

**Amherst Area Community Mental Health Services**  
**Therapists**  
2024-2025

Name	Location	Phone	Specialty	Insurance	Websites/Email	Notes	Still Accepting?
Brian Provencher	East Longmeadow	(774) 314-7930	Adolescents. Former school counselor. GAD, ADHD, behavioral issues, school avoidance	\$65/session	<a href="https://www.psychologytoday.com/us/therapists/brian-provencher-east-longmeadow-ma/1528078">https://www.psychologytoday.com/us/therapists/brian-provencher-east-longmeadow-ma/1528078</a>		Yes 8/28/25
Stephanie Baird (Counselor, MS, LMHC)	27 College Street (The Village Commons), South Hadley, MA 01075	617-359-6969	Trauma, sexual health, PTSD, anxiety, ADHD, Self-Esteem, Family Conflict, Anger Management	BCBS, Tufts, United, Allways	<a href="https://www.psychologytoday.com/us/therapists/stephanie-baird-south-hadley-ma/94304">https://www.psychologytoday.com/us/therapists/stephanie-baird-south-hadley-ma/94304</a>  <a href="https://stephaniebairdLMHC.wordpress.com/">https://stephaniebairdLMHC.wordpress.com/</a>  sbairdLMHC@gmail.com		Waitlist 1-21-25
Beth Gordon, LICSW		413-297-6562	"I work with anxious kids and their parents"	BCBS			Yes - 6/2/25
Desiree Svegliati	Handel Behavioral Health 29 Pray Street Amherst, MA 01002 (413) 414-5715	(413) 414-5715	Teens, self esteem, ADHD, school issues	Most major insurances	<a href="https://www.psychologytoday.com/us/therapists/desiree-svegliati-amherst-ma/1252777">https://www.psychologytoday.com/us/therapists/desiree-svegliati-amherst-ma/1252777</a>		Yes - 3/5/25

Betsy McNamara	48 North Pleasant Street 2nd floor Amherst, MA 01002	(413) 314-3504	Teens, self harm,	Aetna, BCBS, GIC, United, Ptum. Wellpoint	<a href="https://www.psychologytoday.com/us/therapists/betsy-mcnamara-amherst-ma/67742">https://www.psychologytoday.com/us/therapists/betsy-mcnamara-amherst-ma/67742</a>		Waitlist - 3/5/25
Amber Moy	Telehealth	(857) 971-7062	Teens, anxiety, depression, life transitions	BCBS, Cigna, Optum, Tufts, UBH	<a href="https://www.psychologytoday.com/us/therapists/amber-moy-somerville-ma/1244264">https://www.psychologytoday.com/us/therapists/amber-moy-somerville-ma/1244264</a>		Yes - 3/5/25
Emily Neuburger	Hillcrest Psychotherapy Practice 409 Main Street Suite 201 Amherst, MA 01002	(413) 216-3769	Teens, anxiety, life transitions	BCBS, Tufts, UBC, Aetna, harvard pilgram	<a href="https://www.psychologytoday.com/us/therapists/emily-neuburger-amherst-ma/1350527">https://www.psychologytoday.com/us/therapists/emily-neuburger-amherst-ma/1350527</a>		Yes - 3/5/25
Joy Gilman, pre licensed MHC	Virtual or Framingham	(508) 205-0756	Neurodivergent teens, LGBTQ+	BCBS	<a href="https://www.psychologytoday.com/us/therapists/joy-gilman-framingham-ma/1332495">https://www.psychologytoday.com/us/therapists/joy-gilman-framingham-ma/1332495</a>		Yes - 1/21/25
Rosemary Christoph	virtual	(978) 679-4353	Anxiety, depression, life transitions, teens	AETNA, BCBS, cigna, tufts, united	<a href="https://www.psychologytoday.com/us/therapists/rosemary-christoph-beverly-ma/1364566">https://www.psychologytoday.com/us/therapists/rosemary-christoph-beverly-ma/1364566</a>	Expressive arts therapist	Yes - 3/17/25
Peter Thunfors	Northampton or virtual	(413) 349-5216	OCD, ADHD, anxiety, depression, tic disorders	BCBS	<a href="https://www.psychologytoday.com/us/therapists/peter-thunfors-northampton-ma/1431851">https://www.psychologytoday.com/us/therapists/peter-thunfors-northampton-ma/1431851</a>		/Yes - 3/1
Center for Human Development (CHD)	179 Northampton Street, Easthampton, MA 01027	413-529-1764	Children & Families	Mass Health, Health New England, Blue Cross and/or Blue Shield,	<a href="https://chd.org/locations/easthampton-clinic/">https://chd.org/locations/easthampton-clinic/</a>		Yes

