

## Community Behavioral Health Centers (CBHCs)

**Boston:** Boston Medical Center (800) 981-4357  
North Suffolk Community Services  
(866) 781-6727

**Brockton:** High Point Treatment Center  
(888) 725-9066 Youth and Adult

**Cambridge/Malden:**  
Cambridge Health Alliance (833) 222-2030

**Chicopee:** Center for Human Development  
(800) 243-8255

**Danvers:** Eliot Community Health Services  
(888) 769-5201

**Fall River/New Bedford/Plymouth:**  
Child and Family Services (877) 996-3154

**Greenfield/Athol/Gardner/Northampton:**  
Clinical and Support Options (800) 562-0112

**Hyannis:** Baycove (833) 229-2683

**Lawrence:** Beth Israel Lahey Health  
(877) 255-1261

**Leominster/Worcester:**  
Community Healthlink (800) 977-5555

**Lowell:** Vinfen (866) 388-2242

**Lynn:** Eliot Community Health Services  
(800) 988-1111

**Milford:** Riverside Community Care  
(800) 294-4665 **Norwood:** (800) 529-5077

**Nantucket:** Fairwinds Counseling Center  
(888) 323-3447

**Oak Bluffs:** Martha's Vineyard Community  
Services (508) 693-0410

**Pittsfield:** Brien Center (800) 252-0227

**Quincy:** Aspire Health Alliance (800) 528-4890

**Springfield/Westfield:**  
Behavioral Health Network (800) 437-5922

**Taunton:** Community Counseling of Bristol  
County (800) 660-4300

Visit [mass.gov/find-a-cbhc](https://mass.gov/find-a-cbhc) to view updates.

## My Follow-Up Plan

Provider name and information:

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Appointment time and date:

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How will I get there?

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My social support(s) is/are:

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I was referred to these services:

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## Important Contacts

**MBHP: 800-495-0086**

**MA Behavioral Health Help Line:**

**833-773-2445**

**Hearing Impaired: MassRelay/711**



200 State Street, Suite 305, Boston, MA 02109  
[masspartnership.com](https://masspartnership.com)



## Leaving the Hospital

What comes next?

Carelon/MBHP can help with resources designed to support your recovery journey.

Scan the QR code to view these resources.



## Looking Ahead

Leaving the hospital can be hard. MBHP is here to help you after treatment.

### What is MBHP?

The Massachusetts Behavioral Health Partnership (MBHP) provides behavioral health care for MassHealth Members across the state, with high-quality, accessible, and culturally sensitive care.

If needed, call MassHealth at **800-841-2900** to check MBHP eligibility.

### Why see a behavioral health clinician after leaving the hospital?

It's important to look after your mental health as well as your physical health. After your hospital stay for mental health or substance use, schedule a follow-up visit with a provider within seven days to:

- Lower hospital return risk.
- Get recovery support.
- Adjust medications if needed.
- Transition back to daily life.
- Continue progress made in the hospital.



## Resources

### Community Behavioral Health Centers (CBHCs)

These centers help with mental health and substance use through:

- 24/7 crisis help and care, year-round, without needing insurance.
- Walk-ins, regular appointments, and telehealth care available from **8 a.m. to 8 p.m.** weekdays, and **9 a.m. to 5 p.m.** weekends.

Find a nearby CBHC at [mass.gov/find-a-cbhc](https://mass.gov/find-a-cbhc).

### Behavioral Health (BH) Urgent Care

BH Urgent Care means access to non-emergency behavioral health services for MassHealth Members with extended weekday and weekend hours. With BH Urgent Care:

- You will be evaluated the same or next day.
- You will be evaluated for addiction medication and have a follow up within 72 hours of your evaluation.

Find a local BH Urgent Care site at [mass.gov/info-details/behavioral-health-urgent-care](https://mass.gov/info-details/behavioral-health-urgent-care).

### MA Behavioral Health Help Line (BHHL)

Works with the services above through a 24/7 hotline with trained staff to assess and provide:

- Treatment referrals and crisis help.
- Connection to your nearest CBHC and other resources, as needed.
- Over 200 languages, anytime, every day.
- Call **833-773-2445** or visit [masshelpline.com](https://masshelpline.com).

## More Follow-Up Information

### Find Social Supports

Relationships you have with people can help with recovery. Your hospital team can talk with you at discharge about social supports to help your recovery journey.

### Understand Stigma

Stigma is when people unfairly judge others and treat them differently. This can stop people from getting the help they need. MBHP respects cultural needs. We support Members without stigma. Learn more at [mass.gov/info-details/why-is-it-important-to-talk-about-mental-health](https://mass.gov/info-details/why-is-it-important-to-talk-about-mental-health).

### Peer Support Programs

Peers are people like you who have had similar experiences. They help you reach your goals without judgment or stigma.

Talk to your care team if you are interested in this type of support.

Learn more at [masspartnership.com/mbhp/en/home/helpful-resources/recovery-peer-support](https://masspartnership.com/mbhp/en/home/helpful-resources/recovery-peer-support).

### Health Needs Survey

Participating in this survey allows MBHP to help connect PCC Plan Members to organizations offering resources for:

- Food
- Housing
- Transportation
- Other care barriers like language or a disability

Take the survey at [providers.masspartnership.com/member/](https://providers.masspartnership.com/member/).