

**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**

	<b>HELPLINES</b>	
Psychiatric Emergency Services (P.E.S.)	Phone: 508-765-9771 Ext. 3035	24-hour 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-hour service assisting those in suicide crisis.
NAME	CONTACT	OTHER
	<b>MENTAL HEALTH and CHILDREN</b>	
Harrington Outpatient Behavioral Health	29 Pine Street Southbridge, MA 01550 336 Thompson Road Webster, MA 01570 Phone: 508-765-9167	Provides a full range of mental health and recovery 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 Street Worcester, MA 01602 Phone: 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 Street Worcester, MA 01604 Phone: 508-791-3261	Mental health services for children, adolescents, and families.

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Valley Psychiatric Services, Inc.	340 Main St., Ste.353 Worcester, MA 01608 Phone: 508-753-2900	Children, adolescents, families or individual adult counseling in the home setting. Most insurances accepted.
	<b>MENTAL HEALTH and ADULTS</b>	
Harrington Outpatient Behavioral Health	29 Pine Street 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 Phone: 800-323-HOPE 800-323-4673	Domestic violence & rape crisis services including safety planning, counseling and support groups.
UMASS Memorial Healthcare (Marlborough campus)	157 Union Street Marlborough, MA 01752 Phone: 508-486-5547	Partial hospitalization program-10 sessions. Medicare, Medicaid & most insurances accepted.
Valley Human Services, Inc.	96 South Street Ware, MA 01082 Phone: 413-967-6241	Individual and family case management and therapy. Medicaid and most insurances accepted.
Griswold Center (at Wing Memorial Hospital)	40 Wright Street Palmer, MA 01069 Phone: 413-284-5285	Individual and family outpatient counseling.
Community Health Link	72 Jacques Avenue Worcester, MA 01610 Phone: 508-860-1000	Outpatient counseling services.
Family Services of Central Mass.	31 Harvard Street Worcester, MA 01609 Phone: 508-756-4646	Individual, couple, and family therapy. Most insurances accepted.
Riverside Community Care (serves Douglas area)	206 Milford Street Upton, MA 01568-1309 Phone: 508-529-7000	Individual, group, and family counseling. Medicaid and most insurances accepted.
Veteran Administration Outpatient Clinic	605 Lincoln Street Worcester, MA 01605 Phone: 508-856-0104	Mental health services for veterans. No fee for service-connected veterans.
YOU Inc.	328 Main Street Southbridge, MA 01550 Phone: 508-765-9101	Counseling and support services for adults and families.

\*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.

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.

This fact sheet was updated August 2011. Website: [www.HarringtonHospital.org](http://www.HarringtonHospital.org)