



Town of Barnstable  
**BARNSTABLE RECREATION**



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## YOUTH MENTAL HEALTH RESOURCES

**Baycove Human Services:** Urgent and emergency mental health services; provides mobile crisis interventions across the Cape and Islands to both youth and adults. Contact: 833-229-2683. Accepts walk-ins from 7:00am to 11:00pm however calling prior to arrival is suggested.  
Website: <https://www.baycovecapecod.org/urgent-care-center>

**NAMI Helpline- National Alliance on Mental Illness:** Available to call for resources and support 10:00am-10:00pm Monday-Friday; 1-800-950-6264. Local Hyannis NAMI chapter contact info: 508-778-4277.

**Online resource document:** <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/2021-Resource-Directory.pdf>

**Department of Children & Families (DCF) Cape Area Office:** State agency dealing with abuse and neglect of children. Report hotline: 800-792-5200. Cape area office contact information: 508-760-0200.

**Child & Family Services:** Agency providing psychotherapy for youth, adults, and families and **accepts all insurances**. Offices located in both Harwich and Hyannis.

Contact: 508-778-1839.

Online Referral Links:

Outpatient Therapy: <https://child-familyservices.org/cape-cod-access-to-care-form/>

In Home Family Therapy: <https://child-familyservices.org/cape-cod-iht-referral-form/>

**Family Continuity:** Agency providing psychotherapy and psychiatry for youth, adults, and families and **accepts all insurances**. Office located in Hyannis. Contact: 508-862-0600.

**Northeast Health Services:** Agency providing psychotherapy and psychiatry for youth, adults, and families and **accepts all insurances**. Offices located in Orleans, Hyannis, Yarmouth, and Falmouth. Contact: 508-663-3859.  
Online Referral Form: <https://nehs.transformationsnetwork.com/schedule-appointment>

**Psychology Today:** Virtual platform to find private practice therapists in your area with the ability to filter search results by insurance, specialty, gender, location, or other preferences.  
Website: <https://www.psychologytoday.com/us/therapists/ma/barnstable-county>

**Duffy Health Center:** Federally qualified health center providing comprehensive medical and mental health care for both youth and adults. Duffy specializes in at-risk and vulnerable populations and provides in person help with applying for health insurance. New group programs offered for teens experiencing substance use issues. **Accepts state-sponsored health insurances and Medicare**. Office located in Hyannis.  
Contact: 508-771-9599.  
Website: <https://www.duffyhealthcenter.org/new-patients>

**Outer Cape Health Center:** Federally qualified health center serving children, adolescents, and adults for medical and mental health needs. Provides comprehensive treatment including case management, psychiatry, psychotherapy, and primary care. **Accepts all insurances**. Located in Harwich, Wellfleet, and Provincetown.  
Contact: 508-905-2888  
Website: <https://www.outercape.org/>

**Cape Cod Human Services:** Agency providing psychotherapy and psychiatry for youth and adults. **Accepts all insurance**. Office located in Hyannis. Contact: 508-790-3300.

**Justice Resource Institute:** Agency providing multiple community based and office based mental health programs and supports for youth and their families. Parent support, In Home Therapy, Outpatient therapy, and Intensive Care Coordination are a few of their key programs. **Accepts all insurances**. Main office located in Yarmouth. Contact: Megan Kenney, LICSW, Program Director 508-771-3156 ext. 2672.  
Printable Referral Forms: <https://jri.org/services/community/csa>



**Department of Mental Health:** State Mental Health authority that provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities. Contact: Alexis Romanow, Southeast Area Director of Child, Youth, and Family Services: 508-897-2193  
DMH Youth Website: <https://www.mass.gov/orgs/dmh-child-youth-and-family-services>  
DMH Application & how to apply here: <https://www.mass.gov/info-details/applications-for-dmh-services>

**MASS Mentor:** Agency providing home and community-based human services. Offers innovative programs to children with emotional and behavioral challenges and their families, and to adults and youth with intellectual and developmental disabilities and medically complex needs. Through a range of personalized supports, we empower the individuals and families we serve to learn, grow and thrive. Office located in Hyannis. Contact: 508-862-2639. **Accepts Mass health insurance.**  
Website: <https://www.ma-mentor.com/>

**Children's Cove:** Provides the coordinated response to child physical and sexual abuse, domestic violence, commercial exploitation, and trafficking for youth ages 2-17 years of age, or an adult of any age with developmental disabilities. Children's Cove provides trauma-informed, child-friendly, culturally sensitive, evidence-based care for children and their non-offending caregivers **free of charge.** Office is located in Hyannis.  
Website: <https://www.childrenscove.org/services/accessing-services/>

