

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: 508-765-3035	24-hour crisis intervention, short term counseling.
National Alliance on Mental Illness	Phone: 800-950-6264	Information, referrals, support. 10 a.m. – 6 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 <i>Also serves as the Veteran's Crisis Line</i>	24-hour service assisting those in suicide crisis.
NAME	CONTACT	OTHER
	MENTAL HEALTH CHILDREN/ADULTS	
Harrington Outpatient Behavioral Health	Several locations – Southbridge, Webster, Charlton, Dudley, East Brookfield Phone: 508-765-9167	Provides a full range of mental health and recovery services. Most insurances accepted.
Harrington Hospital Partial Hospitalization Program	29 Pine Street Southbridge, MA 01550 Phone: 508-765-2227	7-14 day voluntary intensive outpatient program for continued stabilization, skill building and monitoring of patient mental status.
Auburn Youth and Family Services	21 Pheasant Court Auburn, MA 01501 Phone: 508-832-5707	Youth and family counseling, parenting programs, and support 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.

Community Health Link Youth & Family Services	275 Belmont Street Worcester, MA 01604 Phone: 508-791-3261	Mental health services for children, adolescents, and families.
Community Health Link	72 Jacques Avenue Worcester, MA 01610 Phone: 508-860-1000	Outpatient counseling services.
Valley Psychiatric Services, Inc.	255 Park Ave, Ste. 500 Worcester, MA 01609 Phone: 508-753-2900	Children, adolescents, families or individual adult counseling in the home setting. Mass Health 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)	42 Wright Street Palmer, MA 01069 Phone: 413-284-5285	Individual and family outpatient counseling.
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 other support services for adults and families including in-home therapy throughout most of Worcester County.

*Additional information and resources can be accessed through
Mass 2-1-1 Referral Line, by dialing "211" or 877-211-6277 TTY: 508-370-4890
Spanish service available.

Counseling and Assessment Clinic of Worcester, LLC www.cacworchester.org	51 Union Street Suite G02 Worcester, MA 01608 Phone: 508-756-2005	Offers a variety of inhome and outpatient mental health services to individuals, children, adults & families.
South Bay Mental Health	340 Main Street #818 Worcester, MA 01608 Phone: 508-791-4976	Outpatient day services, early intervention, individual, family and couple counseling to include outreach/in-home settings. Multilingual.

*Additional information and resources can be accessed through
Mass 2-1-1 Referral Line, by dialing "211" or 877-211-6277 TTY: 508-370-4890
Spanish service available.