

Ipswich/Essex County Resource Guide



Mental Health and Community Supports in
Ipswich, MA and the Essex County area

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COUNSELING RESOURCES

In the event of a psychiatric EMERGENCY, contact Eliot Emergency Behavioral Health Services at 978-744-1585, dial 911, or go to your nearest emergency room.

HELPFUL INSIGHT WHEN CHOOSING A COUNSELOR

- When selecting a counselor, it is useful to ask questions regarding:
 - the counselor's specialty and experience (including years in practice)
 - educational background
 - counseling style/method and what to expect at a typical appointment
 - type of counseling he/she recommends (individual, family, couple, or combination)
 - length of services
 - available office hours (days, nights, weekends)
 - whether emergency services are available
 - cost (including if insurance is accepted, if applicable)
- When determining if counseling services are appropriate for your child, consult your primary care doctor and consider meeting with the counselor first, without your child, to discuss concerns and seek possible resolutions.
- Keep in mind, we don't always connect with everyone right away or in general. If a child does not immediately connect or feel comfortable, encourage them to give it a session or two. If they still do not feel comfortable, it's more than acceptable to try another practitioner.
- There are often waitlists for counseling services. Agencies may provide broader availability due to having multiple counselors/specialties within one office.

Please note this list is for informational purposes only. Ipswich Public Schools does not specifically endorse any of the counselors or practices on this list.

Additional counselors may be found on the [Psychology Today website](#), the [WJC INTERFACE Referral Service](#), the [Private Practice Colloquium](#), through your primary care provider, or through your health insurance company.

24/7 HOTLINES

Massachusetts Behavioral Health Helpline

Call or text 833-773-2445 or visit <https://www.masshelpline.com/>

** The Massachusetts Behavioral Health Helpline is a hub for connecting to resources in your area. They provide free, confidential access to resources and real-time interpretation in 200+ languages.*

National Suicide Prevention Hotline

1-800-273-8255

Suicide & Crisis Lifeline

Dial 9-8-8

AGENCIES

Contact directly for accepted insurance companies

AANE (Association for Autism & Neurodiversity)

