

# Ipswich/Essex County Resource Guide



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

*Last Updated: 7/31/2024*

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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](http://www.ampersandcounselingma.com)

### **Artful Life Counseling Center & Studio**

234 Cabot Street

Beverly, MA 01915

978-548-6288

[info@artfullifecenter.org](mailto:info@artfullifecenter.org)

[www.artfullifecenter.org](http://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.csqboston.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](mailto: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](mailto:jbridger@riversidecc.org)

781-433-0672 x5615

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

[www.riversidetraumacenter.org](http://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-gro-ups/>

## **BILINGUAL COUNSELORS**

### **Gabriela Aguiar Ortega, LMHC**

Lynn Community Health Center

Phone: 781-691-7143

[Gaortega@lchcnet.org](mailto: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](http://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](http://southbaycommunityservices.com)

Languages: Spanish, Portuguese,

Khmer, Japanese

## **PARENTING SUPPORT GROUPS**

### **NFI Massachusetts**

76 Winter Street

Haverhill, MA 01830

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

### **Ipswich Birth to Three**

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

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

## **GRIEF GROUPS**

### **Care Dimensions**

75 Sylvan Street, Suite B-102

Danvers, MA 01923

888-283-1722

[www.caredimensions.org](http://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](http://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](mailto:investinpeople1@gmail.com)

978-704-5774

#### **Ipswich Caring**

Applications available online: [www.ipswichcaring.org](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@ipswichjuniorsailing.org)

978-412-4412

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

### Kestrel Educational Adventures

P.O. Box 3189

Beverly, MA 01915

[jessica@kestreleducation.org](mailto:jessica@kestreleducation.org)

978-515-7177

<https://kestreleducation.org/>

### SummerQuest at Crane Estate

*\*Scholarships available\**

290 Argilla Road

Ipswich, MA 01938

[summerquest@thetrustees.org](mailto: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](mailto:martinsm@northshoreymca.org)

*or*

#### Camp Dory

Centennial Grove Park

Essex, MA

978-479-4969

Blair Smith, Camp Director

[smithb@northshoreymca.org](mailto:smithb@northshoreymca.org)

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

Contact Chris Bevilacqua (Ipswich YMCA) at [bevilacquac@northshoreymca.org](mailto: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](mailto: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](mailto:info@sweetpawsrescue.org)

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