



May Counseling Center—

Therapeutic services for children, adolescents, adults, and families

MayInstitute
Shaping Futures. Changing Lives.

BEHAVIORAL HEALTH SERVICES

The May Counseling Center in Walpole, Mass., is an outpatient mental health center serving children, adolescents, and adults.

For more than 50 years, May Counseling Center has offered caring, evidence-based treatments for emotional and psychological disorders in a supportive, nurturing environment.

Our Specialties

Specialty services are provided by clinicians with extensive training and experience in the evaluation and treatment of many disorders.

- Anxiety
- Autism spectrum disorders (ASD)
- Bipolar disorder
- Borderline Personality Disorder
- Depression
- Grief and loss
- Obsessive-Compulsive Disorder
- Phobias and panic

- Post-Traumatic Stress Disorder (PTSD) and trauma
- Schizophrenia
- Sexual identity; LGBTQ issues

Services for Children and Families

Ongoing support is vital for children, parents, and families coping with the emotional, medical, or relationship issues of everyday life.

For children and adolescents:

- Coping with family issues; separation and divorce
- School avoidance/phobia
- Separation anxiety
- Behavior problems and conduct disorders
- Body image
- Eating disorders
- Death, grief, and loss
- Abuse and neglect
- School consultation
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Learning disability support
- PTSD and trauma

For parents:

- Parenting techniques
- Relationship/couples issues
- Stress management
- Communication skills
- Geriatric support
- Parenting in foster care

Dedicated, Highly Qualified Staff

Our multidisciplinary team consists of psychiatrists, psychologists, social workers, mental health counselors, and nurses. They provide specialized clinical care for key emotional and behavioral concerns.

SPECIALIZED THERAPEUTIC CARE

Our behavioral health professionals provide a full range of mental health services to children, adolescents, and adults. Caring, effective state-of-the-art services are available to individuals with a wide range of mental health diagnoses.

frequently asked questions

Can I get medication?

If medication is indicated for your treatment, you can be seen by our psychiatrist for a psychopharmacology evaluation.

Can my child get medication?

While we do provide high-quality therapy for individuals under 17, we do not provide medication for clients under 17. We have many child and adolescent clients who see a psychiatrist outside of our clinic. Our clinicians take a team approach with other providers and consult regularly with them to ensure the best treatment for your child.

What treatment do you use?

Anxiety, depression, eating disorders, and other behavioral and physical issues can seriously disrupt a person's personal and professional life. Our goal is to provide the most effective treatment utilizing clinically proven, goal-oriented interventions, and ongoing support services.

We have expertise in evidence-based treatment in a number of areas including cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT). These have proven beneficial for many clients.

How do you support children with autism spectrum disorders (ASD)?

Our staff are trained in behavior modification to address behavior needs. Our therapists help children and adolescents with ASD to reduce social problems and serious behavior disorders.

We also work closely with parents, providing vital support and training to help them reinforce at home what their children learn at the Center, ensuring their continued progress and growth.



MAY COUNSELING CENTER

If you or your child is having difficulty coping, experiencing anxiety or depression or other psychological symptoms, please call us. We can help.

We are easily accessible by car or MBTA commuter rail.

95 West Street, Walpole, MA 02081

Hours: Monday–Friday, 8:00 a.m.–7:00 p.m.

OTHER LOCATION: Our May Behavioral Health Clinic in West Roxbury (2020R Centre Street) serves children, adolescents, and adults in the Metro-Boston area.

INSURANCE

We accept most insurances—commercial, private, Medicare, Medicaid, MassHealth, NHP, BMC HealthNet Plan, MBHP, Network Health, Blue Cross Blue Shield, UBH, Tufts, and more.

TO MAKE A REFERRAL OR AN INITIAL APPOINTMENT FOR THE WALPOLE OR WEST ROXBURY CLINICS, CONTACT:

Lisa Cook, Intake Coordinator

Tel: 508.660.1510, ext. 239; Fax: 508.660.3122

Email: lcCook@mayinstitute.org

Web: www.mayinstitute.org

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