



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 <i>Individual counseling & medication management</i> 978-655-7782 intakes@alliancelmh.com Lawrence, MA & Bedford, MA</p>	<p>Ages 8+ Most commercial insurance plans, MBHP, MassHealth</p>
<p>Arbour Counseling Services Multiple locations & virtual. Not all locations see children. Please see website for location info. https://arbourhealth.com/</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 100 Cummings Center, Suite 534-G, Beverly MA 01915 978-548-6288 Ext. 800</p>	<p>Please see the website for all updated information: <i>Waitlist – accepting new patients. Patients who can be flexible with scheduling will be matched more quickly.</i> www.artfullifecenter.org</p>
<p>Angela Bryan, LMHC Amesbury https://www.psychologytoday.com/us/therapists/angelina-bryan-amesbury-ma/1580318</p>	<p>Most commercial insurance and some MassHealth plans.</p>
<p>Care Counseling Services Locations in Haverhill, MA, Concord, Nashua & Manchester NH & Virtual https://www.carenh.com/</p>	<p>UMR, Tufts, Harvard Pilgrim, Point 32 Health, BCBS, Ambetter, WellSense, Aetna, HPI, Cigna, United, NH Healthy Families, Optum, Amerihealth, Medicare.</p>
<p>Clover Counseling Services <i>Telehealth only</i> 130 Centre Street 2nd FL Wadsworth School House Building Danvers, MA 01923 978-212-9896 Jenelle@clovercounselingservices.org https://www.clovercounselingservices.org/</p>	<p>BCBS, Harvard Pilgrim, Optum, Cigna</p>
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<p>Courageous Path Counseling 8 Federal Way, Suite 2 Groveland, MA 01834 (978) 482-7226 https://www.katetrasherwhite.com/</p>	<p>BCBS, Harvard Pilgrim, MGB, Optum, Tufts (commercial only) United Healthcare UHC/UBH</p>
<p>Corf Psychology Group 4 South Main St #9 Ipswich, MA 01938 https://corfpsychologygroup.com/mcdonald@cpg.care</p>	<p>BCBS, Harvard Pilgrim, Optum & Aetna</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, Evernorth (formerly Cigna), and Point 32 Health (Harvard Pilgrim and Tufts commercial plans)</p>
<p>Elpis Institute 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><i>Call for ages & current availability.</i> Accepts most insurance. Does not accept Medicaid. 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><i>Waitlist for after school appointments</i> Children 5+, teens, young adults, and adults Family & groups Aetna, BCBS, Cigna, United Behavioral Health Harvard Pilgrim, Tufts (commercial & public plans) Carelon (including GIC & MBHP) WellSense.</p>
<p>Golden Hour Counseling, LLC 5 Market Square, 206A Amesbury, MA 601913413-238-1088 https://www.goldenhourcounseling.net/about</p>	<p>All ages BCBS, Harvard Pilgrim, Tufts or self-pay.</p>
<p>Meghan Gonyea, LICSW 31 Green Street Newburyport, MA 01950 https://www.psychologytoday.com/us/therapists/meghan-gonyea-newburyport-ma/443480</p>	<p>BCBS, MBHP, MassHealth, Tufts, United Healthcare</p>

<p>InStride Health <i>Telehealth only</i> Ages 7-24 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.</p>	<p>Amerihealth, Anthem BCBS (including Empire), Blue Cross 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>Integrated Behavioral Care Children & teens Telehealth for ages 12+ 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, Harvard Pilgrim, Mass General Brigham, Optum, Tufts, UnitedHealthcare UHC UBH, Meritain, UMR, Health Plans, Inc, Medicare, WellSense (commercial only)</p>
<p>Katrina Kotler, LMHC <i>Telehealth only</i> 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 12+, but will see younger patients for OCD/Anxiety Limited after school availability</p>	<p>Call for insurance information</p>
<p>Margaret Delorme, LICSW Byfield, MA <i>telehealth</i> <i>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</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>American Behavioral, BCBS, Commonwealth Care Alliance, Commonwealth Care One, HPHC, Optum, MGB, MBHP, MassHealth, Tufts, MGB Ages 12+ Adolescent, Trauma and PTSD, Bipolar, Suicidal ideation, Schizophrenia, Gender Identity</p>
<p>Dr. Mark Konecky 6 Hodgkins Street Gloucester, MA 01930 978-609-0926</p>	<p>BCBS & self-pay Children age 3- adult, family therapy, parent support, mood disorders, anxiety, ADHD, eating disorders, DBT</p>
<p>Mary Carol Alfred, LMHC, PSY.D Ages 11+ 10 Phoenix Row #300 978-373-8090 Ext. 1 Haverhill, MA 01830</p>	<p>Accepts most major insurances and some MassHealth plans.</p>
<p>Merrimack Valley Psychological Associates 4+ 35 New England Business Park Drive, Suite 210 Andover, MA 01810 978-222-7729 www.mvpsych.com/</p>	<p>BCBS, Anthem, UHC, Optum, Aetna, Harvard Pilgrim</p>
<p>Mindful Body Therapy & Wellness Ages 7+ 35 New England Business Center Drive Andover, MA 01810 (978) 267-7351 https://www.mindfulbodytherapyandwellness.com/</p>	<p>Blue Cross BlueShield, Harvard Pilgrim United/Optum, Mass General Brigham <i>Short waitlist for after school services</i></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, MGB</p>
<p>North Shore Counseling Center (NSCC) Ages 3+ 100 Cummings Center, Suite 307-E Beverly, MA 01915 (978) 922-2280 https://www.nsc-inc.com/child-adolescent-services/</p>	<p>Aetna, BCBS, Cigna, Fallon, Harvard Pilgrim, Mass General Brigham Health Plan, MassHealth, MBHP, Tufts, United Healthcare, Wellsense. <i>Immediate openings if patients can be flexible with time as of 2/26</i></p>
<p>Nova Initia Counseling Ages 6+ Locations in Beverly & Haverhill, MA 978-241-4908 www.novainitiacounseling.com contactus@novainitia.org</p>	<p>BCBS, United Healthcare, Optum, Cigna, Tufts, Aetna, Unicare ComPsych, Carelon, Wellpoint.</p>
<p>River Valley Counseling Daniel (Skip) Parks, LCSW, LMHC 100 Main Street Suite 103 Amesbury, MA 01913 https://www.psychologytoday.com/us/therapists/daniel-skip-parks-amesbury-ma/266729</p>	<p>Accepts most commercial insurance and some MassHealth plans</p>
<p>Nicole Simonson, LICSW <i>Telehealth only</i> 781-818-1360 nicolesimonsonlicsw@gmail.com https://www.nicolesimonsonlicswtherapy.com/</p>	<p>Aetna, BCBS, Harvard Pilgrim, MGB, Optum, Tufts, United Healthcare</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>*

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