



This family education sheet gives resources for finding a behavioral health therapist for your child.

Private insurance

Call the behavioral health phone number on your health insurance card and ask to speak to a behavioral healthcare coordinator. Let them know that you would like their help finding local, in-network behavioral health providers who are accepting new patients.

Therapy referral services

Child Trauma Training Center

A resource for connecting children with trauma-focused, evidence-based treatment.

<https://www.cbhknowledge.center/umass/>

Phone: 1-855-LINK-KID

Interface (William James College Referral Service)

Referral service for connecting people with therapists (based on location, presenting concerns, insurance, etc.). You can call to be guided through the process. It serves many communities around the Boston area, but NOT Boston itself.

<https://interface.williamjames.edu>

Phone: 888-244-6843

Therapy Matcher (National Association of Social Workers, MA Chapter)

Provides personalized referrals for licensed clinical social workers (LICSWs) based on your preferences (presenting concerns, location, insurance, etc.).

Call or email, and a social worker will get back to you to ask you questions and then provide you with some referral suggestions.

<https://therapymatcher.wordpress.com>

Phone: 800-242-9794/617-720-2828

Email: info@therapymatcher.org

Online therapist databases

Association of Behavioral and Cognitive Therapies:

ABCT's Find-a-Therapist service gives you access to therapists trained in cognitive and behavioral techniques.

https://services.abct.org/i4a/memberDirectory/index.cfm?directory_id=3&pageID=3282

Beyond Book Smart: Executive function coaching.

<https://www.beyondbooksmart.com/>

Good Therapy: Online database for finding a therapist (with many filters to narrow down searches by location, insurance type, specific problems, etc.). Families may reach out to individual therapists with whom they would like to connect.

<https://www.goodtherapy.org/find-therapist.html>

Hand Hold MA: Handhold was created by a team of mental health and child development experts together with parents who have gone through what you are going through, to guide you in caring for your child's mental health and emotional well-being.

<https://handholdma.org/>

Massachusetts Psychological Association: This organization has an online referral directory ("Find a Psychologist"), with filters to narrow down your search by location, area of expertise, insurance, etc. Families may reach out to individual therapists with whom they would like to connect.

<https://www.masspsych.org/search/custom.asp?id=1452>

MBHP Behavioral Health Provider Network: Many resources for behavioral health:

<https://www.masspartnership.com>

Network of behavioral health clinics, inpatient programs and providers who accept MassHealth (MBHP):

<https://www.masspartnership.com/member/FindBHPProvider.aspx>

Private Practice Colloquium: Online database of diverse group of mental health clinicians in private practice throughout the Greater Boston area.

<https://www.privatepracticecolloquium.com/>

Psychology Today: Online database for finding a therapist (with many filters to narrow down searches by location, insurance type, specific problems, etc.). Families may reach out to individual therapists with whom they would like to connect.

<https://www.psychologytoday.com>

Online consulting

Amwell: <https://patients.amwell.com/services/online-therapy/>

- Therapy, psychiatry
- Private pay, some insurance plans

Brightline: <https://www.hellobrightline.com/>

- Therapy, psychiatry, coaching
- For kids and families
- In-network MA Blue Cross, other insurances
- Brightline Connect- can support you with everyday challenges and common conditions that many kids and teens experience
- Brightline Coaching - provides 1:1 sessions for common behavioral needs such as school pressure, anxious thoughts, navigating social media or cyberbullying, tough behavior, self-esteem issues and sleep problems
- Brightline Care - provides therapy and medication management for children ages 3 – 18 for anxiety, depression, trauma, ADHD and externalizing behaviors. Care also provided for speech language delays or intelligibility issues (for children 1.5 – 12 years old)

Daybreak Health: <https://www.daybreakhealth.com/>

- Therapy, psychiatry
- For kids
- Cigna, HealthNet

Hello Hero: <https://hellohero.com/>

- Therapy, psychiatry
- For individuals and families
- Many major insurance plans

Lifestance: <https://lifestance.com/>

- Therapy, psychiatry
- For individuals, couples, kids, families
- Most major insurances

Sanvello: <https://www.sanvello.com/insurance-coverage-and-pricing/>

- Therapy, coaching
- Beacon, Tufts, CIGNA, Optum

Thriveworks: <https://thriveworks.com/online-counseling/>

- Therapy, psychiatry
- Many major insurance plans

Unlimited Resilience: <https://unlimitedresiliencellc.com/>

- Sports therapy, for athletes, by athletes
- Out of pocket

Resources in your community

- **Primary Care Physicians (PCPs)** can be resources for helping find a therapist. Many medical practices and people keep lists of local providers whom they know and/or other patients have had good experiences.
- **Schools** could help. Contact your child's guidance counselor, school psychologist, social worker, adjustment counselor or school nurse for referrals. The advisor for the school's Gender and Sexuality Alliance or other LGBTQI support systems may have resources.
- Most **colleges and universities** have therapists available for individual and group work through Student Health Services for their students.

Crisis/emergency resources

- **988:** Call or text this national number to connect to the network of more than 200 local crisis call centers around the country:
<https://www.samhsa.gov/find-help/988>
- **MA Emergency Mobile Crisis:** Call 877-382-1609 to be connected to your local mobile crisis team if you or someone you care about is having a behavioral health emergency. Tell them if your child has ASD and be connected with a specialized team.
<https://www.mass.gov/emergencycrisis-services>
- **MA Community Behavioral Health Centers:** CBHCs are entry points for mental health conditions and substance use disorders, including routine appointments, urgent visits and 24/7 community-based crisis intervention as an alternative to EDs. Call or text 833-773-2445 any day, any time.
- **NH Rapid Response Access Point:** Call or text 1-833-710-6477 if you or someone you care about is having a mental health and/or substance use crisis to speak to trained and caring clinical staff.
<https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health-crisis>

This Family Education Sheet is available in Spanish and Portuguese.