



## Behavioral Health Resources

# Locating Mental Health Care Providers

### Insurance company

Contact your insurance company for a list of behavioral health care providers in their network.

### Help finding a therapist - Free services

**Psychology Today:** [psychologytoday.com/us](https://psychologytoday.com/us)

Search a large online database of mental health providers, groups, and treatment programs.

**William James Interface Referral:** [interface.williamjames.edu](https://interface.williamjames.edu)

Callers from participating communities are matched with licensed mental health providers.

**Therapy Matcher:** [naswma.org/page/therapymatcher](https://naswma.org/page/therapymatcher)

Connects people to licensed independent clinical social workers (LICSW) in Massachusetts.

**Massachusetts Psychosis Access & Triage Hub:** [brooklinecenter.org/centers/mpath](https://brooklinecenter.org/centers/mpath)

A referral and consultation service for those concerned about early psychosis.

### Area mental health providers - Fee for service and MassHealth

**The Eliot Center at Concord:** [eliotchs.org/behavioral-health-clinics](https://eliotchs.org/behavioral-health-clinics)

**Advocates:** [advocates.org/services/mental-health-services](https://advocates.org/services/mental-health-services)

**Wayside Youth & Family Support Network:** [waysideyouth.org](https://waysideyouth.org)

**JRI's Metrowest Behavioral Health Center:**

[jri.org/services/behavioral-health-and-trauma/metrowest-bhc](https://jri.org/services/behavioral-health-and-trauma/metrowest-bhc)

**Emerson Health Psychiatrists:** [emersonhospital.org/find-a-doctor](https://emersonhospital.org/find-a-doctor)

Enter "psychiatry" in the search field.

### Urgent and crisis care

**MA Behavioral Health Helpline:** [masshelpline.com](https://masshelpline.com) or 833-773-2445

Call or text 24/7 for urgent care evaluation, connection to clinical services and mobile crisis response. Those concerned about someone who may need support are welcome to call.

**Community Behavioral Health Centers (CBHCs):** [mass.gov/info-details/find-your-local-community-behavioral-health-center](https://mass.gov/info-details/find-your-local-community-behavioral-health-center) or 833-773-2445

24/7 walk-in alternative to emergency department visits for mental health and substance use crisis and urgent care. CBHCs in Waltham, Framingham, Lowell and Leominster cover the Emerson Hospital service area. Check the link for location info.