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Alternative #: 617-720-2828 [info@therapymatcher.org](mailto:info@therapymatcher.org)

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800-370-3651

# The Leggett Group\*

4238 Washington Street, Suite 316

Roslindale, MA 02131

857-273-2123

# Dedham Consultation Center

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Dedham, MA 02026

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\*therapy & psychiatry teen & young adults

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**Elevate Counseling Services, Inc.** 117 Eastman Street, Suite 102 South Easton, MA02375

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If none of the above providers fit your/your child’s needs, please call your medical insurance company for additional providers, or search on the “Find a Doctor” page on your insurance website.

A few helpful tips when contacting your insurance to find a behavioral health provider:

* A referral is not needed for behavioral health providers in Massachusetts
* Providers of psychotherapy are licensed as a Licensed Psychologist (PsyD or PhD), Licensed Independent Clinical Social Worker (LICSW), or Licensed Mental Health Counselor (LMHC)
* Psychotherapy may require frequent visits, choosing a provider closer to your home or your child’s school may make the schedule more manageable
* Request providers with experience working with individuals in your/your child’s age group

The type of license is less important than the therapist’s experience and fit for you/your child; feel free to contact Longwood Pediatrics Behavioral Health at 617-277-7320 with any questions.