				Anthem (Most Insurances)			
Center for Human Development (CHD)	102 Main Street, Greenfield, MA 01301	413-774-6252	Children & Families	Most Insurances	<a href="https://chd.org/locations/greenfield-center-for-wellness/">https://chd.org/locations/greenfield-center-for-wellness/</a>		Yes
Clinical & Support Options	8 Atwood Drive, Northampton, MA 01060	413-582-0471	Outpatient Behavioral Health & Family Support Services	MassHealth, Health New England, Blue Cross and/or Blue Shield, Medicare AND MassHealth... (Not CIGNA, AETNA, Anthem, Medicare Only)	<a href="https://www.csoinc.org">https://www.csoinc.org</a>		Yes
Clinical & Support Options	6 Arch Place, Greenfield, MA	413-775-6750	Children & Teens		<a href="https://www.csoinc.org/community-based-programs">https://www.csoinc.org/community-based-programs</a>		Yes
Mark Haffey (Psychologist)	433 West Street #5, Amherst, MA 01002	413-575-1310	Children, ADHD, Anxiety, Depression	<b>In Network:</b> Blue Cross Blue Shield, Health New England (Limited Provider Availability)  <b>Out of Network:</b> Optum, United Behavioral Health, United Healthcare, Cigna, Wellfleet, Unicare, Aetna	<a href="http://haffeycenter.com/getting_started.html">http://haffeycenter.com/getting_started.html</a>  markhaffey@haffeycenter.com		Yes
Center for Human Solutions	370 North King St., Northampton,	413-387-0075	Mental health counseling for youth and	Medicare	<a href="http://www.instituteofhumansolutions.com/">http://www.instituteofhumansolutions.com/</a>		Yes

	MA 01060		adults		contact@institute ofhumansolutions.com		
Sarah Teitelbaum (Psychologist)	433 West Street, Amherst, MA 01002	413-835-0901	ADHD and learning disability evaluations, depression, anxiety, ADHD, family/relationships issues, grief, self esteem	<b>In Network:</b> Blue Cross Blue Shield, Health New England (Limited Provider Availability)  <b>Out of Network:</b> Optum, United Behavioral Health, United Healthcare, Cigna, Wellfleet, Unicare, Aetna	<a href="http://haffeycenter.com/staff.html">http://haffeycenter.com/staff.html</a>  saraht@haffeycenter.com		Yes
Anna Kogan (LICSW)	256 North Pleasant Street, Suite 2A, Amherst, MA  Offers Online Therapy	413-944-0965	Trauma, PTSD, Anxiety, Relationship Issues, Teens, Adults	Aetna, Blue Cross and Blue Shield, Tufts, United Healthcare (UHC   UBH), Out of Network	<a href="https://www.psychologytoday.com/us/therapists/anna-kogan-amherst-ma/72054">https://www.psychologytoday.com/us/therapists/anna-kogan-amherst-ma/72054</a>	Speaks Russian	Yes
Daniel Mclean	441 West Street Suite D2 Amherst, MA 01002	413-478-9526	Couples Therapy, Trauma Treatment, Internal Family Systems, Behavioral Therapy, EMDR	Aetna, Blue Cross and Blue Shield of MA, Blue Cross Blue Shield, Cigna, First Health, Harvard Pilgrim Health, Tufts Health Plan	<a href="https://dan-mclean-licsw.business.site/">https://dan-mclean-licsw.business.site/</a>		Yes
Ann Phillips (Psychologist)	33 Hickory Ln, Amherst, MA 01002-2808	413-320-1058	Kids, Teens, Adults, Trauma, PTSD, disrupted attachments,	Medicare, Medicaid (Only when secondary to Medicare), BCBS, CIGNA	<a href="http://www.soundcounsel.net">www.soundcounsel.net</a>		Yes - telehealth 1-13-25

