



Care in your community

Newburyport Lower Level 978-465-7121

Newburyport Upper Level 978-388-9880

Haverhill 978-373-6557

Visit our website: WWW.CHCMASS.COM



Therapists and Counselors

Massachusetts List

<p>Alliance Lifetime Mental Health 978-655-7782 intakes@alliancelmh.com Lawrence, MA & Bedford, MA</p>	<p>Ages 8+ most commercial insurance plans, MBHP, Masshealth</p>
<p>Anne Y. Elshama, LICSW 1 Meeting House Road, Suite 15 Chelmsford, MA 01824 anne@anneelshama.com</p>	<p>BCBS, Tufts Ages 9+ Anger, Anxiety, Autism, Family Conflict, OCD, Stress, Sports Performance, School Issues</p>
<p>Arbour Counseling Services 116 Summer Street Haverhill, MA 01830 978-373-7010 Ext. 204</p>	<p>Aetna, BC/BS, BMC, Fallon, HPHC, NHP, Tufts, Network Health, United Behavioral Health ADHD, Behavior Disorders, Eating Disorders, Mood Disorders, Expressive Therapy All Ages</p>
<p>The Artful Life Counseling Center and Studio, LLC 142P Canal Street Salem, MA 01970 978-548-6288 Ext. 800</p>	<p>Please see the website for all updated information: www.artfullifecenter.org</p>
<p>Aviv Andover, MA & Berkley, MA</p>	<p>Please see website for all updated information: www.aviv.life Equine Therapy, Animal Assisted Therapy, Adventure Therapy, telehealth,</p>
<p>Blueskies Wellness Inc. 232 Pleasant Street, 2nd Floor Methuen, MA 01841 (978) 655-1823</p>	<p>All ages Masshealth, Steward, MBHP, Allways, Unicare, SWH, Medicare, HPHC, Beacon, Tufts, BMC, Optum, BCBS, Fallon, and more</p>
<p>Chrystal Jenkins, LICSW Telehealth only 978-473-7915 lotushealingcounseling.com</p>	<p>Play therapy, behavioral therapy, family therapy, ADHD, ASD, anxiety, depression, PTSD. BCBS, Aetna, Harvard Pilgrim, Uniter, Oxford, Oscar Health, Cigna, Optum, sliding scale for self pay.</p>
<p>Courtney Aldrich Telehealth only https://fannthera.com/</p>	<p>Aetna, BCBS, Cigna, Harvard Pilgrim, Optum, Tufts, United Group therapy, Individual therapy, Art therapy</p>
<p>Elizabeth Buckley, LICSW 451 Andover Street #185 N. Andover, MA 01845</p>	<p>BCBS, MBHP (Include some MassHealth Plans) Ages 4+</p>

****Please contact your insurance to verify that any specialist is in-network with your plan.***

If your plan requires a referral, please contact our referral department at 978-499-8657.

781-526-0258 elizabeth.L.buckley@gmail.com	Anxiety, Depression, Bipolar, Divorce, Peer Issues, Self-Harming, Crisis
Elpis Institute Andover & Beverly, MA https://elpisinstitute.com/ (978) 785-9977	Accepts: MBHP & several commercial plans
Family Counseling Associates Many locations in MA & southern NH 978-222-3121	Please see website for all updated information: www.fca.andover.com
Katrina Kotler, LMHC 110 Haverhill Road Amesbury, MA 01913 978-971-1280 kkotlerlmhc@hushmail.com	BCBS, Tufts, Cigna, Beacon, Optum, HPHC, some masshealth plans not MBHP Ages 12+ ADHD, Anxiety, Anger Management, Depression, Emotion Regulation, Substance Abuse, CBT/DBT
Kelli A Fowle, LICSW 110 Haverhill Road Amesbury, MA 01913 989-998-5665 Kannf09@gmail.com	BCBS, HPHC, Aetna
Margaret Delorme, LICSW Byfield, MA & telehealth 978-807-1520 mdelorme@delormecounseling.org	Accepts commercial insurance, in process of accreditation through Masshealth Depression, psychotic disorders, substance use, ages 13+
Dr. Marina Vijayakanphan 800 Turnpike Street, Suite 28 North Andover, MA 01845 978-794-5511 info@vpsmed.com	Prefers email, will schedule a phone call first to see if the client is a good fit. No insurance, self pay.
Mark Bezanson, LICSW 5 Market Square Amesbury, MA 01913 <i>telehealth only</i> 978-904-1075	Allways Health, American Behavioral, BCBS, Commonwealth Care Alliance, Commonwealth Care One, HPHC, Optum, MBHP, MassHealth, Tufts, etc. Ages 12+ Adolescent, Trauma and PTSD, Bipolar, Suicidal Ideality, Schizophrenia, Gender Identity
Dr. Mark Konecky 6 Hodgkins Street Gloucester, MA 01930 978-609-0926	BCBS & self pay Children 3- adult, family therapy, parent support, mood disorders, anxiety, ADHD, eating disorders, DBT
Mary Carol Alfred, LMHC, PSY.D 200 Merrimack Street #303 Haverhill, MA 01830	Most major insurances, Mass Health, Neighborhood Health Plan Ages 11+

