



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. Psychiatric Nurse Practitioners can write prescriptions for many of the same medications as psychiatrists.

Help finding therapists/clinical professionals - Free services

Psychology Today: psychologytoday.com/us

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

William James Interface Referral: interface.williamjames.edu

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

Therapy Matcher: naswma.org/page/therapymatcher

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

Massachusetts Psychosis Access & Triage Hub: 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

Advocates: advocates.org/services/mental-health-services

Wayside Youth & Family Support Network: waysideyouth.org

JRI's Metrowest Behavioral Health Center:

jri.org/services/behavioral-health-and-trauma/metrowest-bhc

Emerson Health Psychiatrists: emersonhospital.org/find-a-doctor

Enter "psychiatry" in the search field.

Urgent and crisis care

MA Behavioral Health Helpline: 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 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.