

Outpatient Mental Health Resources

Description: Mental health isn't easily defined. There are different levels from mild to severe impairment. Mental health problems can be caused by biological, psychological, or social factors. There are resources available to address a wide range of mental health issues.

List of Resources

	HELPLINES	
Psychiatric Emergency Services (P.E.S.)	Phone: 508-765-9771 Ext. 2434	24 hr. crisis intervention, short term counseling
National Alliance for the Mentally Ill	Phone: 800-370-9085	Information, referrals, support 9 a.m – 5 p.m. Mon-Fri
The Samaritans	Phone: 877-870-4673 508-875-4500 617-247-0220 Teens: 800-252-8336	24 hour emotional support
National Suicide Prevention Lifeline	Phone: 800-273-8255 800-784-2433	24 hr service assisting those in suicide crisis
NAME	CONTACT	OTHER
	MENTAL HEALTH and CHILDREN	
G.B. Wells Human Services Center (HMH affiliate)	29 Pine St. Southbridge, Ma. 01550 Phone: 508-765-9167	Provides a full range of mental health services. Most insurances accepted.
Auburn Youth and Family Services	21 Pheasant Court Auburn, Ma. 01501 Phone: 508-832-5707	Youth and family counseling, programs, and groups, summer programs, sliding fee.
Massachusetts Society for Prevention of Cruelty to Children	335 Chandler St. Worcester, Ma. 01602 Phone: 1-800-442-3035 or 508-753-2967	Counseling services for children and their families. Medicare, Medicaid, and other insurances
YOU Inc.	328 Main Street Southbridge, Ma. 01550 Phone: 508-765-9101	Counseling and other support services for children, adolescents and families.
Community Health Link Youth & Family Services	275 Belmont St. Worcester, Ma. 01604 Phone: 508-791-3261	Mental health services for children, adolescents, and families.

This Compendium of Resources Information Sheet is provided as a community service to patients and families by Harrington Memorial Hospital and the hospital's member physicians.
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Harrington Memorial Hospital Social Services Department
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Valley Psychiatric Services	340 Main St. Ste.353 Worcester, Ma. 01608 508-753-2900	Children, adolescents, families or individual adult counseling in the home setting. Most insurances accepted.
	MENTAL HEALTH and ADULTS	
GB Wells Human Services Center	29 Pine St. Southbridge, Ma. 01550 Phone: 508-765-9167	Provides a full range of mental health services. Most insurances accepted.
New Hope, Inc.	6 River Court Webster, MA 01570 800-323-HOPE (800-323-4673)	Domestic violence & rape crisis services including safety planning, counseling & support groups.
UMASS Memorial Healthcare Marlborough campus	157 Union St. Marlborough, MA 01752 Phone: 508-486-5547	Partial Hospitalization program. 10 sessions, Medicare, Medicaid & most insurances accepted.
Valley Human Services	96 South St. Ware, Ma. 01082 Phone: 413-967-6241	Individual and family case management and therapy. Medicaid and most insurances.
Griswold Center (at Wing Memorial Hospital)	40 Wright St. Palmer, Ma. 01069 Phone: 413-284-5285	Individual and family outpatient counseling.
Community Health Link	72 Jacques Ave. Worcester, Ma. 01610 Phone: 508-860-1000	Outpatient counseling services.
Family Services of Central Mass.	31 Harvard, St. Worcester, Ma. 01609 Phone: 508-756-4646	Individual, couple, and family therapy. Medicare, Medicaid, and most insurances accepted.
Riverside Community Care (serves Douglas area)	206 Milford Street Upton, MA 01568-1309 508-529-7000	Individual, group, family counseling. Medicaid and most insurances accepted.
Veteran Administration Outpatient Clinic	605 Lincoln St. Worcester, Ma. 01605 Phone: 508-856-0104	Mental health services for veterans. No fee for service-connected veterans.

*Additional information and resources can be accessed through
Mass 2-1-1 Referral Line, by dialing "211" or 877-211-6277 Monday - Friday
 from 8:00 am and 8:00 pm. TTY: 617-536-5872 Spanish service available.

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