

Pathway to Becoming A Behavioral Health Patient



EASY REFERRAL PROCESS

1

- Complete a self-referral or refer someone else: <https://intakeq.com/new/lufiak>
- Call our office at **(978) 878-3100** and our team can walk you through the process.
- Email us at **BH@mocinc.org** with any questions or to learn more about us.

CONFIRMATION & SCHEDULING

2

We strive to create a welcoming, supportive experience, so our team will call you to confirm your information, discuss therapy options, and match you with a clinician. We'll then schedule you for the soonest available appointment in the format that works best for you (virtual or in person).

INTAKE APPOINTMENT

3

During your initial intake appointment, you'll discuss what brings you in for treatment and identify your therapy goals. Your clinician will ask general well-being questions, explain how therapy works, and answer any questions you may have.

CONTINUING CARE

4

Following the intake, you'll meet regularly with your clinician, focusing on building coping skills, working through challenges, and developing strategies to support your mental health. You and your clinician will adjust your treatment plan as your needs evolve.