COMMUNITY MENTAL HEALTH SUPPORTS

Cartwheel Care*
Services are available to all Arlington Public Schools students and families.
Services are virtual and include short-term individual and group therapy, parent/caregiver consultation. Following an initial session, additional services may include medication evaluation and prescription, and longer-term outpatient referral support.
Website: **https://www.cartwheelcare.org/**
FREE Monthly Parent Webinars - 2026-27 Webinar Series
Referrals to Cartwheel Care go through school based support staff.



Arlington Youth Counseling Center
*Services are available to all Arlington children, adolescents and their families including all Arlington Public School students.
Hours: Mon - Fri, 9AM-5PM
Contact: Referral line 781-316-3261
How to make referral: Call and ask for an Intake Counselor

Northeast Family Services:
Providing telehealth therapy, in-center therapy, in-home therapy
Immediate openings for telehealth in beginning of '24-'25 school year
Outpatient Services Referral- Link to referral
Telehealth Therapy Referal
More information: https://northeastfamilyservices.com/

COMMUNITY MENTAL HEALTH SUPPORTS

Advocates- Counseling and Mobile Crisis Services
More information: https://advocates.org/services/youth-family-counseling
Contact: Jacquline Early- Family Services intake Coordinator
Ph: 508-628-7330
Email: YouthCounseling@Advocates.org
Mobile Crisis- (available 24/7) 800-540-5806

LifeStance Health
Youth, Adolescent and Family Counseling
Telehealth & in-person
22 Mill Street Suite 004 & 306
https://lifestance.com/services/child-adolescent-therapy/ma/arlington/

Instride Health
Specialty outpatient care for Pediatric Anxiety and OCD
More information:https://instride.health/for-families/
Application for services

COMMUNITY MENTAL HEALTH SUPPORTS

Mass.gov

24-Hour Crisis Support ***1 (800) 640-5432***

Community Based Health Centers (CBHC)
Immediate care for mental health and substance use needs, both in crisis situations and more routine settings. Available to all Massachusetts residents, regardless of insurance coverage.
Find a CBHC near you: https://www.mass.gov/community-behavioral-health-centers
Call or Text: 833-773-2445 **|** **Web Chat:** masshelpline.com

MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE

For 24 hours, 7 days a week, support call or text the **Behavioral Health Help Line** **at 833-773-BHHL (2445)** (support available in more than 200 languages). The help line can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services.