

Contact Us

To access behavioral health support services, including a recovery coach or peer specialist, visit the Walk-In Behavioral Health Access/Urgent Care at 1493 Cambridge Street, Cambridge or 195 Canal Street, Malden.

**Or call the 24/7 phone line at
833-222-2030**

Monday – Friday 8 am – 8 pm
Saturday – Sunday 9 am – 5 pm
Except for major holidays



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Community Behavioral Health Center



CHA Cambridge Hospital
1493 Cambridge Street, Cambridge

CHA Malden Care Center
195 Canal Street, Malden
833-222-2030



Do you need someone to talk to?

Do you live or work in Cambridge, Everett, Malden, Medford or Somerville?

Our services are available to all and covered by most insurances.

No referral is needed.

If you do not have health insurance, we can help you get coverage.

Working with a Recovery Coach or a Peer Specialist is entirely voluntary.

Some ways a Recovery Coach or a Peer Specialist can help you:

- Reaching out to you for check-in and coaching
- Meet you at whatever state of change you are
- Providing confidential peer support
- Meeting one-on-one to discuss pathways to recovery
- Meeting with you in the community (ie. coffee shop, AA meetings)
- Connecting you to community resources
- Meeting with Cambridge Health Alliance teams as needed

Recovery Coaches and Peer Specialists have flexible work styles and schedules.

They can meet you:

- In person
- Online
- One-on-one
- In peer-run support groups
- As part of your care team

Research has shown that both recovery coaches and peer specialists can be very effective as part of a support team.

Recovery Coach

By using their own experience, they help people access self-help, addiction and recovery support groups, Medication Assisted Treatment (MAT), and therapists trained in substance use and mental health.

Peer Specialist

By sharing their own experiences with trauma, psychiatric diagnoses, and the mental healthcare system, these staff members build a foundation of trust based on shared knowledge and shared healing.

