

How do I get started?

If you think our services can be of help to you or a loved one, please call our main number:

508-765-9167

and ask to speak to an intake coordinator. If you have insurance, please have that information available.



Contact: 508-765-9167

Locations:

29 Pine Street
Southbridge, MA

10 North Main Street
Charlton, MA

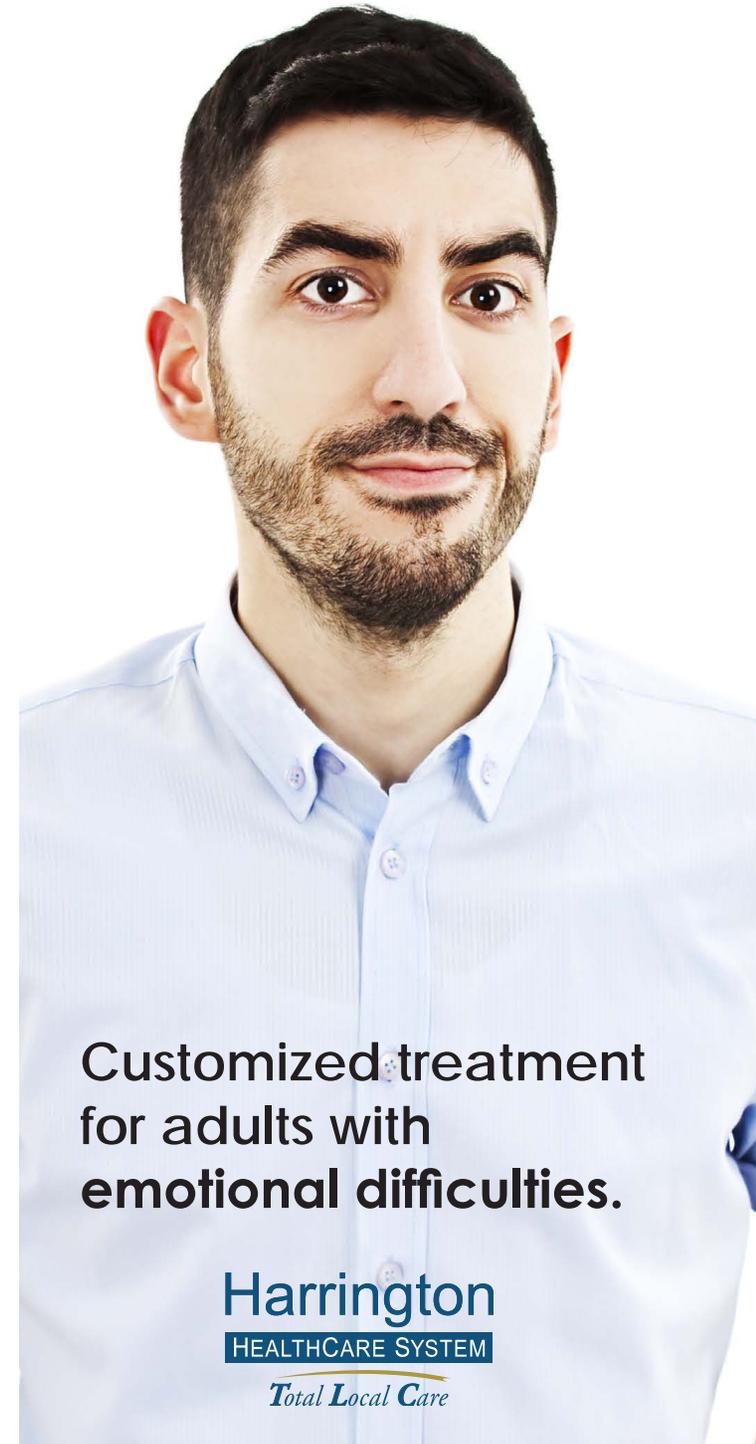
161 West Main Street
Dudley, MA

Hours of Service:

Monday-Thursday 8 a.m. to 8 p.m.
Friday 8 a.m. to 5 p.m.

*Spanish speaking staff available.
Interpreter services available.
Most insurances accepted.*

Harrington
HEALTHCARE SYSTEM
Total Local Care



**Customized treatment
for adults with
emotional difficulties.**

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HEALTHCARE SYSTEM
Total Local Care

Our services can help you if...

- You are having difficulty sleeping
- You are having frequent conflicts in most or all of your relationships
- You're sad or angry much of the time
- You spend much of your time worrying
- You have experienced a traumatic event

The providers on our Adult Services team can assist you in dealing with emotional difficulties faced by most adults today.

Our clinicians are trained in the latest therapies to help you deal with anxiety, depression, panic disorders, trauma and other cognitive behavioral issues.

We customize your treatment to meet your specific needs. This could include working with the entire family to help them understand the difficulties of one of their members, as well as their own needs.

Our therapy integrates strategies to help you and your loved ones cope with daily struggles while developing long-term treatment plans.



How we can help:

Individual: One-on-one sessions with a therapist can help you identify strengths, discuss challenges and provide you with a specialized plan to meet your needs.

Psychiatric Evaluations: Your therapist will help determine whether you can benefit from additional services such as medication and, if needed, make a referral to one of our psychiatric providers.

Medication Management: If you have been assessed by a licensed psychiatrist and it is determined you would benefit from medication, you will see the psychiatrist on a regular basis to monitor your medication.

Family Therapy: Your therapist or psychiatrist will, if you wish, meet with your family to discuss ways in which they can support your efforts. We can help you understand how families function and identify strategies to work on problems together.

Couples Therapy: We will work with you and your partner to help you develop strategies to resolve your conflicts and strengthen your relationship.