



ASHLAND PUBLIC SCHOOLS

Mental Health Support Resource List

*Please note we do not endorse one agency or professional over another. The list is not exhaustive and includes a sampling of area agencies in alphabetical order.

Cartwheel Care

Informational Flyers (Multiple Languages): Cartwheel Care Family Flyers

Cartwheel Care is a virtual therapy service that our district has partnered with to provide our students with rapid access to mental health services. If you are interested, please complete this form or reach out to your child's school counselor for more information.

Care Solace

Website: <https://caresolace.com/site/ashlandk12>

Phone: (888) 515-0595

Care Solace connects students, staff, and their families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs. A multilingual team is available 24 hours a day, 365 days a year to help you understand options, call providers on your behalf, and schedule an appointment. If you are interested, please contact your child's school counselor or email the Director of Counseling & SEL, Ms. Taylor at jtaylor@ashland.k12.ma.us.

Ashland Department of Human Services

Website: <https://www.ashlandmass.com/229/Department-of-Human-Services>

Phone: 508-881-0140

The Department of Human Services is an interdisciplinary team of culturally compassionate and enthusiastic professionals available to serve the versatile needs of our town. The Department of Human Services is available to aid in times of crisis, and to serve as a source of support and case management.

Metrowest Navigation Line

Website: <https://www.bhpmw.info/referral-line/>

Phone: 1-844-528-6800

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.



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Emergency Services	Phone Number	Website
Advocates Psychiatric Emergency Services	(800) 640-5432 (24/7)	https://www.advocates.org/services/psychiatric-emergency-services
Crisis Helplines	Phone Number	Website
Massachusetts Behavioral Health Helpline	(833) 773-2445 (call or text)	https://www.masshelpline.com/how-we-can-help/
Samaritans	(877) 870-4673 (24/7)	https://samaritanshope.org/our-services/247-crisis-services/
National Suicide Prevention Lifeline	988 (24/7)	https://988lifeline.org/talk-to-someone-now/
The Trevor Project Lifeline (LGBTQ Youth)	1-866-488-7386 (24/7)	https://www.thetrevorproject.org/get-help-now/
Counseling Agency/Practice	Phone Number	Website
Advocates Community Counseling 354 Waverly Street Framingham, MA	(508) 661-2020	https://www.advocates.org/who-we-are/locations
Community Impact 12 Congress Street Milford, MA	(508) 422-0242	https://community-impact-inc.com/
Framingham Psychiatric Care 1253 Worcester Road, Suite 404, Framingham, MA	(508) 488-4075	https://www.framinghampsychiatric.com/
Betsy Handley, LMHC 21 W. Union Street, Ashland, MA	(508) 881-5299	Elizabethhandley.com



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Jeff's Place 281 Pleasant Street, Framingham, MA	(508) 879-2800	https://www.jeffsplace.org/ Jeff's Place offers hope and healing in a supportive community for grieving children, teens, families, and individuals.
Counseling Agency/Practice	Phone Number	Website
LifeStance Health 372 Washington St, Wellesley, MA	(781) 489-2350	https://lifestance.com/welcome/child-and-family-psychological-services/
McLean Hospital Child & Adolescent Clinic 115 Mill Street, Belmont, MA	(800) 333-0338	http://www.mcleanhospital.org/programs/child-and-adolescent-outpatient-services
Medway Psychological Associates 89 Main Street, Medway, MA	(508) 533-3777	
Academy MetroWest 218 Speen Street Natick, MA	(508) 655-9200	Academymetrowest.com
Northeast Health Services 600 Worcester Road, Suite 201 Framingham, MA	(774) 375-9382	https://nehs.transformationsnetwork.com/individual-locations/metrowest/
Southborough Medical Group 24 Newton Street, Southborough, MA	(508) 856-0732	reliantmedicalgroup.org
Vendetti Wellness Group 77 Main Street, Hopkinton, MA 1 Clarks Hill, Framingham, MA	(508) 589-5333	https://www.vendettowellnessgroup.com/
Wayside Family and Youth Support Network	(800) 492-9743 (508) 620-0010 (508) 879-9800	waysideyouth.org



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88 Lincoln Street, Framingham, MA or 1 Frederick Abbott Way, Framingham, MA		
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