

## Local Outside Counselor Referral List

- 1. Psychological Care Associates (therapists, psychologists, psychiatrists on staff)**  
**Arlington, Woburn, Stoneham & Chelmsford locations**  
**Contact for all offices: 781-646-0500**
- 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. Triumph Center**  
**Contact: 781-942-9277**  
36 Woburn Street  
Reading, MA 01867
- 5. Counseling Services of Greater Boston, LLC**  
7 Lincoln St., Suite 216  
Wakefield, MA 01880  
781-328-1904 x100
- 6. Greater Lowell Psychiatric Associates, LLC**  
73 Princeton Street, Suite 203  
North Chelmsford, MA  
Phone: 978-256-6579  
Fax: 978-256-1943
- 7. Dr. David Rainen, Psy.D.**  
90 Main Street  
Andover, MA  
978-482-7063

**8. Michael Miles, MSW, LADC**

**Contact: 978-459-4884**

6 Courthouse Lane, Unit B

Chelmsford, MA 01824

Fax: 978-459-4892

**9. Dr. Matthew Flynn**

**Contact: 781-646-0500 x 469**

Psychological Care Associates

12 Alfred Street, #200

Woburn, MA 01801

\*specializes in sport psychology

**10. Joyce Davis, LICSW**

352 Park Street, Suite 208

North Reading, MA 01864

978-664-4228

**11. Lisa Martelli, LICSW**

58 Concord Street

North Reading, MA 01864

978-664-2566

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

78c Olympia Avenue

Woburn, MA 01801

978-482-7991

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

**13. Julie Mailloux Cappella, PsyD**

22 Woburn Street, #34

Reading, MA 01867

781-328-0776

**14. Terrapin Therapeutic Collaborative**

22 Woburn Street, Suite 34

Reading, MA 01867

351-666-6840

**15. Grieco Psychological Services**

Wilmington, Massachusetts 01887

[\(781\) 484-1139](tel:7814841139)

**16. Pinnacle Family Counseling & Consultation**

67 S Bedford St Suite 400

Burlington, Ma. 01803

(978)852-8195

**17. Insight for Action**

97 Central St

Suite 303

Lowell, Massachusetts 01852

[\(603\) 821-4153](tel:6038214153)

**18. Dr. Charles Pollard, Ph.D.**

**Contact: 781-646-0500**

92 Montvale Avenue, Suite 2450

Stoneham, MA 02180

**19. Larry Kelly, MA, M.Ed. PsyD**

**Contact: 781-253-7351**

Ancora Psychological

591 North Ave (First floor)

Wakefield, MA 01880

**20. Robert Fox, LMHC, LADCI, SAP, CEAP**

**Contact: 1-800-651-8085 ext. 09711**

Location: 7 Winn Street, Second Floor

Woburn, MA 01801

Treatment approaches used: Cognitive behavioral therapy; critical incidence stress debriefing internal family systems

Ages: children, teens, adults, elders

**21. Gregory Curtis, LICSW, MSW, CCBT**

**Contact: 781-996-2214**

Location: 67 South Bedford Street, Suite 400 West

Burlington, MA

Treatment approaches used: Coaching; cognitive behavioral therapy; humanistic; eclectic; mindfulness; solution focused

Ages: all ages

**22. Angela Frank, LICSW**

**Contact: 978-925-3185**

Location: The Moss Group, Inc.

363 Great Road, Suite #210

Bedford, MA 01730

Treatment approaches used: cognitive behavioral therapy, family system

Ages: children, adolescents, adults

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

21 Glen Avenue

Chelmsford, Massachusetts 01824-2858

978-769-9233

**24. Outpatient Clinician, Community and Family Counseling Services**

Mental Health Association of Greater Lowell

99 Church St

Lowell, MA 01852

(978) 458-6282

**25. Nancy Pelmas, LICSW**

77 Main Street

Andover, Massachusetts 01810

**26. Equine Assisted Psychotherapy**

Robin Risso, LMFT

Chelmsford, MA

617-699-6228

<http://www.robinrisso.org/>

**27. Mary-Ellen Wildman, MA, LICSW**

**Contact: 978-961-9857**

Location: The Moss Group, Inc.

363 Great Road, Suite #210

Bedford, MA 01730

Treatment approaches used: cognitive behavioral therapy, dialectical behavioral therapy; mindfulness, psychodynamic

Ages: Adolescents, Adults

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

**Peter Harakas, Ph.D.**

394 Lowell Street, Unit 15

Lexington, Massachusetts 02420

[\(617\) 440-3140](tel:(617)440-3140)

**29. Dr. Gina Aguayo, Psychologist, PhD**

**Contact: 978-733-0980**

Location: Bay State Counseling and Wellness Center, PLLC

572 Boston Road, Suite 24

Billerica, MA 01821

Treatment approaches used: coaching, cognitive behavioral therapy, humanistic

Ages: children, adolescents, adults

**30. Cheryl Carter, LICSW**

**Contact: 978-401-4971**

Location: Bay State Counseling and Wellness Center, PLLC

572 Boston Road, Suite 24

Billerica, MA 01821

Treatment approaches used: Cognitive Behavioral Therapy, Trauma Focused, Family/Marital

**31. Dr. William Douglas Gammon, Psychologist, PhD**

**Contact: 978-9967 x 1**

Location: Billerica Counseling Center

572 Boston Road, Suite 14

Billerica, MA 01821

Treatment approaches used: cognitive behavioral therapy, psychoanalytic psychotherapy

Ages: children, adolescents, adults

Treatment approaches used: cognitive behavioral therapy; family/marital; humanistic; mindfulness-based; psychodynamic

Ages: Preteens, adolescents, adults, elders

**32. Traci Connor-LMHC**

89 Main Street  
Suite 140  
Andover, Massachusetts 01810  
[978\) 558-4415](tel:9785584415)

**33. Priscilla Griffin, LMHC**

1501 Main Street, Suite 37  
Tewksbury, MA 01876  
978-640-3858  
Fax: 978-6403825

**34. Tracy Libby, LMHC**

**Contact: 978-631-1588 x8**

Location: Andover Psychotherapy  
2 Dundee Park, Suite 303A  
Andover, MA 01810

Treatment approaches used: cognitive behavioral therapy; eclectic; holistic; humanistic; mindfulness

Ages: adolescents, adults, elders

### Local Crisis Teams:

#### 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**

**Phone:** 800-640-5432 or 781-893-2003

**Address:** 675 Main St., Waltham, MA

**Website:** <https://www.advocates.org/services/psychiatric-emergency-services>

The Advocates 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:

Acton, Ashland, Arlington, **Bedford**, Belmont, Boxborough, **Burlington**, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Littleton, Maynard, Marlborough, Natick, Northborough, Sherborn, Southborough, Stow, Sudbury, Waltham, Watertown, Wayland, Westborough, **Wilmington**, Winchester, Woburn

**Call2Talk Crisis Line – available 24 hours a day 7 days a week  
508-532-2255**