



You are strongly encouraged to work with your **Primary Care Provider** for interim coverage and additional referral information or assistance. It may also be helpful to use your insurance company web page to find additional providers in your area who accept your insurance plan. **For urgent psychiatric needs**, go to your local emergency room or urgent care center or **contact the area emergency service provider, [Community Healthlink](#)**, at **(800) 977-5555**.

Behavioral Health Helpline at **(833) 773-2445** or visit **[Massachusetts Behavioral Health Help Line](#)** for help finding services at any level of care in Massachusetts.

Apogee Human Services

344 Main Street, Fitchburg MA 01420

 (978) 913-8114

 [Apogee Human Services](#)

Behavioral Health Perspectives

76 Summer St., Ste. 145A, Fitchburg, MA 01420

 (978) 309-1902

 [Behavioral Health Perspectives](#)

Behavioral Healthcare Services

435 Shrewsbury St., Worcester, MA 01604

 (508) 753-5554

 [Behavioral Healthcare Services](#)

Center for Counseling and Wellness

100 Erdman Way, Leominster, MA 01453

 (978) 696-3762

 [Center for Counseling & Wellness](#)

Clinical & Support Options

205 School St., #301, Gardner, MA 01440

 (978) 488-8888

 Walk-ins welcome

 [CSO](#)

Community Health Connections (Ages 5+)

130 Water Street, Fitchburg, MA 01420

 (978) 878-8100

 [CHCFHC Behavioral Health](#)

Community Healthlink

40 Spruce St., Leominster, MA 01453

 (508) 860-1000

 Walk-ins welcome

 [Community Healthlink](#)

Counseling and Assessment Clinic of Worcester

33 Electric Ave., Ste. 204, Fitchburg, MA 01420

 (978) 345-9400

 [CAC of Worcester](#)

Counseling Concepts

104 Whalon St., Ste. 1A, Fitchburg, MA 01420

 (978) 503-7487

LUK Behavioral Health & Trauma Services

545 Westminster St., Fitchburg, MA 01420

 (800) 579-0000

 Walk-ins welcome

 [LUK, Inc. Counseling](#)

Mentor South Bay Community Services

80 Erdman Way, Ste. 208, Leominster, MA

 (978) 870-1840

 [MENTOR South Bay](#)

Movimiento!


12 Oliver St., Fitchburg, MA 01420

 (978) 400-0142

 [Movimiento!](#)

Sparks Counseling Services

55 Lake St., Ste. 240, Gardner, MA 01440

 (508) 963-9526

 [Sparks Counseling Services, LLC](#)

Spectrum Health Systems

1023 Main Street, Worcester, MA 01603

 (877) MyRehab (697-3422)

 [Spectrum Health Systems](#)

Thriveworks Counseling

114 Merriam Ave., #203, Leominster, MA 01453

 (978) 612-6361

 [Thriveworks Leominster](#)

TAK Center for Mental Health

1069 Central St., Leominster, MA

 (978) 728-4957

 [Leominster TAK Center](#)

Water Bear Counseling

76 Summer St., #115, Fitchburg, MA 01420

 (978) 400-0980

 [Water Bear Counseling](#)

Crisis

For dangerous or life-threatening emergencies go to the closest emergency room or dial 911.

NATIONAL SUICIDE AND CRISIS LIFELINE: 988
MA Behavioral Health Help Line: (833) 773-2445

Community Health Link

(Area Emergency Service Provider)

☎ (800) 977-5555

LUK Crisis Center

☎ (978) 345-0685 📍 99 Day St., Fitchburg

Samaritans Statewide Hotline

☎ (877) 870-HOPE (4673)

The Trevor Helpline

(LGBTQ Youth & Young Adults)

☎ (866) 4-U-TREVOR (488-73386)

Psychiatric Hospitals

McLean Hospital Center

☎ (978) 464-2141 📍 162 Mountain Rd., Princeton

Hospital for Behavioral Medicine

☎ (844) 319-0000 📍 100 Century Dr., Worcester

Taravista Behavioral Center

☎ (978) 615-5200 📍 85 Patton Rd., Devens

Heywood Hospital

☎ (978) 632-3420 📍 242 Green St., Gardner

Umass memorial Medical Center

☎ (508) 334-1000 📍 55 Lake Avenue, North, Worcester

Violence

National Domestic Violence Hotline

☎ (800) 799-SAFE (7233)

HAWC (Domestic Violence Support)

☎ (978) 744-6841

Sexual Assault Hotline

☎ (800) 656-4673

YWCA Central MA

☎ (508) 767-2505 📍 1 Salem Sq., Worcester

🌐 ywcacm.org

Spanish American Center

☎ (978) 534-3145 📍 112 Spruce St., Leominster

Voices of Truth

☎ (978) 230-6446

🌐 voicesoftruthcenter.org

Fitchburg Police Department

(Civilian DV Advocate: Najid Figueroa)

☎ (978) 343-4551

Leominster Police Department

(Civilian DV Advocate: Lesly Borges)

☎ (978) 534-7560 ext. 3400 📞 Mobile: (978) 833-4966

Gardner Police DV Advocate

☎ (978) 632-5600 ext. 120 📞 Mobile: (978) 790-8221

Pathways for Change (Sexual assault teens & adults)

🌐 pathwaysforchange.help

Substance Recovery

Information & Education Helpline

☎ (800) 327-5050

Center for Substance Abuse Treatment (CSAT)

☎ (800) 622-HELP

Recovery Centers of America (Inpatient treatment)

☎ (800) 732-6837 📍 Village Inn Rd., Westminster

Clean Slate - Outpatient

☎ (978) 227-1046 📍 165 Mill St., 2nd Floor, Leominster

Fitchburg Comprehensive Treatment Center

☎ (978) 906-0764 📍 155 Airport Rd., Fitchburg

Spectrum Health Systems (Inpatient/Outpatient)

☎ (978) 466-3820 📍 40 Spruce St., Leominster

Lake Avenue Recovery Addiction Treatment Centers

☎ (508) 794-4400 📍 425 N. Lake Ave., Worcester

Counseling & Assessment Clinic of Worcester

☎ (508) 756-2005 📍 38 Front St., 5th Floor, Worcester, MA

McLean Ambulatory Treatment

☎ (978) 827-5115 📍 216 Lake Rd., Ashburnham

AdCare Hospital (Inpatient)

☎ (866) 493-4187 📍 107 Lincoln St., Worcester

Spring Hill Recovery

☎ (888) 483-9514 📍 250 Spring Hill Rd., Ashby

Right Choice Health Group

☎ (978) 696-3668 📍 76 Summer St., Ste. 045, Fitchburg

Narcotics Anonymous Helpline

☎ (800) 974-0062

Alcoholics Anonymous

☎ (617) 426-9444

Support Programs

National Alliance on mental illness (NAMI)

☎ (800) 950-NAMI (6264)

Al-Anon/Alateen Hotline

☎ (800) 344-2666

Grief Hotline

☎ (877) 234-3322

Learn to Cope (Family support for addictions)

☎ (508) 738-5142 🌐 learn2cope.org

Medical Centers

Community Health Connections

☎ (978) 878-8100 📍 326 Nichols St., Fitchburg

Umass Medical Group

☎ (774) 441-6390 📍 100 Hospital Rd., #1C, Leominster

Reliant Medical Group

☎ (978) 534-6500 📍 225 New Lancaster Rd., Leominster

Behavioral Health at MOC

☎ (978) 785-5343

📠 (978) 477-8368

🌐 CounselingatMOC.org

✉ CounselingCenter@mocinc.org