



I. NATIONAL AGENCIES

- [988 Suicide & Crisis Lifeline](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [National Institute of Mental Health](#)

II. STATE RESOURCES

[National Alliance on Mental Illness Massachusetts \(NAMI\)](#)

The Compass helpline at NAMI Massachusetts provides information and support to help people navigate the mental health system. Call 617-704-6264 or 1-800-370-9085 or email compass@namimass.org.

[Behavioral Health Help Line](#)

Free, confidential, and accessible 24/7 support to connect individuals with clinical mental health care, regardless of insurance status or language needs. Call (833) 773-2445 or start a chat at masshelpline.com/chat.

[Community Behavioral Health Centers](#)

Accessible, confidential, and comprehensive mental health and substance use services, including 24/7 crisis support and routine care, regardless of insurance status.

[Mobile Crisis Intervention \(MCI\)](#)

24/7, no-cost mental health and substance use crisis support. To support someone experiencing a mental health or substance use crisis, call (877) 382-1609.

III. REGIONAL RESOURCES

[Riverside Community Care](#)

A community-based non-profit organization offering a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, suicide education, trauma response, and more.

IV. TOWN SPECIFIC RESOURCES

Canton

[Bedrock Recovery Center](#)

Helping people achieve lasting recovery from substance use and mental health disorders through a personalized approach that is trauma-informed, evidence-based, and holistic.

[Reid Psychology Group](#)

Compassionate, relationship-focused therapy for individuals, couples, and families, including children and adolescents, aiming to foster emotional wellness and personal growth.

[Aspire Medical Group](#)

Personalized mental health care that combines advanced diagnostic testing, including genetic and functional medicine panels, with compassionate psychiatric treatment to optimize outcomes and treat the root causes of mental health conditions.

[LifeStance Health](#)

In-person and telehealth mental health care, staffed by a multidisciplinary, state-licensed team of psychiatrists, psychologists, nurse practitioners, and therapists, treating clients of all ages with diverse conditions.

Dedham

[Dedham Organization for Substance Awareness \(DOSA\)](#)

DOSA's mission is to reduce community substance use by increasing community collaboration and utilizing evidence-based prevention strategies. DOSA does this by increasing awareness of substance use within the community, improving communication between parents, youth, and educators, utilizing evidence-based data to promote education, encouraging prevention, and providing access to resources.

[New Harbor Behavioral Healthcare](#)

Comprehensive outpatient mental health services for adolescents and families. Serving young people and their families in an intensive adolescent mental health program.

[Northeast Health Services](#)

Personalized mental health services in Dedham, including therapy, psychiatry, and medication management.

[Strattus Mental Health Services](#)

Therapy for individuals, families, and couples, providing support for a range of mental health needs and life transitions.

Milton

[The Milton Coalition](#)

The Milton Coalition unites community members and leaders to collaboratively prevent and address youth substance abuse and related mental health issues, while improving access to support and resources.

[Crown Adolescent Health](#)

Personalized, compassionate mental health treatment for teens, ranging from outpatient therapy to intensive programs, focused on fostering emotional growth, family support, and long-term healing.

[Willow Wellness](#)

A modern mental health practice offering personalized, holistic, and evidence-based care for children, adolescents, and adults—especially teens and women in transition.

Norwood

[Interface Referral Helpline](#)

Call 888-244-6843 for free, confidential mental health outpatient referral service for children, adults, and families.

[Norwood Behavioral Health \(NBH\)](#)

Integrated, high-quality mental health services for children, adolescents, and families, offered in collaboration with pediatric care to ensure coordinated, holistic treatment.

[Minds Matter Mental Health Coalition Norwood](#)

The mission of the Minds Matter Mental Health Coalition is to connect the community to mental health resources, to help people achieve optimal health and wellbeing.

[LifeStance Health](#)

Personalized, affordable mental health care provided through a team of licensed psychiatrists, therapists, and psychologists.

Walpole

[Interface Referral Helpline](#)

Free, confidential service that connects children, adults, and families with licensed outpatient mental health providers through a personalized matching process.

[Resilience Behavioral Health](#)

Dual diagnosis-focused rehab programs that address the root causes of addiction to support clients in achieving lasting sobriety and wellness.

[The Home for Little Wanderers](#)

Year-round residential and educational services for youth aged 12–18, offering a supportive environment with specialized programs, recreational facilities, and a special education school to help students overcome challenges and successfully transition to family or independent life.

[Neuro Behavioral Center](#)

Outpatient mental health clinic offering psychiatric and psychological care for adults, delivered by a compassionate team through secure, collaborative, and patient-centered treatment.

[Walpole Behavioral Healthcare](#)

Mental health services—including individual, couples, family, and child/adolescent therapy, substance abuse treatment, parent coaching, and diagnostic assessments—delivered in a supportive and respectful environment.

Wellesley

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

Community mental health agency offering high-quality outpatient care, early intervention, and prevention services for Wellesley, Weston, and Wayland, with a mission to strengthen families and communities by addressing mental health proactively.

[Wellesley Mental Health and Well-Being Resources](#)

Wellesley's community social workers help residents access resources related to mental health. The resource guide linked above highlights information, services, referrals, and helplines.

[Wellesley Counseling & Wellness](#)

Inclusive, person-centered mental health care offered through psychotherapy, expressive arts therapy, medication management, and family services, specializing in a wide range of concerns while affirming LGBTQIA+, neurodivergent, and diverse identities in a supportive, stigma-free environment.

[Colony Care](#)

A network of independently licensed mental health professionals who provide comprehensive treatment for children, adolescents, and adults facing mental health and substance use challenges.

Westwood

[Westwood Mental Health](#)

Offering services including Evaluation & Consultation, Medication Management, Individual and Group Therapy, and Education & Training.

[Westwood Counseling Services](#)

Free, confidential short-term counseling, parent education, crisis support, and referrals for children ages 4–18 and their families, addressing issues such as anxiety, depression, grief, and school or family-related challenges for Westwood residents and public school students.

[Westwood Lodge](#)

Mental and behavioral health facility offering detox, inpatient, outpatient, and aftercare services for adolescents and adults. Specialized care for LGBTQ+ individuals, young adults, those with co-occurring disorders, and persons with hearing impairment.

[Resilience Behavioral Health](#)

Trauma-informed outpatient mental health care tailored to individuals of all ages, with a focus on healing, empowerment, and evidence-based support.