51 Water Street, Suite 206 (Main Office)

Watertown, MA 02472

617-393-3824

<https://www.aane.org/>

Ampersand Counseling & Consultation

www.ampersandcounselingma.com

Artful Life Counseling Center & Studio

234 Cabot Street

Beverly, MA 01915

978-548-6288

info@artfullifecenter.org

www.artfullifecenter.org

Beth Israel Lahey Health Behavioral Services

800 Cummings Center

Beverly, MA 01915

978-921-1190

<https://bilhbehavioral.org/>

Catholic Charities - Family Counseling and Guidance Center

152 Sylvan Street

Danvers, MA 01923

978-774-6820

<http://www.ccab.org>

Children's Friend and Family Services

A Division of Justice Resource Institute

33 Commercial Street

Gloucester, MA 01930

978-283-7198 x4312

<https://jri.org/services/community/childrens-friend-and-family-services>

Counseling Services of Greater Boston

64 Central Street, 2nd Floor

Georgetown, MA 01833

781-328-1904 x100 for Intake

<http://www.csgboston.com>

Harborside Counseling Services

143 State Street

8 Thorndike Street

Newburyport, MA 01950 *OR* Beverly, MA 01915

978-462-7057

978-922-4888

<http://www.harborsidecounseling.com/>

Heritage Family Counseling Center

60 Railroad Avenue

South Hamilton, MA 01982

978-468-7010

InStride Health

**Specializing in anxiety, OCD, and school refusal*

Email: info@instride.health

855-438-8331

<https://www.instride.health/>

Lemon Tree Counseling Center

100 Cummings Center #363C

Beverly, MA 01915

978-317-8411

<http://www.lemontreecounseling.com>

Riverside Trauma Center

Joanna Bridger, LICSW - Clinical Services Director

jbridger@riversidecc.org

781-433-0672 x5615

888-851-2451 - 24-hour critical incident response

www.riversidetraumacenter.org

Thrive: A Social Learning Community

14 Cedar Street #107

Amesbury, MA 01913

978-378-0550

<https://www.thrivesociallearning.net/>

Triumph Center

36 Woburn Street

Reading, MA 01867

781-942-9277

<http://triumphcenter.net/programs/social-skills-groups/>

BILINGUAL COUNSELORS

Gabriela Aguiar Ortega, LMHC

Lynn Community Health Center

Phone: 781-691-7143

Gaortega@lchcnet.org

Languages: Spanish

Embrace Pathways to Wellness

1R Newbury Street, Suite 401

Peabody, MA 01960

339-219-5309

Telehealth available

Languages: English, Portuguese

Family Continuity Program

9 Centennial Drive

Peabody, MA 01960

978-927-9410

familycontinuity.org

Languages: Spanish

Beth Israel Lahey Health

Behavioral Services

800 Cummings Center

Beverly, MA 01915

978-921-1190

<https://bilhbehavioral.org/>

Languages: Spanish, Haitian

Creole, Shoma, Japanese

Liliana Kruschewsky, LMHC

Woburn, MA 01801

351-206-1292

Languages: English, Portuguese

Barbara Maia, LMHC

12 Market Square

Amesbury, MA 01913

978-378-5161

Telehealth only

Languages: English, Portuguese

Evan Margetson, LICSW

1 Market Street, Suite 204B

Lynn, MA 01901

978-286-8966

Telehealth available

Languages: English, Spanish

Melissa Rodrigues, LICSW

Lynnfield, MA 01940

351-200-8663

Telehealth available

Languages: English, Portuguese

South Bay Community Services

35 Congress Street

Salem, MA 01970

southbaycommunityservices.com

Languages: Spanish, Portuguese,

Khmer, Japanese

PARENTING SUPPORT GROUPS

NFI Massachusetts

76 Winter Street

Haverhill, MA 01830

<https://www.nfima.org/>

**NFI Parenting Together Support Groups are available parents, grandparents, fathers, adoption, autism, and other special populations and circumstances.*

Ipswich Birth to Three

Contact: Beth at 978-471-2180 (call/text) or birthto3@ipsk12.net

Services include: Free programs for children and parents from birth to age 9; Sunday running club (3-8 years old); story time; music classes; 0-12 month parent support group; Kindergarten preparation; referrals for childcare/daycare programs.

GRIEF GROUPS

Care Dimensions

75 Sylvan Street, Suite B-102

Danvers, MA 01923

888-283-1722

www.caredimensions.org

**Care Dimensions offers free consultation meetings as well as virtual grief groups for a variety of situations and age levels.*

ADDICTION RESOURCES

AA Central Service Committee of Eastern Mass

12 Channel Street, Suite 604
Raymond L. Flynn Marine Park
Boston, MA 02210
617-426-9444
www.aaboston.org

Ipswich Al-Anon

Meeting Location:
Baptist Church
45 Central Street
Ipswich, MA 01938

Team Fourteen

**Team Fourteen serves adolescents and their families in Essex County who are dealing with substance use concerns. They are a specialized initiative of Beth Israel Lahey Health Behavioral Services.*

800 Cummings Center
Suite 266-T
Beverly, MA 01915
978-867-7137

Referrals can be made by parents, caregivers, PCPs, therapists, or other providers concerned about a young person's substance use. To make a referral, call 978-867-7137.

LGBTQ+ RESOURCES

North Shore Alliance of GLBTQ Youth (NAGLY North)

Located in Witch City Mall
2 East India Square, Suite #121
Salem, MA 01970
978-224-2102
<https://www.nagly.org/>

AANE (Association for Autism & Neurodiversity)

51 Water Street, Suite 206
Watertown, MA 02472
617-393-3824
<https://www.aane.org/>

Sayftee

3464 Washington Street
Jamaica Plain, MA 02130
<https://www.sayftee.com/>

ARTICLES:

Why Pronouns Matter

<https://www.mypronouns.org/>

WEBSITES:

Gender Spectrum

<https://genderspectrum.org/>

AMAZE

<https://amaze.org/>

The Trevor Project

<https://www.thetrevorproject.org/get-help/>

Massachusetts Transgender Political Coalition (MTPC)

<https://www.masstpc.org/>

Name/Gender Marker Change Guidance:

<https://www.masstpc.org/identity-documents/>

BOOKS:

A Quick & Easy Guide to They/Them Pronouns, by Archie Bongiovanni

The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity, by Rylan Jay Testa

FINANCIAL ASSISTANCE

Ipswich Utilities works with many local organizations to provide help to families in the community. Please visit the Ipswich Financial Assistance page at

<https://www.ipswichma.gov/882/Financial-Assistance> for information on the following programs:

- **Action Inc.** - fuel assistance, free home energy assessments, weatherization, heating systems repairs/replacements, and LiHEAP (support for low-income families in heating their homes)
- **RAFT Program (Residential Assistance for Families in Transition)** - homelessness prevention program funded by the Department of Housing and Community Development to provide short-term financial assistance to families at risk of becoming homeless
- **Salvation Army's Good Neighbor Energy Fund** - one time, income-based financial relief
- **St. Vincent De Paul Society** - separate from Catholic Charities, this Catholic organization assists local families in crisis - call 978-992-6151 to set up an application interview
- **Catholic Charities** - assists local families in crisis - call 978-744-5181 to set up an interview

If you have questions about any of the programs above or aren't sure where to start, contact Action Inc. at 978-282-1000 or visit them online at <https://actioninc.org/>.

Additional Financial Assistance Programs:

Invest in People

Contact: Lynne

investinpeople1@gmail.com

978-704-5774

Ipswich Caring

Applications available online: www.ipswichcaring.org

**Programs include: back-to-school supplies, Christmas gifts, winter coats/boots, birthday gift cards, summer camp, scholarships, and (for parents) the Empowerment Fund*

Rebecca R. Gibbs Memorial Charitable Fund

Ascension Memorial Church

P.O. Box 547

Ipswich, MA 01938

gr-gibbs@comcast.net

978-914-4489

FOOD ASSISTANCE

Open Door Food Pantry

Southern Heights

Ipswich, MA 01938

978-283-6776

<https://www.foodpantry.org/>

Apply online or by phone!

