

Westborough Youth and Family Services (WYFS) is a town department with a mission to provide counseling and social services to Westborough residents and to promote behavioral health and wellness for the entire community.



508-366-3090

[westboroughyfs.org](http://westboroughyfs.org)

45 West Main Street, Suite 305  
Westborough, MA 01581

[yfs@town.westborough.ma.us](mailto:yfs@town.westborough.ma.us)

## Hours of operation\*

Monday, Wednesday and Thursday,  
8:00 AM–5:00 PM

Tuesday, 8:00 AM–8:00 PM

Friday, 7:30 AM–12:00 PM

\*Additional evening hours available by appointment.

## FREE DIRECT SERVICES

Services at WYFS are confidential. Information about people served is not shared outside of WYFS without written consent.

### ▪ COUNSELING SERVICES

Licensed WYFS clinicians provide individual, family and couples' counseling and psychotherapy to residents of all ages to address mental health and relational issues and support people in crisis.

### ▪ CLINICAL CONSULTATION

WYFS clinicians provide clinical consultation to any Westborough resident in need. Consultations are single sessions designed to give residents support, education, information and connections to resources.

### ▪ RESOURCE & REFERRAL SERVICES

WYFS staff connect Westborough residents to services, resources and organizations to address social service and basic needs, including food, housing, clothing, health care, financial and transportation needs.

### ▪ YOUTH DIVERSION PROGRAM (YDP)

YDP is a collaboration between WYFS, the Westborough Police Department and the Westborough Public Schools for youth who have been involved with the police or have violated a school's chemical health policy. A clinician facilitates a four-session intervention aimed to promote family learning and avoid court involvement and other consequences.

### ▪ MENTAL HEALTH SCREENING

In-person screenings are available for depression, bipolar disorder, anxiety and post-traumatic stress disorder. Online screening is also available at [screening.mentalhealthscreening.org/westboroughyfs](http://screening.mentalhealthscreening.org/westboroughyfs).

## WESTBOROUGH YOUTH and FAMILY SERVICES VALUES

- **Welcoming**, friendly and accessible with low barriers to services
- **Advocates** for the behavioral health, social, and emotional needs of all residents
- **Leaders** in behavioral health, providing a lens of mental health to Town agencies, departments, and residents
- **Providers of highest quality care**
- **Respectful, safe, inclusive, professional** in all services and interactions



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Mail: 34 West Main Street | Westborough, MA 01581



## ELIGIBILITY AND ACCESS

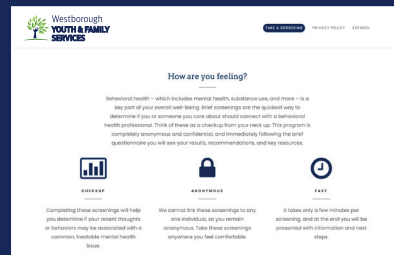
Counseling services are prioritized for residents who have had a difficult time accessing behavioral health services elsewhere due to barriers related to income, insurance, transportation or other factors. All other services are available to all Westborough residents, regardless of income or insurance. Services are free and do not require health insurance. Language interpretation is available for all services in any language.

Westborough residents may call or stop by the office to ask about accessing services. Services are delivered in-person in the WYFS office, with elevator access and on-street parking. Some services may be delivered via telehealth (video conference).

## ADDITIONAL SERVICES and RESOURCES

### ONLINE MENTAL HEALTH SCREENING

Free, anonymous, online mental health screening for adults and parents, 24/7, at <https://screening.mentalhealthscreening.org/westboroughyfs>. Accessible in Spanish and English.



### INTERFACE REFERRAL SERVICE

Free matching service connects residents with outpatient mental health services.

Call 888-244-6843, M-F, 9AM-5PM. Accessible in multiple languages.



### PSYCHIATRIC EMERGENCY SERVICES

Trained clinicians conduct evaluations and facilitate referrals for people experiencing mental health crises, 24/7.

Call 800-640-5432.

