



# Ashland Public School District Mental Health Support Resource List

**\*\*Please note we do not endorse one agency over another. The list is not exhaustive and includes a sampling of area agencies.**

## **Metrowest Referral Line** (<https://www.bhpmw.info/referral-line/>)

Toll-free number staffed by care coordinators who speak English, Portuguese and Spanish Tuesday through Friday 9am-5pm and Monday 9am-7pm. There is no charge for this service and the care coordinators will speak with you about mental health and social service concerns you may have for yourself, a loved one, or a person in your care. They take the time needed to listen to your concerns, understand your preferences, and offer service and support options that are personalized to meet the unique needs of each individual. The Metrowest Referral Line's partners enable them to ensure you feel well matched and securely connected with the services and supports you are interested in pursuing. They communicate with you throughout this process to assist in obtaining direct appointments with their partners or other community resources whenever needed. Additionally, they offer the option to coordinate with your primary care physician and/or other service providers to promote healthcare integration and overall collaboration.

| <b>Counseling Agency/Practice</b>  | <b>Phone Number</b> | <b>Website</b>  |
|--|---------------------|---|
| Advocates Community Counseling<br>354 Waverly Street<br>Framingham, MA   | (508) 661-2020      | <a href="https://www.advocates.org/who-we-are/locations">https://www.advocates.org/who-we-are/locations</a>                                       |
| Advocates Psychiatric Emergency Services                                 | (800) 640-5432      | <a href="https://www.advocates.org/services/psychiatric-emergency-services">https://www.advocates.org/services/psychiatric-emergency-services</a> |
| Community Impact<br>12 Main Street Milford, MA                           | (508) 422-0422      | <a href="https://community-impact-inc.com/">https://community-impact-inc.com/</a>   |
| Comprehensive Psychiatric Associates<br>372 Washington St, Wellesley, MA | (781) 489-2350      | <a href="http://www.wellpsych.com">www.wellpsych.com</a>  |
| Creative Therapy Associates of Metrowest                                 | (508) 872-1010      | <a href="https://www.creativetherapymw.com/">https://www.creativetherapymw.com/</a>   |

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| 1 Granite Street, Framingham, MA  |                  |   |
| Bill Fischer, Ph.D.<br>223 Walnut Street, Suite 1,<br>Framingham, MA                                | (508) 875 - 4952 | <a href="http://billfischerphd.com">billfischerphd.com</a>  |
| Framingham Psychiatric<br>Counseling Associates<br>63 Fountain Street, Suite 402,<br>Framingham, MA | (508) 872-4813   | <a href="http://www.framinghampsych.com">www.framinghampsych.com</a>  |
| Betsy Handley, LMHC<br>21 W. Union Street, Ashland, MA  | (508) 881-5299   | <a href="http://Elizabethhandley.com">Elizabethhandley.com</a>  |
| High Flight<br>Hopkinton Outdoor YMCA<br>45 East Street, Hopkinton, MA                              | (508) 429-5558   | <a href="http://www.metrowestymca.org/family-outdoor-center/high-flight">http://www.metrowestymca.org/family-outdoor-center/high-flight</a>                                   |
| Island Counseling Center<br>425 Lake Ave N, Suite 101<br>Worcester, MA                              | (508) 753-3220   | <a href="https://www.iccworcester.com/">https://www.iccworcester.com/</a>   |
| Susan Manheim, Ph.D.<br>99 E Central St, Natick, MA 01760   | (508) 655-1365   |   |
| McLean Hospital Child &<br>Adolescent Clinic<br>115 Mill Street, Belmont, MA                        | (800) 333-0338   | <a href="http://www.mcleanhospital.org/programs/child-and-adolescent-outpatient-services">http://www.mcleanhospital.org/programs/child-and-adolescent-outpatient-services</a> |
| Medway Psychological<br>Associates<br>89 Main Street, Medway, MA                                    | (508) 533-3777   |   |
| Mental Health Affiliates<br>1290 Worcester Road,<br>Framingham, MA                                  | (508) 872-1650   | <a href="http://Mentalhealthaffiliates.com">Mentalhealthaffiliates.com</a>  |
| Milford-Franklin Counseling<br>Services<br>409 Fortune Blvd., Milford, MA                           | (508) 473-7400   | <a href="http://milfordfranklincounseling.com">milfordfranklincounseling.com</a>  |
| Bruce Sabian<br>Academy MetroWest   | (508) 655-9200   | <a href="http://academymetrowest.com">academymetrowest.com</a>  |

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| 218 Speen Street<br>Natick, MA 01760   |  |  |
| Southborough Medical Group<br>24 Newton Street, Southborough,<br>MA  | (508) 856-0732                                     | <a href="http://reliantmedicalgroup.org">reliantmedicalgroup.org</a> |
| Wayside Family and Youth<br>Support Network<br>88 Lincoln Street, Framingham,<br>MA or 1 Frederick Abbott Way,<br>Framingham, MA | (800) 492-9743<br>(508) 620-0010<br>(508) 879-9800 | <a href="http://waysideyouth.org">waysideyouth.org</a>               |
| Deborah Wolozin, Ph.D.<br>99 E Central St, Natick, MA  | (508) 653-6170                                     |  |