



**Chelmsford  
Pediatrics**

Grow With Us!

*Synchronous*  
HEALTH

# The care you need. In the exact moment you need it.

Sometimes, you just need to know someone is there for you.  
To make sure you're well. To care. Which is exactly what we do.  
We combine the human touch with technology to help meet your  
needs every day. Register today to get started.



# Our process works like this:



## **We learn your needs**

We get to know you and learn how we can help you live your best life.



## **You get human help and digital support**

Your specialist will support you digitally between sessions through our app called Karla.



## **We learn more about you**

You will be assigned a caring, licensed specialist to support you through convenient face-to face video visits.



## **Together, we work on continued improvement**

Our goal is to provide almost constant support and help you take steps towards your personal goals.

## **To sign up for SyncTALK**

📞 (888) 965-2752

✉️ [tuftsmedicine.synctalk.us](mailto:tuftsmedicine.synctalk.us)

📧 [participantsupport@sync.health](mailto:participantsupport@sync.health)



# Chelmsford Pediatrics -- Mental Health Referral

<b>Greater Nashua Mental Health</b> Nashua, NH	(603)889-6147 <a href="https://gnmhc.org/">https://gnmhc.org/</a>
<b>Andover Wellness and Counseling</b> Andover, MA	(978)417-1531 <a href="https://www.andoverwellnessandcounseling.com/">https://www.andoverwellnessandcounseling.com/</a>
<b>Rollins Counseling Center</b> Westford, MA	(978)999-2165 <a href="http://rollinscounselingcenter.com/">http://rollinscounselingcenter.com/</a>
<b>Greenbridge Counseling and Wellness</b> Tyngsboro, MA	(978)649-2055 ext.1 <a href="https://www.greenbridgecw.com/">https://www.greenbridgecw.com/</a>
<b>Trauma and Family Integration</b> Lowell, MA	(978)677-7823 <a href="https://tfilowell.com">https://tfilowell.com</a>
<b>Justice Resource Institute</b> Lawrence, MA	(978)682-7289 <a href="https://jri.org/">https://jri.org/</a>
<b>North Star Guidance Center</b> Chelmsford, MA	(978)256-0667 <a href="https://northstarguidancecenterinc.com/">https://northstarguidancecenterinc.com/</a>
<b>Merrimack Valley Counseling Association</b> Nashua, NH	(603)888-4347 <a href="https://www.merrimackvalleycounseling.org/">https://www.merrimackvalleycounseling.org/</a>
<b>Choices Counseling of Londonderry</b> Londonderry, NH	(603)818-8926 <a href="https://www.choicescounseling-nh.com/">https://www.choicescounseling-nh.com/</a>
<b>Family Counseling Associates</b> MA: Andover, Burlington  NH: Bedford, NH	MA: (978)222-3121  NH: (603)242-2296 <a href="https://www.fca-andover.com/">https://www.fca-andover.com/</a>
<b>Empath Counseling</b> Chelmsford, MA	(978)770-2429 <a href="https://www.empathcounselingandwellnesscenter.com/">https://www.empathcounselingandwellnesscenter.com/</a>
<b>Family Associates of the Merrimack Valley</b> Chelmsford, MA	(978)256-1467 <a href="https://www.familyassociatesofmerrimackvalley.com/">https://www.familyassociatesofmerrimackvalley.com/</a>
<b>Center for Eating Disorder Management</b> MA: Burlington, Andover NH: Bedford	(603)472-2846 <a href="https://cedm-inc.com/">https://cedm-inc.com/</a>
<b>Cambridge Eating Disorder Center</b> Concord, NH	(603)715-5150 <a href="https://www.eatingdisordercenter.org/concord-nh/">https://www.eatingdisordercenter.org/concord-nh/</a>

# Chelmsford Pediatrics -- Mental Health Referral

## Counseling Practices:

<b>General Psychological Associates</b> Andover, MA	(978)475-3590 <a href="https://www.generalpsychologicalassociates.com/">https://www.generalpsychologicalassociates.com/</a>
<b>Lifestance Health</b> MA: Chelmsford, Concord, Lexington, Groton, North Andover, etc.  NH: Nashua, Salem, Merrimack, etc.	MA: (617)405-5735 <a href="https://www.cfpsych.org/">https://www.cfpsych.org/</a>  NH: (603)883-0005 <a href="https://counselingcenter.com/">https://counselingcenter.com/</a>  <a href="https://lifestance.com/">https://lifestance.com/</a>
<b>New England Center for Healthy Minds</b> Acton, MA	(978)679-1200 <a href="https://www.nementalhealth.com/">https://www.nementalhealth.com/</a>
<b>Dracut Counseling Professionals</b> Dracut, MA	<a href="http://www.dracutcounselingprofessionals.com/">http://www.dracutcounselingprofessionals.com/</a>
<b>Greater Lowell Psychiatric Associates</b> North Chelmsford, MA	(978)291-8073 <a href="https://www.greaterlowellpsychassoc.com/">https://www.greaterlowellpsychassoc.com/</a>
<b>South Bay Community Services</b> Lowell, MA	(508)427-5362 <a href="https://www.southbaycommunityservices.com">https://www.southbaycommunityservices.com</a>
<b>Arbour Counseling Services</b> Lowell, MA	(978)453-5736 <a href="https://arbourhealth.com/">https://arbourhealth.com/</a>
<b>Therapy Associates of Chelmsford</b> Chelmsford, MA	(978)710-7569 <a href="http://www.therapyassociatesofchelmsford.com/">http://www.therapyassociatesofchelmsford.com/</a>
<b>Stoney Brook Counseling Center</b> Chelmsford, MA	(978)275-9444
<b>Center for Family and Development</b> Lowell, MA	(978)459-2306 <a href="https://chstherapy.net/">https://chstherapy.net/</a>
<b>Bridgewell Counseling Services</b> Lowell, MA	(978)459-0389 <a href="https://bridgewell.org/">https://bridgewell.org/</a>
<b>Trinity Care Associates</b> Lowell, MA	(978)455-0756 <a href="https://tri-cares.com">https://tri-cares.com</a>
<b>Oasis Behavioral Health</b> North Chelmsford, MA	(978)455-3141 <a href="https://oasisbehavioral.com/">https://oasisbehavioral.com/</a>

