



I. NATIONAL RESOURCES

[NAMI Basics – Support for Parents](#)

Education for families of youth with mental health needs.

II. STATE RESOURCES

[Massachusetts Behavioral Health Access \(MABHA\)](#)

Therapeutic Mentoring, Mobile Crisis, and youth services.

[NAMI MA Family Support Groups](#)

Ongoing meetings across the state.

III. REGIONAL RESOURCES

[Riverside Community Care](#)

Child therapy, trauma support, early intervention.

IV. TOWN SPECIFIC RESOURCES

Canton

[Canton Mental Health Resources](#)

Click this link to access the Calm app — designed to help young people learn to use meditation and mindfulness to reduce their stress and anxiety and even sleep better. Get access to Calm Premium for free! Canton residents aged 11-18 with a library card can now check out a 2-month subscription to the premium version of the Calm app. Teens and tweens should [fill out this form](#), and we will email them instructions on accessing the app through the library. Additional links include crisis helplines, and local support.

[Neponset Valley Pediatrics](#)

Pediatric care in Sharon, affiliated with Boston Children's Hospital.

Massachusetts Behavioral Health Access (MABHA)
Therapeutic Mentoring, Mobile Crisis, and youth services.

Dedham

[New Harbor Behavioral Healthcare](#)
Outpatient mental health and substance use treatment.

[PM Pediatric Urgent Care](#)
Walk-in pediatric care for illnesses & injuries.

[Carolyn Sax, MD – Hyde Park Pediatrics](#)
Boston Children's affiliated care provider.

[Bournewood Hospital](#)
Psychiatric inpatient/outpatient programs.

Milton

[Milton Pediatrics](#)
Comprehensive pediatric services.

[Aspire Health Alliance](#)
In-home therapy, school-based mental health.

[Milton Coalition](#)
Mental health education, parent support groups.

[Spiro Richard I, MD \(Milton Hospital\)](#)
Psychiatry and counseling services.

Norwood

[Norwood Behavioral Health](#)
Child psychiatry, psychology, testing.

[Family Service Association](#)
Supportive family counseling.

[Mine Erkan, PsyD – LifeStance Health](#)
Treatment of anxiety, ADHD, OCD.

[Norwood Social Services Directory](#)
Includes INTERFACE Referral Service.

Walpole

[Walpole Pediatric Associates](#)

Behavioral health embedded in pediatric practice.

[Matthew Peculis, LICSW](#)

Therapy for families and youth.

[Resources for Walpole Families](#)

Access to housing, food, mental health services.

Wellesley

[Colony Care Behavioral Health](#)

Child/adolescent psychiatry and counseling.

[Newton-Wellesley Hospital Psychiatry Department](#)

Outpatient child/adolescent psychiatry.

[Human Relations Service \(HRS\)](#)

Nonprofit clinic for families and youth.

[Wellesley Health Department](#)

Resource guide to emotional well-being.

Westwood

[Westwood Youth & Family Services](#)

Free counseling for children & families.

[Westwood-Mansfield Pediatrics](#)

Family-centered pediatric practice with wellness care.

NAMI Parent Support Groups

Ongoing meetings at Westwood Public Library.

School-Based Family and Mental Health Resources: NC-8

| Town | Health Services in Schools | Mental Health Support / Partnerships | School District Contact Info |
|------------------|---|--|---|
| Canton | Nurses, screenings, mental health referrals | CDC WSCC model with mental health referrals via school staff | Canton Public Schools ☎ (781) 821-5060 📍 960 Washington St |
| Dedham | Health offices, SNAP portal for family communication | Public Health Nurse collaboration & clinic referrals | Dedham Public Schools ☎ (781) 310-1000 📍 100 Whiting Ave |
| Milton | Chronic illness management, health screenings | Aspire Health Alliance & Boston Children's partnerships | Milton Public Schools ☎ (617) 696-5040 📍 25 Gile Rd |
| Norwood | In-school nurses, care coordination | On-site health center offers medical + behavioral care | Norwood Public Schools ☎ (781) 762-6804 📍 275 Prospect St |
| Walpole | School nursing, screenings, wellness coordination | Referrals to behavioral health services, NAMI & town support | Walpole Public Schools ☎ (508) 660-7200 📍 135 School St |
| Wellesley | Special education, counseling & wellness education | Partners with Newton-Wellesley Hospital's Resilience Project | Wellesley Public Schools ☎ (781) 446-6200 📍 40 Kingsbury St |
| Westwood | Therapeutic Learning Center, ABA, family coordination | Free in-school counseling via Youth & Family Services | Westwood Public Schools ☎ (781) 326-7500 📍 220 Nahatan St |