



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](http://WWW.CHCMASS.COM)



## Therapists and Counselors

Massachusetts List

<p><b>Alliance Lifetime Mental Health</b>  <i>Individual counseling &amp; medication management</i>          978-655-7782  <a href="mailto:intakes@alliancelmh.com">intakes@alliancelmh.com</a>          Lawrence, MA &amp; Bedford, MA</p>	<p>Ages 8+          Most commercial insurance plans, MBHP, MassHealth</p>
<p><b>Arbour Counseling Services</b>          Multiple locations &amp; virtual.  <b>Not all locations see children. Please see website for location info.</b>  <a href="https://arbourhealth.com/">https://arbourhealth.com/</a></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><b>Ana Issela Cambell</b>          All ages          Fluent in Spanish          AIC Consulting Services, LLC          100 Cummings Center, Suite 325J Beverly,          Massachusetts 01915          (508) 843-9982  <a href="mailto:Acambell8@gmail.com">Acambell8@gmail.com</a>  <a href="https://aicconsultingllc.com/">https://aicconsultingllc.com/</a></p>	<p>Aetna, BCBS, Harvard Pilgrim, Optum, Tufts,          Mass General Brigham Health Plan,          UnitedHealthcare UHC   UBH</p>
<p><b>The Artful Life Counseling Center and Studio, LLC</b>          142P Canal Street          Salem, MA 01970          978-548-6288 Ext. 800</p>	<p>Please see the website for all updated information:  <b>Waitlist – accepting new patients</b>  <a href="http://www.artfullifecenter.org">www.artfullifecenter.org</a></p>
<p><b>Chrystal Jenkins, LICSW</b>  <b>Ages 10+</b>          Telehealth only          978-473-7915  <a href="http://lotushealingcounseling.com">lotushealingcounseling.com</a></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><b>Costello Psychotherapy</b>  <b>Anthony Costello, LMFT</b>  <i>Short waitlist</i>  <b>Ages 14-21</b>          112 Parker St          Newburyport, Massachusetts, 01950          978.255.3265  <a href="mailto:amc.mft@gmail.com">amc.mft@gmail.com</a>  <a href="https://www.costellopsychotherapy.com/">https://www.costellopsychotherapy.com/</a></p>	<p>Blue Cross and Blue Shield, Tufts Commercial          Optum, United Healthcare, Harvard Pilgrim          AllWays Health Partners, Health Plans Inc.</p>

