



Behavioral Health Resources

Update September 2025

Some tips for finding services in the community

- There are many factors to consider when finding a therapist and/or psychiatrist for your child. The following are some questions to consider. Do they take your insurance? How much are their fees if they do not accept insurance? Do they provide virtual and/or in person appointments? Does the provider specialize in your child's issues/diagnosis? Does the provider have current openings for new patients? Does their availability match with your schedule and your child's schedule? Is their location convenient for you?
- It is not always easy to find a provider for your child for a few reasons. Because working with children and teens often requires more training than working with adults, there usually is less child providers in the area than adult providers. Some only work with specific age groups (i.e. teens). In addition, most parents request that their children have appointments after school and providers cannot meet the demands of being able to service all their patients in those coveted time slots.
- If you are willing to be flexible and have your child (at least initially) be seen during school hours and/or miss an after school activity you most likely be able to secure an appointment quicker. If your child's school is aware or made aware of your child seeking help, they will usually work with you to excuse their time away from school and help your child keep up with work they may have missed. Once your child starts meeting with his/her therapist, they can then switch their appointment time to after school once his/her therapist has an opening. Most therapists will give those slots to current patients rather than new patients.
- It is recommended to call multiple providers and if the provider(s) you want your child to see has a wait list, you may want to place your child on the list while you keep searching for another provider. You can place your child on multiple wait lists. Also, call the providers periodically to find out your child's status on the wait list. Keep a log of your calls.
- You may want to ask prospective therapists/psychiatrists these questions. How long have you been in practice? Have you worked with children the same age as mine or have the same concerns as mine? What is your approach to therapy? Do you include family members in treatment? How do you evaluate progress? Try using one of the referral services listed below to make your search easier.

Behavioral Health Referral Resources

1. Massachusetts Behavioral Health Helpline <https://www.masshelpline.com/>

This is available 24 hours a day, 365 days a year by phone call and text at 833-773-2445 (BHHL), and online chat at masshelpline.com. It 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**.

2. Psychology Today Find A Therapist <https://www.psychologytoday.com/us/therapists>

Search by town, age, specialty, insurance, etc. It gives you a picture of the therapists, a short description of their services, issues they treat, what insurance they take, etc. You can find out more about many of the providers listed below on this website.

3. Zencare <https://zencare.co/>

Browse therapist videos, photos and short biographies and book a free phone call to find a great fit. Clinicians are vetted by our team so you receive the highest quality care. You can search by town, age, specialty, insurance, etc.

4. Behavioral Health Partners MetroWest (BHPMW) 1-844-528-6800 or www.BHPMW.info

This is a free, confidential referral service. A care coordinator will assist you in obtaining an appointment at one of four different agencies within their partnership (Advocates, Wayside, SMOC and Spectrum). This is a useful service if you have MassHealth or Wellsense ACO health insurance.

5. William James College Interface Referral Service 1-888-244-6843 or <https://interface.williamjames.edu/>

This is a free, confidential referral service for certain towns/cities. You can check the website to see if your town/city participates in this service. Callers are matched with licensed mental health providers from their extensive database.

6. Social Work Therapy Referral Service 1-800-242-9794 <http://www.therapymatcher.org/>

This is a free, confidential telephone referral service. A social worker will work with you to find a licensed therapist in your area that matches your needs.

7. LINK-KID 1-855-LINK-KID <https://www.umassmed.edu/cttc/cttc-services/link-kid/>

The primary goal of LINK-KID is to help youth receive quality treatment for trauma as soon as possible, and decrease wait times while providing support. A trained specialist can assist you in locating trauma treatment in your area. This is a free, confidential resource available to all Massachusetts residents (ages 16-25), all Worcester residents and any youth involved in foster care or any youth involved in Child Advocacy Center or the office of District Attorney.