			self-harm, family conflict, substance use, ADHD, anxiety, depression, mood disorders, parent education & guidance	(Out of Network Only), Unicare/GIC (Out of Network Only), United Behavioral Health (Including Most Harvard Pilgrim), United HealthCare/ Optum			
Lisa Cyr (Service Net) (LICSW)	48 N Pleasant St Ste 205 Amherst, MA 01002	413-253-0237		Blue Cross and Blue Shield of MA, Blue Cross Blue Shield, Tufts Health Plan			No clients while daughter is enrolled
Sarah Seward (Psychologist)	6C Elm Street South Deerfield, MA 01373	(413) 206-2173	Anxiety, Depression, Chronic Pain	AllWays Health Partners   MGBHP, Blue Cross and Blue Shield, Tufts, Out of Network	<a href="https://www.psychologytoday.com/us/therapists/sarah-seward-south-deerfield-ma/86800">https://www.psychologytoday.com/us/therapists/sarah-seward-south-deerfield-ma/86800</a>		Not currently taking new clients - 1/21/25
Nancy Simmons (LMHC)	48 N. Pleasant Street, Suite 201 Amherst, MA 01002	413-549-4854	Trauma, Anxiety, Depression, Psychotherapy	BCBS, private pay, some other plans	<a href="https://www.nancysimmons.com">https://www.nancysimmons.com</a> <a href="https://www.signupgenius.com/go/5080f4cafab29abfb6-emdr">https://www.signupgenius.com/go/5080f4cafab29abfb6-emdr</a>		Practice has been full (as of 03/05/23)
The Children's Clinic	17 Brewster Court Northampton, MA 01060	413-587-3270	Children, Adolescents	Contact Provider	<a href="https://cutchins.org/programs/the-children-s-clinic">https://cutchins.org/programs/the-children-s-clinic</a>		Yes

<p>Jacqueline Wallace (MSW) (LICSW)</p>	<p>447 West St Suite #3 Amherst, MA 01002</p> <p>Offers Online Therapy</p>	<p>(413) 754-4105</p>	<p>Depression, Anxiety, Emotional Disturbance, Teens, Adults</p>	<p>Aetna, Anthem, BMC HealthNet, Beacon Health Options, BlueCross and BlueShield, Cigna and Evernorth, ConnectiCare, Coventry, Harvard Pilgrim, Health New England (HNE), Magellan, Medicare, UniCare, UnitedHealthcar e UHC   UBH, Out of Network</p>	<p><a href="https://www.psychologytoday.com/us/therapists/jacqueline-wallace-amherst-ma/336884">https://www.psychologytoday.com/us/therapists/jacqueline-wallace-amherst-ma/336884</a></p>		<p>Yes</p>
<p>Advance Psychotherapy Practice</p>	<p>48 N. Pleasant Street, Ste 207 Amherst, MA 01002</p>	<p>(413) 461-4042</p>	<p>Children, Adolescents, Families</p>	<p>Beacon: GIC/Unicare, BMC Healthnet, Fallon Health, BlueCross and BlueShield, Cigna, Health New England, MBHP: (Most MassHealth plans except for 100% Medicaid), Medicare, Optum: Allways, Harvard Pilgrim, Oxford, Tufts Public, Tufts Private (Non-Masshealth), Wellfleet, UMR, United Behavioral</p>	<p><a href="https://advancepsychotherapy.org">https://advancepsychotherapy.org</a></p>		<p>Currently a waitlist for individual and family therapy, openings for group therapy available</p>