<p><b>Counseling Services of Greater Boston, LLC</b>  Ages 9+  Georgetown, Tyngsboro, Wakefield  <b>Please fill out intake form on website:</b>  <a href="https://www.csqboston.com/schedule-an-appointment/">https://www.csqboston.com/schedule-an-appointment/</a></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><b>Elpis Institute</b>  <i>Accepting new patients, has a waitlist as of 1/25</i>  Andover &amp; Beverly, MA  <a href="https://elpisinstitute.com/">https://elpisinstitute.com/</a></p>	<p>All providers accept different insurance plans. Call for more information.</p>
<p><b>Family Counseling Associates</b>  Many locations in MA &amp; southern NH  Accepting children 6+ in Beverly, Burlington and Newburyport locations as of 2/7/25  978-222-3121</p>	<p>Call for ages &amp; current availability.  Each location accepts different insurance. Does not accept Medicaid.  Please see website for all updated information: <a href="http://www.fca-andover.com">www.fca-andover.com</a></p>
<p><b>Full Cup, LLC</b>  6 Lynde St, Suite LL-C  Salem, MA 01970  (857) 293-1447  <a href="https://www.fullcupllc.com">https://www.fullcupllc.com</a></p>	<p><b>Accepting new patients starting late Spring/early Summer 2025</b>  Children 5+, teens, young adults, and adults  Family &amp; groups  Aetna, BCBS, Cigna, United Behavioral Health  Harvard Pilgrim, Tufts (commercial &amp; public plans) Carelon (commercial &amp; public).</p>
<p><b>Golden Hour Counseling, LLC</b>  5 Market Square, 206A  Amesbury, MA 601913  413-238-1088  <a href="https://www.goldenhourcounseling.net/about">https://www.goldenhourcounseling.net/about</a></p>	<p>All ages  BCBS or self-pay.</p>
<p><b>Harmony Counseling</b>  Pre-teens, teens and families  239 Boston Street, Topsfield, MA 01983  978-561-1927- Email is preferred  <a href="https://www.harmonycounseling.biz/katherine@harmonycounseling.biz">https://www.harmonycounseling.biz/katherine@harmonycounseling.biz</a></p>	<p>BCBS, Harvard Pilgrim &amp; Self-pay</p>
<p><b>InStride Health</b>  <i>Telehealth only</i>  <b>Ages 7-22</b>  Email: <a href="mailto:info@instride.health">info@instride.health</a>  Phone: (855) 438-8331  <a href="https://instride.health/">https://instride.health/</a>  Specialty Outpatient Care for Pediatric Anxiety and OCD  <b>All Patients must have OCD or anxiety as their primary diagnosis.</b>  Amerihealth, Anthem BCBS (including Empire), Blue Cross</p>	<p>Blue Shield of Massachusetts, Blue Cross Blue Shield of Rhode Island, ConnectiCare, 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><b>Integrated Behavioral Care</b> Ages 12+ Telehealth Only <b>Andover</b> 3 Dundee Park, Suite 203 Andover, MA 01810 <b>Beverly</b> 100 Cummings Center, Suite 435-P Beverly, MA 01915 <b>Amesbury</b> 100 Main Street, Suite 208 Amesbury, MA 01913 Main office: (978)-296-5595 New Client Intake Ext 1 <a href="mailto:info@behcare.com">info@behcare.com</a> <a href="https://integratedbehcare.com/counseling-for-children-and-teens/">https://integratedbehcare.com/counseling-for-children-and-teens/</a></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><b>Katrina Kotler, LMHC</b> <b>Telehealth only</b> 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 <b>Ages 12+</b> ADHD, Anxiety, Anger Management, Depression, Emotion Regulation, Substance Abuse, CBT/DBT</p>
<p><b>Lifestance</b> Child, adolescent, family &amp; group therapy. Many locations throughout MA as well as telehealth <a href="https://lifestance.com/">https://lifestance.com/</a></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><b>Peter Litwin, PsyD</b> 12 Market Square, Suite 6 Amesbury, MA 01913 (978) 388-0799 <b>12+, but will see younger patients for OCD/Anxiety</b> <b>Limited after school availability</b></p>	<p>Call for insurance information</p>
<p><b>Margaret Delorme, LICSW</b> Byfield, MA <i>telehealth only</i> 978-807-1520 <a href="mailto:mdelorme@delormecounseling.org">mdelorme@delormecounseling.org</a></p>	<p>Accepts commercial insurance, in process of accreditation through MassHealth Depression, psychotic disorders, substance use, <b>ages 14+</b></p>
<p><b>Dr. Marina Vijayakanphan</b> 800 Turnpike Street, Suite 28 North Andover, MA 01845 978-794-5511 <a href="mailto:info@vpsmed.com">info@vpsmed.com</a></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><b>Mark Bezanson, LICSW</b>  5 Market Square  Amesbury, MA 01913  <i>telehealth only</i>  978-904-1075  <a href="https://www.psychologytoday.com/us/therapists/mark-bezanson-licsw-amesbury-ma/223369">https://www.psychologytoday.com/us/therapists/mark-bezanson-licsw-amesbury-ma/223369</a></p>	<p>Allways Health, American Behavioral, BCBS, Commonwealth Care Alliance, Commonwealth Care One, HPHC, Optum, MBHP, MassHealth, Tufts, etc.  <b>Ages 12+</b>  Adolescent, Trauma and PTSD, Bipolar, Suicidal Ideality, Schizophrenia, Gender Identity</p>
<p><b>Dr. Mark Konecky</b>  6 Hodgkins Street  Gloucester, MA 01930  978-609-0926</p>	<p>BCBS &amp; self-pay  <b>Children age 3- adult</b>, family therapy, parent support, mood disorders, anxiety, ADHD, eating disorders, DBT</p>
<p><b>Mary Carol Alfred, LMHC, PSY.D</b>  10 Phoenix Row #300  978-373-8090 Ext. 1  Haverhill, MA 01830</p>	<p>Most major insurances, Mass Health, Neighborhood Health Plan  <b>Ages 11+</b></p>
<p><b>Merrimack Valley Psychological Associates</b>  <b>4+, teens, young adults</b>  <b>Virtual 15+</b>  90 Main Street  Andover, MA 01810  (978) 222-7729  <a href="https://www.mvpsych.com/">https://www.mvpsych.com/</a></p>	<p>BCBS, Anthem, UHC, Optum, Aetna and Point32 Health (Harvard Pilgrim, Tufts) commercial plans.</p>
<p><b>Mindful Body Therapy &amp; Wellness</b>  Ages 7+  2 Elm Square, Suite 317  Andover, MA 01810  (978) 267-7511  <a href="https://www.mindfulbodytherapyandwellness.com/">https://www.mindfulbodytherapyandwellness.com/</a></p>	<p>Blue Cross BlueShield, Harvard Pilgrim United/Optum, Mass General Brigham</p>
<p><b>NFI Massachusetts</b>  76 Winter Street  Haverhill, MA 01830  978-3737-1181</p>	<p>Accepts most insurances Ages <b>2-21</b>  Wide variety of behavioral programs (family counseling, individual counseling, mental health &amp; substance abuse services)</p>
<p><b>Northeast Health Services</b>  Lawrence, MA  <a href="https://nehs.transformationsnetwork.com/">https://nehs.transformationsnetwork.com/</a>  781.874.6581</p>	<p>Optum, Cigna, Aetna, Tricare, Tufts, Carelon, Medicare, BCBS, United, Fallon, Masshealth, Wellsense, MBHP, Unicare, Harvard Pilgrim</p>

<p><b>North Shore Counseling Center (NSCC)</b>  Ages 3+  <b>Currently has a waitlist</b>  <i>Waitlist timeframe based on age</i>  <i>Can provide therapy &amp; medication management</i>  100 Cummings Center, Suite 307-E  Beverly, MA 01915  (978) 922-2280  <a href="https://www.nsccl-inc.com/child-adolescent-services/">https://www.nsccl-inc.com/child-adolescent-services/</a></p>	<p>Aetna, BCBS, Cigna, Fallon, Harvard Pilgrim, Mass General Brigham Health Plan, MassHealth, MBHP, Tufts, Tufts Public, United Healthcare, WellSense.</p>
<p><b>Nova Initia Counseling</b>  57 Wingate St.  Haverhill, MA  978-241-4908  <a href="http://www.novainitiacounseling.com">www.novainitiacounseling.com</a>  <a href="mailto:contactus@novainitia.org">contactus@novainitia.org</a></p>	<p>Please see website for all information.</p>
<p><b>Seacoast Counseling of Newburyport</b>  <b>Donna Devlin, LICSW</b>  10 Prince Place, Suite 208  Newburyport, MA 01950  978-801-0965</p>	<p>Aetna, BCBS, Cigna, Tufts, Beacon, HPHC, Optum  <b>Ages 13+</b>  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.**