Please note that the providers and clinics below are not affiliated with or direct recommendations of the Holliston Pediatric Group. The lists below are a general list of providers located in the community. Also, we do our best to keep this list updated but some of the listed providers may no longer be taking on new patients, have wait lists and/or are no longer in practice since the last update.

**Mental Health Clinics
(Individual/ Group Therapy and Medication)
(Some accept Mass Health)**

ADHD Boston	Needham	617-326-8260
Advocates	Framingham	508-661-2020
Advocates	Marlboro	508-485-9300
Advocates	Whitinsville	508-234-4181
Arbour Counseling	Franklin	508-528-6037
Colony Care Behavioral Health	Wellesley	781-431-1177
Community Healthlink	Worcester	508-860-1000
Cornerstone Behavioral Health	Worcester	508-791-3677
DCS Mental Health	Natick	508-653-4820
Framingham Psych.	Framingham	508-872-4813
Framingham Psychiatric Care	Framingham	508-488-4075
Handel Behavioral Health	Franklin, Natick	413-343-HELP
InStride Health	virtual	855-438-8331
Kerzner Assoc.	Foxboro	508-543-2133
LifeStance Health	Milford	508-844-4908
LifeStance Health	Framingham	774-379-0672
Northeast Health Services	Milford	781-874-7896
Northeast Health Services	Framingham	781-874-7896
Northeast Health Services	Multiple locations	781-562-3273
Pediatric Behavioral Health	W.Boylston	508-835-1735
Psychiatry & Family Counseling	Westborough	508-366-0342
Riverside Community Care	Milford	508-529-7000

SNBCare	Framingham	781-666-2711
Dana Behavioral Health	Needham	781-429-7755
Thriveworks	Franklin	617-360-7210
Vendetti Wellness Group	Hopkinton/Framingham	508-589-5333
Wayside	Framingham	508-630-5907
Wayside	Milford	508-478-6888
You Inc./Seven Hills	Worcester, Milford	855-496-8462

Medication Evaluation and Management

(Does not require child to be in therapy along with medication and some provide virtual visits)

Arcara Personalized Psychiatry	Westborough	617-431-6140
Beacon Behavioral Health Assoc.	Bourne	508-743-5542
Bright Minds Psychiatry	Walpole	508-375-8980
Children's Hospital Psychiatry	Boston	617-355-0319
Dana Behavioral Health	Needham	781-429-7755
Distinctive Ray Therapeutics	virtual	857-209-0778
Framingham Psych Assoc.	Framingham	508-872-4813
Framingham Psychiatric Care	Framingham	508-488-4075
InMind Behavioral Health	Medfield	774-469-4999
LifeStance Health	Milford	508-844-4908
LifeStance Health	Framingham	774-379-0672
Metrowest Center for Wellbeing	Franklin	508-376-6018
New England Medical Group	Multiple locations	833-322-0158
Northeast Health Services	Multiple locations	781-562-3273
Novum Psychiatry	Sudbury/Plainville	978-252-0873
Mass General Psychiatry	Boston	617-724-5600
Pediatric Behavioral Health	West Boylston	508-835-1735

Progressive Therapeutics	Framingham	508-834-3183
Psych Boston	Lexington	781-218-9550
Well-Minded Health Care	Franklin	508-444-9818
Zion Health and Wellness	Natick	774-507-0925

