

## Local Crisis Team:

**1. Vinfen Community Behavioral Health Center Crisis Team**

**Phone:** 978-674-6744 or 866-388-2242

**Address:** 40 Church St, Lowell, MA

**Website:** <https://vinfen.org/cbhc>

Vinfen CBHC Crisis Team is open 24 hours a day – 365 days per year. Clients are encouraged to call, but walk-ins are accepted. Mobile services are available.

Serves the following areas:

Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford.

**2. Advocates Crisis Team is open 24 hours a day – 365 days per year. Clients are encouraged to call, but walk-ins are accepted. Our district support office is based out of Waltham, MA. Advocates can be reached at (800) 540-5806 or 781-893-2003.**

**Address: 675 Main Street, Waltham, MA**

Serves the following areas: Acton, Arlington, Bedford, Belmont, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Maynard, Stow, Waltham, Watertown, Wilmington, Winchester, Woburn

**3. The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445.**

The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. Call for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.

**4. Call2Talk Crisis Line – available 24 hours a day 7 days a week**

**508-532-2255**

**Send texts to 741741**

**5. 988 Suicide & Crisis Lifeline**

## Local Outside Resources

**1. Psychological Care Associates**

321 Billerica Road, Suite 104  
Chelmsford, MA 01824

**2. Bay State Counseling and Wellness Center**

572 Boston Road, Suite 24  
Billerica, MA 01821  
781-451-1631

**3. Wilmington Family Counseling**

**Contact: 978-658-9889**

Over twenty licensed therapists with consulting psychiatrist on staff

Location: 5 Middlesex Ave, Unit 11

Wilmington, MA 01887

Treatment approaches used: coaching; cognitive behavioral therapy; eclectic; family; humanistic; psychodynamic; relational

Ages: all ages

**4. Bedford Behavioral Health**

55 North Road, Suite 220  
Bedford, MA 01730  
781-275-0099

**5. Riser and Tread Therapy and Coaching**

Concord and Lexington Locations

Therapy and coaching for adolescent males

<https://www.riserandtread.com/>

Tel: 888.695.7775 Fax: 888.695.7775

**6. New Inspiration Counseling**

67 South Bedford Street  
Ste 400 West  
Burlington, MA 01803  
(781) 229-5874

**7. North Star Guidance Center, Inc.**

21 Glen Avenue  
Chelmsford, MA 01824  
[\(978\) 769-9233](tel:9787699233)

**8. Riverside Family Support Center**

6 Lincoln Knoll Lane, Suite 103

Burlington, MA 01803

Specializing in Autism, Family Support, and Transition Services – serves Bedford and Burlington residents

978-655-3801

**9. Triumph Center**

**Contact: 781-942-9277**

36 Woburn Street

Reading, MA 01867

Counseling, assessments, social skills groups, consultation, adolescent workshops

**10. Andover Social Development Counseling Center, LICSW**

89 North Main Street, Third Floor

Andover, MA 01810

978-320-3189

Specializes in anxiety, depression, anger management, conflict/coping, stress reduction, social communication skills, social perceptual skills

**11. Counseling Services of Greater Boston, LLC**

7 Lincoln St., Suite 216

Wakefield, MA 01880

781-916-9591 x100

Mental health and addiction focus

**12. Greater Lowell Psychiatric Associates, LLC**

73 Princeton Street, Suite 203

North Chelmsford, MA

Phone: 978-291-6978

Medication management and mental health counseling support

**13. Merrimack Valley Psychological Associates**

90 Main Street

Andover, MA

978-307-7234

Focus areas: anger, eating disorders, self-injury, anxiety, adolescents, learning disabilities, college-age, stress, addiction, depression, grief and loss

**14. Jeffrey W. King, LMHC**

10 Tower Office Park, Suite 522

Woburn, MA 01801

Specializes in adolescents, LGBTQ issues, complex trauma, substance use

781-376-0000

**15. Samantha Spagnuolo, LMHC, LLC**

21 Central Street, Unit 24

Andover, MA 01810

978-222-9855

**16. Peak Performance Coaching, LLC (sport psychology)**

955 Main Street, Suite 105

Winchester, MA 01890

978-482-7991

<https://www.peakmpc.com/>

**17. Launch Psychological Associates**

22 Woburn Street, Suite 34

Reading, MA 01867

[\(781\) 208-0780](tel:7812080780)

**18. Terrapin Therapeutic Collaborative**

204 Andover Street, Suite 403

Andover, MA 01810

phone: 978-998-5694

**19. Grieco Psychological Services**

230 Lowell Street, Suite 2J

Wilmington, Massachusetts 01887

[978-267-1929](tel:9782671929)

**20. Pinnacle Family Counseling & Consultation**

67 S Bedford St Suite 400

Burlington, Ma. 01803

(978)852-8195

**21. Insight for Action**

491 Dutton Street

Lowell, MA 01854

[617-682-0110](tel:617-682-0110)

**22. LifeStance Health**

**Contact: 781-551-0999**

92 Montvale Avenue, Suite 2450

Stoneham, MA 02180

Specialties: counseling, medication management, groups, family counseling, psychological and neuropsychological assessment

**23. Ancora Psychological**

**Contact: 781-224-4202**

591 North Ave (First floor)

Wakefield, MA 01880

Specialty: Child and Adolescent counseling

**24. Job Stress Solutions**

67 South Bedford Street, Suite 400

West Burlington, MA 01803

781-933-0200

Specialty – OCD, Addiction, Work Related Stress

**25. Elizabeth Pierce, Ph.D.**

76 Bedford Street, Suite 10

Lexington, MA 02420

781-862-6200

Specializes in OCD, anxiety, depression

Treatment approaches used: CBT, Exposure and Response, Acceptance and Commitment

**26. The Moss Group**

374 Concord Road

Billerica, MA 01821

978-835-5000

Specialties – mental health, addiction

**27. North Star Guidance Center, Inc.**

21 Glen Avenue

Chelmsford, Massachusetts 01824-2858

978-769-9233

**28. Equine Assisted Psychotherapy**

Robin Risso, LMFT  
Tyngsboro, MA 01879  
617-699-6228  
<http://www.robinrisso.org/>

**29. Cognitive Behavior Therapy Associates, LLC**

394 Lowell Street, Unit 15  
Lexington, Massachusetts 02420  
[617-531-7133](tel:617-531-7133)  
Specialties: depression, generalized anxiety, OCD, PTSD, Panic Disorder, Phobias

**30. Andover Counseling Center**

565 Turnpike Street, Suite 81  
N. Andover, MA 01845  
978-682-1579

**31. Connections Counseling Services**

226 Lowell Street, Suite B-7  
Wilmington, MA 01887  
978-378-5593  
Specializes in working with adolescent girls, anxiety, trauma, depression