

## NORTHAMPTON AREA PEDIATRICS, LLP



Northampton Area Pediatrics is dedicated to supporting the growth and development of children and families in all life areas. Often children and families need behavioral health support when particular emotions or events occur in childhood and adolescence. To help connect families with community mental health support, we have created a referral list of agencies in the area. This is not a comprehensive list, but rather a starting guide of where to turn. Please know that finding a therapist can often take time and requires multiple phone calls, follow-ups and assign your name to a waitlist.

Here is a list of some things to consider when searching for a therapist:

- We recommend that you reach out to multiple therapists or agencies.
- You can read biographies of private practice therapists on [www.psychologytoday.com](http://www.psychologytoday.com) and can contact them directly through the website.
- Have your insurance card ready when you call to make an appointment.
- Ask agencies or therapists if they have a waitlist and put yourself on it. Waitlists are typically 4-8 weeks. It is ok to be on multiple waitlists.
- The more flexible you are with time you can see a therapist the better.
- Most agencies have their own website which can be helpful to look at to understand what programs they offer. Ask about groups or education series that may be helpful to you or your child.

Child, Family and Adult Therapy	Phone	Location	Speciality Notes	Insurance Notes:
Amherst Psychotherapy	413-345-5573	Amherst		
Behavioral Health Network	413-747-0705/413-536-5473	Springfield/Holyoke (Mt Tom)	Crisis, addiction, IHT, ICC, psychiatry	Accepts Masshealth
Carson Center	413-568-1421	Westfield	IHT part of BHN	
Center Human Development	844-CHD-HELP	Greenfld, Easthamp + 3 more	IHT, DBT	Accepts Masshealth
Child Guidance Clinic	413-733-1423	Springfield	IHT, spanish speaking clinicians	Accepts Masshealth
Clearview Health and Wellness	413-237-9010	Longmeadow		
Clinical Support Options	413-773-1314	Northamp +6 more	Crisis, addiction, IHT, ICC, psychiatry	Accepts masshealth
Community Services Institute	<b>413-739-5572</b>	Springfield		
Gandara	413-736-0395.	Holyoke/Springfield	Spanish speaking clinicians, IHT	Accepts MassHealth, no Cigna
Northeast Ctr for Children + Families	800-360-6210	Easthampton	IHT	Only Masshealth
River Valley Counseling Center	413- 540-1234	Easthampton/Holyoke	IHT, Holyoke ICC, psychiatry	Accepts MassHealth, no cigna or tricare
Servicenet	413-533-5201	Northamp +5 more	Psychiatry, DBT, DDS, Brain injury, housing	Accepts Masshealth
ICC= Intensive Care Coordination				Only MassHealth, call insurance vendor for inquiries
IHT= In-home Therapy				Only MassHealth, call insurance vendor for inquiries
DBT= Dialectical Behavior Therapy				Covered by most insurance companies.
<b>ADHD Speciality</b>				
Haffey Center For Attention+Memory	413-835-0479	Amherst	Psychological assessment and treatment	BCBS/HNE
Parenting Support/Adult groups/Referral		Northampton	More information and resource valleyadhd.org	
<b>Adoption</b>				
Adoption Journeys	413-320-4680	Florence	not insurance dependent support child and family groups	No insurance needed
<b>Abuse</b>				
Baystate Family Advocacy Ctr	413-794-1038	Springfield	Abuse forensic assessment + tx, trauma treatment	
Children's Advocacy Ctr Hampshire Cty	413-570-5989	Northampton	assessment, forensic interview, advocacy	
MSPCC	617-983-5800	Holyoke	Child abuse prevention and support	
<b>Communication</b>				
Communication Therapy Associates	413-586-1945	Hadley	Social communication, speech, literacy	BCBS, Harvard Pilgrim, OON
Whole Children	413-585-8010	Hadley	Recreational, social, enrichment kids and teens living with disabilities	No insurance/ program cost
<b>Early Childhood</b>				
Family Connections Cts	413-586-0411	Northampton	Birth-age 5, famiy and couples counseling, psychopharm for adults	see website
The Collaborative/Early Childhood Support	413-586-4900 ext 5568	Northampton	Ages 0-3, parent support and training, preschool assessment	
<b>Dialectical Behavior Therapy for Teens</b>				
CHD	1-844-CHD-HELP	Easthampton	Groups based on pre-teen/teen ages	Accepts masshealth
DBT Adolescent group with Lisa Atkins	413-885-1739	Easthampton	Adolescent and Adult groups	
Northampton Center for DBT	413-582-4253	Northampton	Adolescent and Adult groups	
Servicenet	413-533-5201	Northampton	Teen group, also has "wisemind" group	Accepts masshealth
<b>Couples and Parenting</b>				
Couples Center of Pioneer Valley	413-570-0067	Northampton		
Northampton Couples Center	413-586-2300	Northampton		