	https://www.bilhbehavioral.org/location-search/	978-921-1190	Beverly		Adults, children and families
	Beth Israel Lahey Health Behavioral Health Salem	https://www.bilhbehavioral.org/location-search/	978-745-2440	Salem		Adults, children and families
	Dr. Anscombe		978-559-0001	Gloucester		
	Justice Resource Institute Gloucester and Children's Friend & Family Salem	https://jri.org/services	978-283-7198 978-744-7905	Gloucester Salem		Services for children and families (therapy and medication)
	South Bay Mental Health Salem	https://www.southbaycommunityservices.com/facility-locator/salem-mental-health-clinic/	978-542-1951	Salem	Masshealth, medicare, BCBS, Commonwealth Connector, United, Harvard Pilgrim	Therapy and medication for children, adults and families

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	North Shore Counseling Center Inc	http://www.nsccl-inc.com/	978-922-2280	Beverly	Aetna, Allways, BCBS, BMC healthnet, cigna, fallon, Harvard Pilgrim, Masshealth, Tufts, united	Therapists, medication clinic
	Family Continuity Peabody	https://www.familycontinuity.org/	978-927-9410	Peabody	Masshealth, medicare, BCBS, United, Harvard Pilgrim	Children and families
	Bridgewell Counseling	https://bridgewell.org/behavioral-health-services/outpatient-clinics/bridgewell-counseling-services-amesbury/	978-388-4052	Amesbury, Lynn, Lowell		Treatment for children and adults: medication management, counseling
	Center For Healthy Aging	https://www.beverlyhospital.org/center-for-healthy-aging#OnsiteServices	866-479-3302 978-281-1809	Danvers Gloucester		Medical and behavioral outpatient clinic for adults 55+

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Therapists	Medical Psychology Center	https://mpc.care	978-921-4000	Beverly	Aetna, Allways, BCBS, Cigna, Harvard Pilgrim, Medicare, Optum, Tufts, United Healthcare	In person and online therapy
	C&C psych services	https://www.ccpsychservices.com/	978-766-9600	Beverly		Neuropsych testing, therapy
	Square Medical Group	https://squaremedicalgroup.org/	617-916-5069	Watertown	MassHealth, Medicare, Blue Cross Blue Shield, Tufts, United Healthcare, Aetna, Cigna	Medication management, individual and group therapy, IOP, PHP, day treatment, residential treatment, TMS and neuropsych testing.
	Kate Wise LICSW	https://www.psychologytoday.com/us/therapists/kate-wise-salem-ma/906553?preview=1&return_to=https%3A%2F%2Fmember.psychologytoday.com%2Fus%2Fhome&_ga=2.63951535.1850228880.1634141650-702740747.1627583057	978-705-6877	Salem	Allways, BCBS, Harvard pilgrim, Optum, United	Therapy for teens and adults. Specializes in LGBTQIA+
	Lakchmi Linda Sirois LMHC	https://www.psychologytoday.com/us/therapists/lakshmi-linda-sirois-ipswich-ma/266205	978-903-3071	Ipswich	Optum, Harvard Pilgrim, Allways, United, Tufts, BCBS	Adults and elders
	Corf Psychology Group	https://corfpsychologygroup.com/	978-704-1212	Ipswich	BCBS, Allways, Harvard Pilgrim, United, and Cigna	therapy for teens and adults

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	Gina Malvarosa LHMC	https://www.psychologytoday.com/us/therapists/gina-malvarosa-danvers-ma/184311	617-849-9790	Danvers Gloucester	AllWays, BMC, BCBS, Fallon, Harvard Pilgrim, Humana, Optum, Tricare, Tufts, United	Mental health and substance abuse counselor for teens and adults
	North Shore Clinicians Group LLC	https://www.ncliniciansgroup.com/	978-750-0755	Peabody	All major insurances	Therapy
	Moving Forward Counseling Services	https://movingforwardcounseling.org/lgbtqia-individual-therapy/	978-206-1430	Beverly, Newburyport, Salem, Peabody, Georgetown	Allways, BCBS, Optum, United, Tufts commercial, Harvard Pilgrim	LGBTQIA+ allied therapists
	Charles Mellinger LICSW	https://www.psychologytoday.com/us/therapists/charles-mellinger-danvers-ma/99235	978-481-3523	Danvers	AllWays, BCBS, Cigna, Harvard Pilgrim, Medicare, Optum, Tufts, United	Ages 6 to adults
	North Shore Psychology and Behavioral Medicine	https://www.nspbm.com/	978-532-7588	Peabody		Children, families couples, and adults
	Alycia Thornton LMHC	https://www.psychologytoday.com/us/therapists/alycia-thornton-danvers-ma/116862	978-928-0454	Danvers	AllWays, Anthem, BCBS, Fallon, Harvard Pilgrim, Optum, Tufts, United	Adults
	Denise Hamel Cassidy		978-468-7010	Hamilton	Out of Network- can file claims	
	Artful Life Counseling Center and studio	https://www.artfullifecenter.org/	978-548-6288	Salem	BCBS, Harvard Pilgrim, United, AllWays, Aetna, Tufts	Expressive art therapy and counseling for ages 3 and up
	Psychotherapy Associates of North Reading & Amesbury	https://www.panr.net/	978-664-2566 #2	Amesbury and North Reading	Most insurances	Child, adult, couples counseling and psychotherapy