Services include: **Free Grocery Delivery** and pick-up on Wednesdays and Thursdays from 11 AM - 4 PM (in collaboration with the Ipswich YMCA) Sign up at: <https://www.foodpantry.org/order-now/>

Ipswich Dinnerbell

Contact: Dorothy Calandra

978-356-4801

dorothy@ipswichdinnerbell.org

<https://ipswichdinnerbell.org/index.html>

Services include:

- Providing free community meals to the greater Ipswich area every Monday from 5 - 6:30 PM
- Delivery of **free hot meals** every Monday night in collaboration with the Ipswich YMCA; contact Chris Bevilacqua at bevilacqua@northshoreymca.org to sign up.

Ipswich Micro-Pantries

"Mini" food pantries (free groceries/toiletries) in wooden boxes at two locations--no application necessary!

Located at: (1) Cable Gardens - 126 County Road & (2) First Church Ipswich - 1 Meetinghouse Green

Summer Meal Program

The Triton Food Service Department has expanded their summer food program to the children of Ipswich.

Triton Food Services offers summer meals to all kids/teens (18 years and younger) at two sites in Ipswich: 1) Ipswich Utilities Department and 2) Ace Gymnastics. The two grab-and-go locations will provide breakfast and lunch every weekday; on Fridays, weekend meals will be provided as well. Parents/guardians can pick up meals without the child being present.

[Click HERE for more info.](#)

COMMUNITY RESOURCES

Ipswich Family YMCA & Rowley Campus

110 County Road
Ipswich, MA 01938
978-356-9622

<https://www.northshoreymca.org/>

Services include: Family & teen memberships available; summer programs; Counselor-in-Training leadership camp (grades 7 & 8); collaborations with Ipswich Open Door Food Pantry and Ipswich Dinnerbell

Ipswich Birth to Three

Contact: Beth at 978-471-2180 (call/text) or birthto3@ipsk12.net

Services include: Free programs for children and parents from birth to age 9; Sunday running club (3-8 years old); story time; music classes; 0-12 month parent support group; Kindergarten preparation; referrals for childcare/daycare programs

Ipswich Public Library

25N Main Street
Ipswich, MA 01938
978-356-6658

Services include: book & movie rentals; ESL tutoring; free printing and computer access; rentals of games, technology/hotspots, tools, etc.

Ipswich Council on Aging - Senior Center

Town Hall
25 Green Street
Ipswich, MA 01938
978-356-6650

Contact: Sheila Taylor, Director of Senior Services

Big Brothers Big Sisters of Eastern Massachusetts

184 High Street, 3rd Floor
Boston, MA 02110
617-542-9090

<https://emassbig.org/>

SUMMER CAMPS

City of Newburyport Recreation & Youth Services Summer Programs

<https://www.cityofnewburyport.com/recreation-and-youth-services>

Ipswich Junior Sailing

P.O. Box 364

Ipswich, MA 01938

info@ipswichjuniorsailing.org

978-412-4412

<https://www.ipswichjuniorsailing.org/>

Kestrel Educational Adventures

P.O. Box 3189

Beverly, MA 01915

jessica@kestreleducation.org

978-515-7177

<https://kestreleducation.org/>

SummerQuest at Crane Estate

Scholarships available

290 Argilla Road

Ipswich, MA 01938

summerquest@thetrustees.org

<https://thetrustees.org/program/summerquest-at-the-crane-estate-ipswich/>

YMCA

<https://www.northshoreymca.org/programs/ipswich-rowley-ymca-camps>

Camp Cedar Mill

390 Wethersfield Street

Rowley, MA

978-432-2931

Michelle Martens, Camp Director

martinsm@northshoreymca.org

or

Camp Dory

Centennial Grove Park

Essex, MA

978-479-4969

Blair Smith, Camp Director

smithb@northshoreymca.org

Ipswich YMCA Counselor-in-Training Leadership Camp (grades 7 & 8)

Contact Chris Bevilacqua (Ipswich YMCA) at bevilacquac@northshoreymca.org for more information.

VOLUNTEER OPPORTUNITIES

Open Door Food Pantry

Southern Heights

Ipswich, MA 01938

<https://www.foodpantry.org/>

Ipswich Dinnerbell

Contact: Dorothy Calandra

978-356-4801

dorothy@ipswichdinnerbell.org

<https://ipswichdinnerbell.org/index.html>

Ipswich Council on Aging - Senior Center

Town Hall

25 Green Street

Ipswich, MA 01938

978-356-6650

Sweet Paws Rescue

Mailing Address:

P.O. Box 752

Essex, MA 01929

Email: info@sweetpawsrescue.org

<https://www.sweetpawsrescue.org/>