Outpatient Therapists

Agents of Change Counseling	Westborough	508-366-2300
Ashley Luongo	Bellingham	774-251-2270
Ashley Rutan	Whitinsville	978-231-9357
Aurora Counseling Assoc.	Natick	508-650-0991
Barbara Fritts	Holliston	508-505-4473
Berin Psych, Inc	Blackstone, Seekonk	774-314-1215
Bill Dwinnells	Holliston	508-456-6485
Border Behavioral Therapy	Hopkinton	401-465-2726
Braver (anxiety specialist)	Norwood & RI	401-206-0304
Carla Kenney	Mendon	781-971-8274
Cara Tirrell	Holliston	508-794-8425
Caroline Stott	Medway	508-213-9449
Castlebrook Counseling	Westborough	508-475-9110
Catherine Pearce Campbell	Milford	508-213-8277
Centered Minds Counseling	virtual only	508-488-9002
Child Therapy Boston	Needham	781-400-2641
Community Impact	Milford	508-422-0242
Compass Counseling & Social Skills	Wrentham	774-847-9340
Coastal Counseling	Medway	508-619-1485
Counseling Corner	Hopkinton	508-216-0627
Dobritte Norris	Medway	508-699-4900
Dorene Calmus	Hopkinton	508-534-8745

Elevate Counseling	Multiple Sites	508-297-1491
Family Behavioral Solutions	Uxbridge	401-270-7110
FEW Center	Franklin	508-613-6380
Gabrielle Marie Siraco	Medway	781-812-3183
Gambit Counseling	Holliston	508-217-3404
Grishelda Hogan	Mendon	508-863-4924
Heather Hirsch	Medway	774-228-7412
Holly Fischer-Engel	Holliston	774-507-0072
Infinite Roots	Needham	781-247-5221
Integrated Psychotherapy	Mendon	508-473-1200
Jill Pineda	Concord	617-744-9699
Karen Silver	Wellesley	781-591-0425
Kate Morrison	Holliston	508-321-7139
Kathy Cumming	Holliston	774-277-8070
Kelly Hulyk	Holliston	857-293-1595
Kristen Sullivan & Assoc.	Franklin	774-847-9650
Kuehnel Psychological Services	Franklin	781-713-0797
Laurel Watt-Aldredge, Ph.D.	Holliston	617-650-9807
Lauren Beadreau	Norfolk	781-488-7557
Live Your Dream Counseling	Medway	508-259-7732
Lynette Dunn Nastasi	Medway	774-244-3245
Mary Anne Winstanley	Medfield	727-756-9052
Mary K Counseling	Worcester	508-355-3160
Mantra MH Counseling	Medway/Natick	617-545-4969
Metrowest Therapy	Natick	508-872-1010
Metrowest Nutrition and Therapy	Framingham	617-332-2282
Milford Franklin Counseling Services	Milford	508-473-7400
Monique Bellefleur	Framingham	508-969-1117

Newton Play Therapy	Newton	617-544-7098
Newton Neuropsychology	Newton	617-564-1540
Nicole Phillips	Northborough	508-286-7744
Norwood Behavioral Health	Franklin, Norwood	781-349-2062
Paula Krentzel	Framingham	508-872-8208
Rachael Coffin Fahey	Medway	508-533-4141
Raising Vibrance	Virtual	508-565-8236
Rebecca Morgan	Holliston	508-619-4171
Rebecca Reed	Virtual	508-401-3013
Samara Burke Counseling	Franklin	508-954-5477
Sarah Giardini	Medway	774-507-0151
Sarah Scott Dooling	Hopkinton	508-794-8084
Stacey Creamer	Natick	774-307-9454
Steve Frielich	Virtual	508-306-1962
Thriveworks	Westborough	774-252-7733
Thriveworks	Multiple Sites	855-204-2767
Transitions Counseling	Franklin, Norfolk	781-742-4515
Vicki Grauer	Franklin	774-338-3237
Victoria Cruz	Shrewsbury	774-512-0109
Wellesley Counseling & Wellness	Wellesley	781-214-1078

Common Types of Therapy*

Individual Counseling (Psychotherapy): A form of therapy that focuses on regular personal interaction with the intent to help a person change and overcome problems in desired ways. Therapy aims to increase the individual's mental health in the context of behaviors, beliefs, thoughts, emotions, relationships and social functioning. Often called "talk therapy", individual counseling usually involves 1:1 sessions. Therapists include psychologists, psychiatric NPs, LMHCs and LICSWs.