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	Kristina Harter PhD clinical psychologist	http://kristinaharter.com/	617-858-6389	Hamilton		Teens, couples and adults
	Julia Taddonio PsyD	https://www.psychologytoday.com/us/therapists/julia-taddonio-south-hamilton-ma/302449	978-894-2034	Hamilton	BCBS	Teens and adults
	Catherine Winchester PsyD		978-531-5517	Peabody	BCBS, Tufts, Allways	Children and adults
	Embrace Pathways to Wellness	https://embracepathways.com/	617-804-2773	Peabody	BCBS HMO	Children, families and adults
	1A Wellness	https://www.1awellness.com/	978-307-2010	Wenham	Out of Network- can file claims	Teens and adults
	Abbie Loewenstein LMHC	https://loewenstein.org/	978 225-3083	Salem	BCBS, Tufts, AllWays	Ages 6 to adults
	Caitlin Kenny LICSW	https://www.psychologytoday.com/us/therapists/caitlin-kenny-georgetown-ma/357941	339-201-6431	Virtual	Allways, BCBS, Harvard Pilgrim, Optum, Tufts, United	Teens, adults and elders
	Therapy For Intentional Living	https://www.therapyforintentionalliving.com/	781-990-3051	Beverly	BCBS, United, Harvard Pilgrim, Optum, Tufts, United	Adults and couples
	QUADRA Counseling Associates	http://www.quadracounseling.com/	978-524-4889	Beverly	BCBS, United, Harvard Pilgrim and more	Individual, couples, and family psychotherapy
	Child Behavioral Management (Longwood Care)	https://longwoodcare.org/	978-872-1000	Danvers	Masshealth, BCBS, Cigna, Harvard Pilgrim (united/allWays/ OPTUM), Tufts health plan, and fee for service	Crisis management, therapy (individual/family/group)

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	Marblehead Counseling Center	https://www.marbleheadcounseling.org/mccservices	781-631-8273	Marblehead	Aetna, AllWays, Beacon, BCBS, GIC, Cigna, Fallon, Harvard Pulgrim, Medicaid, Medicare, Optum, Tri-care, Tufts, United	Therapy for children, adults, and families
	Michele Chatellier LICSW	https://www.psychologytoday.com/us/therapists/michele-m-chatellier-beverly-ma/452393	978-288-1164	Beverly	BCBS, Cigna, Medicare, Tufts	Adults
	Harborside Counseling Services	https://harborsidecounseling.com/	978-462-7057	Beverly and Newburyport		Children and adult psychotherapy
	Tara Malone LMHC	https://www.psychologytoday.com/us/therapists/tara-c-malone-danvers-ma/70514	978-704-1953	Danvers	BCBS	Teens and adults
	Joel Brunner LMHC	https://www.psychologytoday.com/us/therapists/joel-steven-brunner-beverly-ma/109797	978-801-1914	Beverly	BCBS, Cigna, Tufts, United, Harvard Pilgrim	Ages 6 to adults
	Serenity Now Counseling	https://www.sayserenity.com/services	978-712-9286	Danvers	Optum, Harvard Pilgrim, Allways, United, Tufts, BCBS	Individual, couples and families
	Evolve Psychotherapy	https://www.evolvepsychotherapy.org/	603-531-3704	Salem	BCBS, Anthem, Tufts commercial, AllWays, Harvard Pilgrim, United behavioral health	Individual, couples, substance use and family psychotherapy

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Substance Use	Substance Use Recovery Services (Eliot)	https://www.eliotchs.org/cbhc/	781-861-0890	Danvers		Addiction and recovery
	Substance Use Disorder (SUD) treatment (Lynn Community health center)	https://www.lynnchc.org/addiction-services/	781-780-4555	Lynn		Peer recovery coaching, therapy, medication for opioid use disorder
	Square Medical Group	https://squaremedicalgroup.org/	617-916-5069	Watertown	MassHealth, Medicare, Blue Cross Blue Shield, Tufts, United Healthcare, Aetna, Cigna	Medication management, individual and group therapy, IOP, PHP, day treatment, residential treatment, TMS and neuropsych testing.
	Team Fourteen (T14)	https://www.bilhbehavioral.org/services/youth-family-behavioral-health-programs/adolescent-substance-use/team-fourteen/	978-867-7137	Beverly	Masshealth	Services to Essex county youth 12-25yo with substance use concerns
	Catholic Charities	https://www.ccab.org/basic-needs/counseling-services/	617-464-8500	Salem		Substance use counseling, assisted treatment, child/adolescent counseling, play therapy
Neuropsych testing	Square Medical Group	https://squaremedicalgroup.org/	617-916-5069	Watertown		Neuropsych testing.
	New England Psychological Assessment Center Inc	https://www.nepacinc.com/	508-366-2466	Danvers		Neuropsychological assessments
	C&C Psychological Services	https://www.ccpyschservices.com/	978-766-9600	Beverly		Neuropsych testing
	NPS Beverly	https://npsbeverly.com/what-we-do/	978-922-6661	Beverly		Neuropsych testing

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	North Shore Children's Neuropsychology	https://www.nschildneuropsych.com/beverly-neuropsychology-services	617-370-5778	Beverly		Neuropsych testing
	Rosmark Psychological Services LLC	https://www.rosmark.org/services.html	978-646-8830	Beverly		Neuropsych testing
	Center For Healthy Aging	https://www.beverlyhospital.org/center-for-healthy-aging#OnsiteServices	866-479-3302 978-281-1809	Danvers Gloucester		Neuropsych testing 55+