				Health, United Healthcare: Connecticare, Private pay clients, Out of network/PPO options for all other providers			
Gia Bernini (LICSW)	94 King Street Suite 2C Northampton, MA 01060	413-519-3529	Anxiety, Depression, Trauma, Adjustment Disorder, Behavioral Issues, Separation Anxiety	Medicaid, Medicare, Blue Cross and Blue Shield, Tufts, Anthem, United Healthcare	<a href="https://gia-bernini.clientsecure.me/#about">https://gia-bernini.clientsecure.me/#about</a>	Speaks English, Spanish, and French	Yes
Caroline Aller (LICSW)	664A Main Street Amherst, MA 01002  Online Therapy	413-835-1558	Adolescents, Children, Adults, Anxiety Disorders, Personal Growth, OCD, Stress Reduction	Does not accept insurance directly, considered an out of network provider	<a href="https://www.amherstcbt.com/our-team/">https://www.amherstcbt.com/our-team/</a>		Yes
J. Christopher Waisman (PhD, LICSW)	P.O. Box 60153 Florence, MA 01062  Virtual Therapy Only	413-230-9228	Youth over the age of 10, Adults, Couples, Families	Blue Cross, Health New England, Some Carelon / Wellsense Plans	jcwcsw@yahoo.com	Fluent in Spanish	Yes, limited availability
Beth Tabor Lev (Psychologist)	13 Old South Street Suite 1B Northampton, MA 01060	413-585-5180	Adults, 18+ ONLY		dr.btaborlev@gmail.com		
Sarah Getoff, LMHC	Northampton	413-586-3653	Uses EFT	none	sarahgetoff.com		

**Amherst Area Community Mental Health Services**  
*(Waiting on Confirmation for Those Listed Below)*  
 (last update spring 2023)

Name	Location	Phone	Specialty	Insurance	Websites/Email	Notes	Still Accepting?
Katherine Appy (Psychologist)	60 Redgate Lane Amherst, MA 01002	413-253-9431	Teens, parenting, family counseling	Tufts, United Health Care, Blue Cross, Blue Shield, GIC. (Most Insurances)			
John Brill (LICSW)	16 Center Street, Northampton, MA 01060	413-586-1010	Teens				
Michael Childs (Psychologist)	441 West Street Amherst, MA 01002	413-253-0800	Child, adolescent, family, CBT	Health New England, BCBS PPO, ...			
Cathy Lerner (Clinical Psychologist)	40 Center Street Northampton, MA	413-586-6789	OCD, learning disabilities, substance abuse, depression, anxiety, eating disorders	Anthem, Blue Cross and Blue Shield of MA, Blue Cross Blue Shield	<a href="https://mentaltherapy.io/psychologist/dr-cathy-lerner-northampton/">https://mentaltherapy.io/psychologist/dr-cathy-lerner-northampton/</a>		

Lourdes Mattei (Clinical Psychologist)	43 Center St Ste 203, Northampton Massachusetts, 01060-3062	413-586-8567	OCD, learning disabilities, substance abuse, depression, anxiety, eating disorders			Bilingual (Spanish)	
Kathy Pfister (MSW)	48 North Pleasant Street Amherst, MA 01002	413-256-6196		Blue Cross and Blue Shield of MA, Blue Cross Blue Shield, Harvard Pilgrim Health Care, Medicare, Tufts Health Plan			
Paula Schulman (LMFT)	94 King Street Northampton, MA 01060	413-893-0040			<a href="https://www.northamptoncouplestherapy.com/paula-shulman/">https://www.northamptoncouplestherapy.com/paula-shulman/</a>		
Sue Tippett		(413) 586-2226					
Chaia Wolf (Atkinson Family Practice (LICSW)	17 Research Drive, Amherst, MA, 01002	(413) 549-8400	Divorce Mediation, Stress Management, Non-Violent Communication , Families, Couples (Parenting)		<a href="https://www.atkinsonfamilypractice.com/anne">https://www.atkinsonfamilypractice.com/anne</a>  chaiawolfmsw@gmail.com		
Veronica Rogers Everett (LICSW)	No Address Listed	413-853-3794	Children, Adolescents, Families, Young Adults, Eating Disorders, Family Relationships,			Was not connected through upon dialing listed number	

			Mood Disorders				
Greg Petrorsky (Psychologist)	36 Hadley St, South Hadley, MA 01075	413-532-3125		Aetna, Aetna Medicare, Allstate Benefits, Blue Cross Blue Shield of MA, Commonwealth Community Care, Community Care, Coventry, Harvard Pilgrim Health Care, Health New England, Network Health, Tufts Health Plan, United Healthcare			
Laura Pontani (LMHC)	8 Trumbull Road #103 Northampton, MA 01060	617-909-5086	Individuals, Couples, Families, Psychotherapy		laura.pontani@gmail.com		
Jonathan Goldin (LICSW)	664A Main Street, Amherst, MA 01002	413-222-3006	ADHD, OCD, Anxiety Disorders, Substance Abuse, Psychotherapy		johnnygoldin@verizon.net	<i>Email Address Not Found</i>  Now in Lexington, MA, Voicemail Box was full	Is still accepting new clients according to voicemail
Kristen Joyce (LMHC)	25 Main Street Suite 201 Northampton, MA 01060	(978) 785-9959	All ages, Family, Anxiety, Depression, Relationship Issues		<a href="http://www.kristenjoyce.com/">http://www.kristenjoyce.com/</a>		