# Chelmsford Pediatrics -- Mental Health Referral

## Psychiatric Medication Services:

<b>New England Center for Healthy Minds</b> Acton, MA	(978)679-1200 <a href="https://www.nementalhealth.com/">https://www.nementalhealth.com/</a>
<b>General Psychological Associates</b> Andover, MA	(978)475-3590 <a href="https://www.generalpsychologicalassociates.com/">https://www.generalpsychologicalassociates.com/</a>
<b>Lifestance Health</b> MA: Chelmsford, Concord, Lexington, Groton, North Andover, etc.  NH: Nashua, Salem, Merrimack, etc.	MA: (617)405-5735 <a href="https://www.cfpsych.org/">https://www.cfpsych.org/</a>  NH: (603)883-0005 <a href="https://counselingcenter.com/">https://counselingcenter.com/</a>  <a href="https://lifestance.com/">https://lifestance.com/</a>
<b>Greater Lowell Psychiatric Associates (18+)</b> North Chelmsford, MA	(978)291-8073 <a href="https://www.greaterlowellpsychassoc.com/">https://www.greaterlowellpsychassoc.com/</a>
<b>Bridgewell Counseling Services</b> Lowell, MA	(978)459-0389 <a href="https://bridgewell.org/">https://bridgewell.org/</a>
<b>Stoney Brook Counseling Center</b> Chelmsford, MA  <b>Center for Family and Development</b> Lowell, MA	(978)275-9444 <a href="https://chstherapy.net/">https://chstherapy.net/</a>
<b>Oasis Behavioral Health (18+)</b> North Chelmsford, MA	(978)455-3141 <a href="https://oasisbehavioral.com/">https://oasisbehavioral.com/</a>
<b>Family Counseling Associates</b> MA: Andover, Burlington  NH: Bedford, NH	MA: (978)222-3121  NH: (603)242-2296 <a href="https://www.fca-andover.com/">https://www.fca-andover.com/</a>

## For Wellforce patients

### Counseling:

Bridgewell Counseling Services  
Stoney Brook Counseling Center  
Center for Family and Development  
South Bay Community Services  
Lifestance Health  
Family Counseling Associates  
Justice Resource Institute  
Trinity Care Associates  
Arbour Counseling Services

### Medication:

Bridgewell Counseling  
Stoney Brook Counseling Center  
Center for Family and Development  
New England Center for Healthy Minds  
Lifestance Health  
  
Family Counseling Associates

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## Recommendations for Parents:

Finding a provider:

-Call the number on your insurance card for additional provider recommendations who accept your insurance.

-Many communities in Massachusetts have access to the William James Therapy Referral Interface. Check <https://interface.williamjames.edu/communities> to see if you are eligible and call **(617)332-3666** or **1(888)244-6843** to request a referral.

-If your child has experienced psychological trauma such as physical or sexual abuse, assault, natural disaster, witnessing violence, etc. you can also reach out to UMass Medical Center's Child Trauma Referral Network, available to all Massachusetts residents, at **1(855)LINK-KID (1(855)546-5543)** or **(774)455-4127**

Supporting your child:

-Seek out natural supports for yourself and your child: coaches, teachers, relatives, and other trusted adults as well as close friends can be key players in your child's mental health.

-Practice listening to your child's worries or stressors without offering judgment or advice. Ask your child what they need when they come to you--if they ask for advice, give it. If they just want you to listen and empathize, do it. It's harder than it sounds--try repeating back to them what you understood to make sure you get it, ask clarifying questions, and check in with them about how they would like you to support them.

-Take care of your own physical and emotional well-being. Show and teach your child the ways you care for yourself. Not only does taking care of yourself allow you to be more present for your child, it also is important modeling to show them that even adults have feelings and need to take care of ourselves too! Plus, you are a whole human being as well as a parent--you deserve to be mentally and physically healthy too.

-Remind your child often of all the natural strengths and abilities they have. Trusting them to work through their own problems goes a long way, but sometimes we all need a reminder of just how capable we are.

-Know that as a parent, you cannot be everything for your child. Parents have a lot of different roles, including chore enforcer and homework police. It is ok if they don't tell you everything, especially when they are mad at you for making them brush their teeth. Offer alternatives to support communication (Can they text you? Write letters? Communicate using only emojis?) and make sure they have access to other supports.