



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+ <i>Current wait-list 6 weeks.</i> most commercial insurance plans, MBHP, MassHealth</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: <i>Waitlist – accepting new patients</i> www.artfullifecenter.org</p>
<p>Aviv TEXT: 774-231-8008 Andover, MA & Berkley, MA Contact: Eva Marie Smith Send full name, DOB, Picture of Front & back of insurance card, & email address</p>	<p>Please see website for all updated information: www.aviv.life Equine Therapy, Animal Assisted Therapy, Adventure Therapy, telehealth, BCBS, United, Aetna, Harvard Pilgrim, Tufts (commercial & public) Mass General Brigham</p>
<p>Blueskies Wellness Inc. 232 Pleasant Street, 2nd Floor Methuen, MA 01841 (978) 655-1823</p>	<p>All ages <i>4-6 week waitlist</i> MassHealth, Steward, MBHP, Allways, Unicare, SWH, Medicare, HPHC, Beacon, Tufts, BMC, Optum, BCBS, Fallon, and more</p>
<p>Jeremy Brooks, PsyD 173 High Street Newburyport, MA 01950 (978) 273-2498</p>	<p>Therapy & psychological testing (no neuropsych testing) Accepts most major insurances, please call to see if yours is accepted.</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, United, Oxford, Oscar Health, Cigna, Optum, sliding scale for self pay.</p>
<p>Counseling Services of Greater Boston, LLC Ages 9+ Georgetown, Tyngsboro, Wakefield Please fill out intake form on website: https://www.csqboston.com/schedule-an-appointment/</p>	<p>Aetna, Blue Cross Blue Shield, Optum (UnitedHealthcare, United Behavioral Health, Mass General Brigham Health Plan/AllWays), Evernorth (formerly Cigna), and Point 32 Health (Harvard Pilgrim and Tufts commercial plans)</p>

<p>Courtney Aldrich Telehealth only https://fanthera.com/</p>	<p>Aetna, BCBS, Cigna, Harvard Pilgrim, Optum, Tufts, United Group therapy, art therapy, individual therapy</p>
<p>Elizabeth Buckley, LICSW 451 Andover Street #185 N. Andover, MA 01845 781-526-0258 Elizabeth.L.buckley@gmail.com</p>	<p>Ages 4+ BCBS, MBHP (includes some MassHealth plans) Taking new clients starting in October</p>
<p>Elpis Institute <i>Accepting new patients, has a waitlist as of 7/11</i> Andover & Beverly, MA https://elpisinstitute.com/</p>	<p>All providers accept different insurance plans. Call for more information.</p>
<p>Family Counseling Associates Many locations in MA & southern NH 978-222-3121</p>	<p>Call for ages & current availability. Please see website for all updated information: www.fca.andover.com</p>
<p>Full Cup, LLC 6 Lynde St, Suite LL-C Salem, MA 01970 (857) 293-1447 https://www.fullcupllc.com</p>	<p>Children 5+, teens, young adults, and adults Family & groups Aetna, BCBS, Cigna, United Behavioral Health PENDING: Harvard Pilgrim, Tufts (commercial & public plans) Carelton (commercial & public).</p>
<p>Golden Hour Counseling, LLC 5 Market Square, 206A Amesbury, MA 601913 413-238-1088 https://www.goldenhourcounseling.net/about</p>	<p>All ages BCBS or self-pay.</p>
<p>Harmony Counseling Pre-teens, teens and families 239 Boston Street, Topsfield, MA 01983 978-561-1927- Email is preferred https://www.harmonycounseling.biz/katherine@harmonycounseling.biz</p>	<p>BCBS, Harvard Pilgrim & Self-pay</p>
<p>InStride Health <i>Telehealth only</i> Ages 7-22 T Email: info@instride.health Phone: (855) 438-8331 https://instride.health/ Specialty Outpatient Care for Pediatric Anxiety and OCD All Patients must have OCD or anxiety as their primary diagnosis. Amerihealth, Anthem BCBS (including Empire), Blue Cross Blue Shield of Massachusetts, Blue Cross Blue Shield of Rhode Island, ConnectiCare,</p>	<p>EmblemHealth, Group Health Incorporated (GHI), Harvard Pilgrim, Horizon Blue Cross Blue Shield of New Jersey, Independence Blue Cross, Mass General Brigham Health Plan, NYSHIP, Optum, Oscar, Oxford, UnitedHealthcare, and Wellpoint (UniCare).</p>