## Amherst Area Community Mental Health Services

### Psychiatrists

(last update spring 2023)

Name	Location	Phone	Specialty	Insurance	Websites/Email	Notes
Eugene Goldwater (Psychiatrist, MD)	9 Forestedge Rd Amherst, MA 01002	(413) 258-0978	Teens, Adults  Parenting, Relationship Issues, Addiction	BCBS, Medicare, Out of Network	<a href="https://www.psychologytoday.com/us/psychiatrists/eugene-goldwater-amherst-ma/33207">https://www.psychologytoday.com/us/psychiatrists/eugene-goldwater-amherst-ma/33207</a>	
Katherine Johnson (Psychiatric Nurse Practitioner, AGNP, PMHNP)	Handel Behavioral Health 21 Pray Street Amherst, MA 01002	(413) 666-1412	Teens, Children, Adults  Medication Management, ADHD, Bipolar Disorder	Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, Cigna and Evernorth, Harvard Pilgrim, Optum, UnitedHealthcare UHC   UBH	<a href="https://www.psychologytoday.com/us/psychiatrists/katherine-johnson-amherst-ma/1045015">https://www.psychologytoday.com/us/psychiatrists/katherine-johnson-amherst-ma/1045015</a>	Fluent in Spanish, speaks little Italian
Shadi Zaghoul (Psychiatrist, MD, MBA)	39 Main Street Suite 34C Northampton, MA 01060	(413) 251-5046	Teens, Preteens, Children, Adults  Psychotherapy, Psychiatric Medications, Family Therapy	Out of Network, Does not accept insurance	<a href="https://www.psychologytoday.com/us/psychiatrists/shadi-zaghoul-northampton-ma/974519">https://www.psychologytoday.com/us/psychiatrists/shadi-zaghoul-northampton-ma/974519</a>  <a href="https://drzpsychiatry.com/">https://drzpsychiatry.com/</a>	

Amalia F. Lee (Psychiatrist, MD)	235 Greenfield Road Suite 3 South Deerfield, MA 01373	(413) 749-4719	Teens, Adults  Mood Disorders, Anxiety, Depression	Out of Network, Does not accept insurance	<a href="https://www.psychologytoday.com/us/psychiatrists/amalia-f-lee-south-deerfield-ma/385827">https://www.psychologytoday.com/us/psychiatrists/amalia-f-lee-south-deerfield-ma/385827</a>	Speaks Spanish
Meredith Hogarty (Psychiatric Nurse Practitioner, PMHNP-B, MSN, RN, MSW)	800 Turnpike Street North Andover, MA 01845  <i>Offers Online Therapy</i>	(339) 233-4959	Teens, Adults  Medication Management, Depression, Anxiety	Aetna, Anthem, Blue Cross, BlueCross and BlueShield, Cigna and Evernorth, ComPsych, Harvard Pilgrim, Optum, TRICARE, Tufts, UnitedHealthcare UHC   UBH	<a href="https://www.psychologytoday.com/us/psychiatrists/meredith-hogarty-north-andover-ma/487664">https://www.psychologytoday.com/us/psychiatrists/meredith-hogarty-north-andover-ma/487664</a>	
Kathleen Hawk (Psychiatric Nurse Practitioner, NP)	94 King Street Northampton, MA 01060	(413) 269-8537	Teens, Preteens, Adults  Medication Management, Ketamine Assisted Therapy, Mood Disorders	Out of Network	<a href="https://www.psychologytoday.com/us/psychiatrists/kathleen-hawk-northampton-ma/1032327">https://www.psychologytoday.com/us/psychiatrists/kathleen-hawk-northampton-ma/1032327</a>	
Suellen Hamkins (MD)	11 Thatcher Road #1 Amherst, MA 01003	413-545-2337	Depression, Anxiety, OCD, Anorexia, Bulimia, and Bipolar Disorder		<a href="https://www.cooleydickinson.org/doctors-providers/suellen-hamkins-md/">https://www.cooleydickinson.org/doctors-providers/suellen-hamkins-md/</a>	
Kim Gaitskill (Psychiatrist, MD)	26 S. Prospect Street Suite 205 Amherst, MA 01002	978-852-7671	Children, Teens, College Students, Young Adults, Families  Issues impacting families, partner relationships, establishing goals, Depression, Bipolar		doctor@kimgaitskillmd.com	