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978-373-8090 Ext. 1	Trauma, Anxiety, ADHD, Depression
Mountain View Telehealth only https://www.mountainviewtherapyma.com/new-clients	Individual therapy, family therapy BCBS, Masshealth (Steward & MBHP), sliding scale for self pay
Nancy Modlish, LICSW Newburyport, MA ages 8-16 508-306-8720 nancymodlishlicsw@gmail.com	BCBS, Harvard Pilgrim, HPI, Optum, Tufts, United, Sliding scale.
New Life Counseling John Brennenstuhl 100 Cummings Center Ste 429C Beverly, MA (978) 876-9344 https://nl-cc.com/	BCBS, HPHC, MBHP, GIC, OPTUM, and Cigna. In the process of being credentialed with Wellsense. Ages 7 – 18
NFI Massachusetts 76 Winter Street Haverhill, MA 01830 978-3737-1181	Accepts most insurances Ages 2-21 Wide variety of behavioral programs (family counseling, individual counseling, mental health & substance abuse services)
Northeast Health Services Lawrence, MA https://nehs.transformationsnetwork.com/ 781.874.6581	Optum, Cigna, Aetna, Tricare, Tufts, Carelon, Medicare, BCBS, United, Fallon, Masshealth, Wellsense, MBHP, Unicare, Harvard Pilgrim
Nova Initia Counseling 57 Wingate St. Haverhill, MA 978-241-4908 www.novainitiacounseling.com	Please see website for all information.
Ruth Cabrera, LMHC 5 Wallace Street Methuen, MA 01844 978-870-479	Fallon, BCBS, Tuft, Unicare, Masshealth, MBHP Ages 12+ ADHD, Depression, Trauma, PTSD, Mood Disorder, Weight Loss, Transgender <i>*Fluent in Spanish</i>
Seacoast Counseling of Newburyport Donna Devlin, LICSW 10 Prince Place, Suite 208 Newburyport, MA 01950 978-801-0965	Aetna, BCBS, Cigna, Tufts, Beacon, HPHC, Optum Ages 13+ Anxiety, Depression, Peer Issues, Social Skills, CBT

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Community Behavioral Health Center

A statewide network of 25 designated Community Behavioral Health Centers provides expanded access to behavioral health evaluation and treatment in communities across Massachusetts.

Community Behavioral Health Centers (CBHCs) serve as an entry point for timely, high-quality, and evidence-based treatment for mental health conditions and substance use disorders, including routine appointments, urgent visits, and 24/7 community-based crisis intervention as an alternative to hospital emergency departments. CBHCs receive enhanced state funding through alternative payment models to support flexible, person-centered treatment.

Services:

- CBHCs provide the following services, in person and via telehealth:
- Same-day evaluation and access to treatment, with timely follow-up appointments
- Evening and weekend hours
- Behavioral health urgent care
- Evidence-based treatment for mental health conditions and substance use disorders, including clinical services and peer support services.
- 24/7 community-based locations for crisis intervention, and mobile crisis teams
- Crisis stabilization beds
- These centers serve all ages and all communities across the Commonwealth.

Locations:

Eliot Community Human Services

10 Harbor St. Danvers, Ma 01923 Ph: 866-523-1216

Towns of: 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

Beth Israel Lahey Behavioral Health Services

12 Methuen St., Lawrence, MA 01840 Ph: (877) 255-1261

Towns of: Andover, Lawrence, Methuen, and North Andover

Cambridge Health Alliance

1493 Cambridge St., Cambridge, MA 02139 Ph: (833) 222-2030

Towns of: Cambridge, Somerville, Everett, Malden, and Medford

Eliot Community Human Services

95 Pleasant St., Lynn, MA 01901 Ph: (800) 988-1111

Towns of: Lynn, Lynnfield, Melrose, Nahant, North Reading, Reading, Saugus, Stoneham, Swampscott, and Wakefield

The entire list of all locations and further information can be found at this link:

<https://www.mass.gov/info-details/community-behavioral-health-centers>

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