Cognitive-Behavioral Therapy (CBT) is a direct form of psychotherapy based on the theory that emotional problems result from distorted attitudes / ways of thinking that can be corrected. The therapist actively seeks to guide the patient in altering or revising negative or erroneous perceptions and attitudes by providing tools / strategies and targeted goals. Therapists include psychologists, psychiatric NPs, LMHCs and LICSWs.

Group Counseling / Therapy: A form of therapy in which small groups of patients meet regularly to interact and discuss emotional problems in a safe and comfortable place. Patients can gain insight into their own thoughts and behaviors, and can benefit from the social interaction if they have a difficult time with interpersonal relationships. Therapists include psychologists, LMHCs and LICSWs, and support staff.

Family Counseling / Therapy: Group therapy involving family members, with the intent to explore and improve family relationships and processes. The therapist aims to understand and modify home influences that contribute to mental disorder in one or more family members, while improving communication and constructive methods of problem solving. Therapists include psychologists, LMHCs and LICSWs.

Behavioral Family Therapy can help parents develop a positive behavior intervention plan for the home environment. Ideal therapists are usually doctorate-level psychologists or other behavioral health professionals that are experienced with nonverbal and/or extremely dysregulated children.

Play Therapy: A technique in which play is used to reveal unconscious material and to express / work through these conflicts. Therapy is usually facilitated in a playroom containing toys, and the child expresses his/her feelings and fantasies to the therapist while playing. The role of the therapist is non-directive, and he/she provides an accepting and understanding relationship with the child that allows him/her to work through conflict and experiment with new ways of relating to himself/herself and others. Therapists include psychologists, LMHCs and LICSWs, and support staff.

Applied Behavior Analysis: ABA is the use of specific techniques and principles to bring about meaningful and positive change in behavior. It is an evidenced based treatment that helps with children who are on the autism spectrum and/or have learning or behavioral challenges.

Types of Mental / Behavioral Health Providers*

Clinical Psychologists are psychologists with a doctoral degree in Psychology from an accredited/designated program. They are trained to make diagnoses, administer psychological tests, and provide individual and/or group therapy.

School Psychologists are psychologists with an advanced degree in School Psychology from an accredited/designated program. While they are trained to make diagnoses, their focus is on providing individual and/or group therapy, and working with school staff to maximize efficiency in the school environment. NOTE: not all school psychologists are clinical psychologists.

Clinical Social Workers are counselors with a master's degree in Social Work from an accredited graduate program. They are trained to make diagnoses, provide individual and/or group counseling, case management and advocacy. You will often see LICSW or LCW after their names (LCWs can perform counseling under the supervision of an LICSW).

Mental Health Counselors are counselors with a master's degree in Mental Health Counseling with several years of clinical work experience. They are trained to make diagnoses and provide individual and/or group counseling. You will often see LMHC after their names. Note: LMHCs are different from Licensed Professional Counselors, who are counselors with a master's degree in Psychology or other related fields.

BCBAs (Board Certified Behavior Analysts) are providers of ABA that are certified by the Behavior Analyst Certification Board (BACB). BCBAs deliver (or supervise) therapy, evaluate strengths or needs of the child, design appropriate programming, define how data will be collected, interpret data and report findings to parents or third-party payers.

Psychiatrists are qualified MDs who specialize in mental health issues and diagnosable disorders. Psychiatrists differ from other mental health professionals in that they may prescribe medication / psychotropic. Psychiatrists may conduct physical examinations, order and interpret lab tests and brain image scans (such as CTs and MRIs). NOTE: Patients often have an established therapist before seeing a psychiatrist.

Psychiatric Nurse Practitioners (or mental health NPs) perform many of the same functions as a psychiatrist, such as diagnosing mental illness and prescribing medication. NPs also act as therapists, helping patients with depression, anxiety, and other conditions that can be remedied with counseling.

*Adapted from Boston Children's Hospital Department of Neurology Resource Guide