			Disorder,			
John Zebrun (MD)	47 Pleasant Street, Suite 1-NW, Northampton, MA 01060	413-230-3541	Child and Adolescent Psychiatry			<a href="https://providers.baystatehealth.org/provider/John+M.+Zebrun/208808?specialty_page=true&amp;specialty=Psychiatry&amp;location=Amherst%2C%20MA&amp;from=search-list">https://providers.baystatehealth.org/provider/John+M.+Zebrun/208808?specialty_page=true&amp;specialty=Psychiatry&amp;location=Amherst%2C%20MA&amp;from=search-list</a>
Othman M. Mohammad (MD)	<b><u>Baystate Behavioral Health- Child Outpatient:</u></b> Tolosky Center, 300 Main Street Springfield, MA 01199 <b><u>Baystate Behavioral Health- MCPAP Program:</u></b> 150 Lower Westfield Road Holyoke, MA 01040	413-794-1038		AETNA, BEACON, BLUE SHIELD MEDICARE ADV, BLUE SHIELD PPO IND, CIGNA BEHAVIORAL HEALTH, COMMONWEALTH CARE ALLIANCE, CONSOLIDATED, CT MEDICAID, FIRST HEALTH COVENTRY, HEALTH NEW ENGLAND EXCLUDING BE HEALTHY, HMO BLUE, HNE BE HEALTHY PARTNERSHIP, MA MEDICAID, MBHP, MEDICARE, MULTIPLAN PHCS, NORTHEAST DIRECT, RAILROAD MEDICARE, SERENITY CARE PACE, TRICARE,		<a href="https://providers.baystatehealth.org/provider/Othman+M.+Mohammad/271979?display_location=Amherst%2C%20MA&amp;distance=25&amp;location=42.3732216%2C-72.5198537&amp;sort=distance&amp;specialty_all=Psychiatry&amp;page=2&amp;from=search-list#provider-details-insurance">https://providers.baystatehealth.org/provider/Othman+M.+Mohammad/271979?display_location=Amherst%2C%20MA&amp;distance=25&amp;location=42.3732216%2C-72.5198537&amp;sort=distance&amp;specialty_all=Psychiatry&amp;page=2&amp;from=search-list#provider-details-insurance</a>

				TUFTS, TUFTS HEALTH TOGETHER ACO, TUFTS PUBLIC PLANS NON MASS HEALTH, TUFTS TOGETHER MCO, TUFTS US FAMILY HEALTH, UNITED BEHAVIORAL HEALTH, VT MEDICAID		
Dr. Sarah Lukens	664 Main Street, #56 Amherst, MA 01002	413-461-7210	Outpatient therapy and neuropsychs	Aetna, Tufts, Harvard Pilgrim, United, Oxford, and Oscar	<a href="http://www.valleytherapyassessment.com">www.valleytherapyassessment.com</a> <a href="mailto:sarahlukens@valleytherapyassessment.com">sarahlukens@valleytherapyassessment.com</a>	

Other support places

PHP/IOP- Gilding Light	Worcester 299 Lincoln St	<ul style="list-style-type: none"> <li>• Magellan</li> <li>• Optum/UHC</li> <li>• Aetna</li> <li>• Evernorth/Cigna</li> <li>• Point32Health</li> </ul>	<a href="https://guidelighthealth.com/?utm_source=email&amp;utm_medium=news&amp;utm_campaign=worcest er">https://guidelighthealth.com/?utm_source=email&amp;utm_medium=news&amp;utm_campaign=worcest er</a>	
Alanon Teen	Florence <a href="http://district2meetin.com">district2meetin</a>	free	<a href="https://wmassalanon.org/alateen/">https://wmassalanon.org/alateen/</a>	

	<a href="mailto:gs@gmail.com">gs@gmail.com</a>			