<p>Integrated Behavioral Care Ages 12+ Telehealth Only Andover 3 Dundee Park, Suite 203 Andover, MA 01810 Beverly 100 Cummings Center, Suite 435-P Beverly, MA 01915 Amesbury 100 Main Street, Suite 208 Amesbury, MA 01913 Main office: (978)-296-5595 New Client Intake Ext 1 info@behcare.com https://integratedbehcare.com/counseling-for-children-and-teens/</p>	<p>Aetna, Beacon Health Options Carelon, BlueCross and BlueShield, Cigna and Evernorth Group Insurance Commission, Harvard Pilgrim, Mass General Brigham Allways Health MultiPlan Optum, Tufts, UnitedHealthcare UHC UBH</p>
<p>Katrina Kotler, LMHC Telehealth only 110 Haverhill Road Amesbury, MA 01913 978-971-1280 kkotlerlmhc@hushmail.com</p>	<p>BCBS, Tufts, Cigna, Beacon, Optum, HPHC, some MassHealth plans not MBHP Ages 12+ ADHD, Anxiety, Anger Management, Depression, Emotion Regulation, Substance Abuse, CBT/DBT</p>
<p>Lifestance Child, adolescent, family & group therapy. Many locations throughout MA as well as telehealth https://lifestance.com/</p>	<p>Aetna, Behavioral Health Systems (BHS) Blue Cross Blue Shield (BCBS) Carelon (Beacon) Centivo, Commonwealth Care Alliance (CCA) ComPsych, Evernorth (Cigna), Humana MassHealth, MediNcrease Health Plans (MHP) MultiPlan (PHCS), Optum (UnitedHealthcare) Partners Direct Health, Provider Network of America (PNOA) Sana Benefits, Tufts</p>
<p>Peter Litwin, PsyD 12 Market Square, Suite 6 Amesbury, MA 01913 (978) 388-0799 Adolescents, but will see younger patients for OCD/Anxiety</p>	<p>Call for insurance information</p>
<p>Margaret Delorme, LICSW Byfield, MA <i>telehealth only</i> 978-807-1520 mdelorme@delormecounseling.org</p>	<p>Accepts commercial insurance, in process of accreditation through MassHealth Depression, psychotic disorders, substance use, ages 14+</p>
<p>Dr. Marina Vijayakanphan 800 Turnpike Street, Suite 28 North Andover, MA 01845 978-794-5511 info@vpsmed.com</p>	<p>Prefers email, will schedule a phone call first to see if the client is a good fit. <u>No insurance, self pay.</u></p>

<p>Mark Bezanson, LICSW 5 Market Square Amesbury, MA 01913 <i>telehealth only</i> 978-904-1075 https://www.psychologytoday.com/us/therapists/mark-bezanson-licsw-amesbury-ma/223369</p>	<p>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</p>
<p>Dr. Mark Konecky 6 Hodgkins Street Gloucester, MA 01930 978-609-0926</p>	<p>BCBS & self pay Children 3- adult, family therapy, parent support, mood disorders, anxiety, ADHD, eating disorders, DBT</p>
<p>Mary Carol Alfred, LMHC, PSY.D 10 Phoenix Row #300 978-373-8090 Ext. 1 Haverhill, MA 01830</p>	<p>Most major insurances, Mass Health, Neighborhood Health Plan Ages 11+</p>
<p>Merrimack Valley Psychological Associates 4+, teens, young adults 90 Main Street Andover, MA 01810 (978) 222-7729 https://www.mvpsych.com/</p>	<p>BCBS, Anthem, UHC, Optum, Aetna and Point32 Health (Harvard Pilgrim, Tufts) commercial plans.</p>
<p>Mindful Body Therapy & Wellness Ages 7+ 2 Elm Square, Suite 317 Andover, MA 01810 (978) 267-7511 https://www.mindfulbodytherapyandwellness.com/</p>	<p>Blue Cross BlueShield, Harvard Pilgrim, and United/Optum</p>
<p>NFI Massachusetts 76 Winter Street Haverhill, MA 01830 978-3737-1181</p>	<p>Accepts most insurances Ages 2-21 Wide variety of behavioral programs (family counseling, individual counseling, mental health & substance abuse services)</p>
<p>Northeast Health Services Lawrence, MA https://nehs.transformationsnetwork.com/ 781.874.6581</p>	<p>Optum, Cigna, Aetna, Tricare, Tufts, Carelon, Medicare, BCBS, United, Fallon, Masshealth, Wellsense, MBHP, Unicare, Harvard Pilgrim</p>

<p>North Shore Counseling Center (NSCC) Ages 3+ <i>Waitlist timeframe based on age</i> Can provide therapy & medication management 100 Cummings Center, Suite 307-E Beverly, MA 01915 (978) 922-2280 https://www.nsc-cc.com/child-adolescent-services/</p>	<p>Aetna, BCBS, Cigna, Fallon, Harvard Pilgrim, Mass General Brigham Health Plan, MassHealth, MBHP, Tufts, Tufts Public, United Healthcare, WellSense.</p>
<p>Nova Initia Counseling 57 Wingate St. Haverhill, MA 978-241-4908 www.novainitiacounseling.com</p>	<p>Please see website for all information.</p>
<p>Patricia McEvoy Med, CAGS, LMHC <i>Telehealth only</i> Older teens & young adults. Can also provide parent counseling, specializing in family conflict, non-traditional & adoptive families. Newburyport, MA https://www.psychologytoday.com/us/therapists/patricia-mcevoy-newburyport-ma/338933</p>	<p>BCBS, Tufts commercial, Aetna, Cigna, Harvard Pilgrim, United Health Care, United Behavioral Health, MBHP and Wellsense outpatient</p>
<p>Seacoast Counseling of Newburyport Donna Devlin, LICSW 10 Prince Place, Suite 208 Newburyport, MA 01950 978-801-0965</p>	<p>Aetna, BCBS, Cigna, Tufts, Beacon, HPHC, Optum Ages 13+ Anxiety, Depression, Peer Issues, Social Skills, CBT</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.



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

Psychiatric Crisis Team – Emergency
Lahey Behavioral health
Haverhill, MA 978-521-7777

Lahey Clinic sees children ages 5-17 years of age walk-in only 8-10 am Tuesdays and Wednesdays. Ages 18 and older walk-in available Mondays and Thursdays 8-10 am. The clinic serves as walk-in therapy and if after several visits' possible medication management. If that is the case, patients will be put on medication management waiting list.

12 Methuen Street, 3rd Floor Lawrence, MA 978-683-3128

*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>*

****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.