

Mental Health Resources

Emergency Lines:

- [] 911 (National)
- [] 988 Call or Text (National Mental Health Emergencies)
- [] 833-773-2445 Call or Text (New Massachusetts Emergency Crisis)
- <https://www.mass.gov/emergencycrisis-services>
- [] Riverside Crisis Support for 24/7 mental health and emergency crisis teams: 833-773-2445

All:

- [] Check with your insurance - most can give a full list of covered providers
- [] National website: Psychologytoday.com

Therapists: (psychologists, PhDs, LICSW and more):

- [] Ellie Mental Health (new group in Newton)
- [] Dana Group (Needham) 781-429-7755
- [] Copernican Solutions: (multiple locations) Copernicansolutions.com
- [] Lifestance Health
-617-239-3550
- [] Sawyer Wellness (Newton) 508-404-8467
- [] William James College 617-831-1176
- Interface - can refer
- Family and individual therapy
- Very competitive out of pocket rates
- [] Nancy Rotter (Newton) 617-724-5600
- [] Susan Sprich (Wellesley) 617-726-5991
- [] Julie Dunne, PhD, PMHNP-BC <https://drishti holisticwellness.com>
- [] Barbara Weinburg (Clinical specialist Newton Center) 617-969-6892
- [] Karthleen Carey, MS, RN, CS, MPH (97 Lowell Rd, Concord MA, 01742) 978-369-3516
- [] C.A.R.D. Center for Anxiety and related disorders at 9000 Commonwealth Ave. Boston MA 02215, 617-353-9610 referral center for C.B.T.
- Advocates community counseling, Framingham. LGBTQ resources: group and individual therapy. -*If individual is full, asking to be a part of the group can be a back way to get into individual therapy their faster. 508-628-6300. Psychiatrists, therapists, group and individual work.
- [] Cognitive Behavioral Programs: C.A.R.D. Center for Anxiety and related Disorders
617-353-9610
- [] Garrett Berna, LMHC (Wellesley)
508-544-0258
- [] Dr. John Otis (Newton) 617-233-2625

Psychiatrists:

- [] Dana group (above)
- [] Newton-Wellesley Psychiatry: 617-243-6328
- Drs. Danforth, Kaneko, Koch, Killmeyer, Newbury
- [] Boston Children's Psychiatry: 617-355-6680
- Downtown and Waltham locations
- [] Lifestance Health (see above)
- [] Thomas Weigel, MD (Sudbury) 978-287-0810 (ADHD specialist)

- [] Sarah O'Neil, MD (634 Commonwealth Ave and Newton Center) 617-622-3990
- [] LGBTQ trained: Community advocates (above)
- [] Dr. Charles Henry (617-278-0272)
- Specializes in psychopharmacological treatment of autism, ADHD and mood disorders
- [] Dr. Gabriel Saltzman: adult and pediatrics: www.gabrielsaltzmanmd.com

Grief Support:

- [] The Children's Room: caring grief support for children, teens and families: childrensroom.org

Neuropsychological Assessments:

1. ICCD (iccdpartners.org) Out of pocket, possible to submit for reimbursement depending on insurance plan
2. School system (covered by state)
3. Natalie Noonan (pediatricneurodiversity.com) Behavioral and neuropsychological assessments and therapist. Out of pocket, possible to submit for reimbursement.
4. Dr. Maureen Klautky, PsyD (Neuropsychological assessments and therapist)

Pregnancy and Post partum support:

- [] MCPAP for Moms: mcpapformoms.org 855-MOM-MCPAP (855-866-6272). Massachusetts Child Psychiatry Access Program
- [] Parentwellnessgroup.com (individuals, couples and groups)
- [] Buffy Sheff Ross: social worker who can help place with therapist (bsheff@partners.org), 617-243-5846
- [] Dawn Ellis LICSW mom and baby groups dawnellisgroups.com
- [] Mom group through Newton-Wellesley Hospital led by Angela Rostami: arostami@partners.org
- [] Boston Naps mom groups (nurturebynaps.com)
- [] Wellesley Mothers Forum (follow on instagram)
- [] Kayla Mehr: "Your Fit Mom" pregnancy and post-partum workout classes in Westwood in-home studio
- [] Eryenne Fitness Coach for Moms "Moms and Muscles" in person and at home post-partum work outs