



The Guidelight Difference

PHP • IOP • Virtual • Adults • Adolescents

Delivering Faster Progress Through Compassionate, Evidence-Based Care

Unparalleled Access

Scheduling is available 24 hours a day, evaluations are available within 24 business hours of a referral, and clients can begin programming the next business day.

Evidence-Based Clinical Programming with Emphasis on Skills

Our care model includes proven modalities like CBT, DBT, ACT, and Mindfulness—all tailored to equip clients with the tools they need to build lasting wellness.

Measurable Progress, Meaningful Outcomes

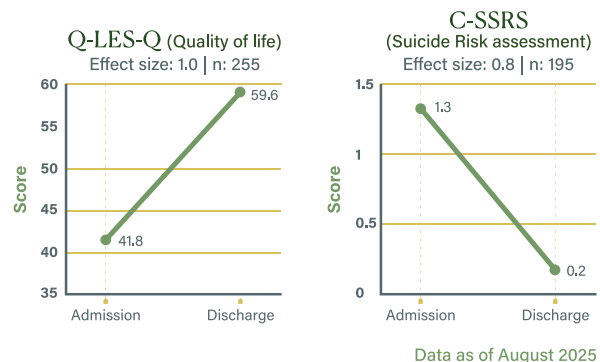
We're proud of our results: clients in our programs show significant reductions in anxiety, depression and related symptoms—thanks to our focused, evidence-based approach. On average, clients graduate from our PHP faster than in many traditional programs, returning to their lives and routines with greater resilience and confidence.

Specialized Programming for Spanish Speakers

We're committed to meeting clients where they are—linguistically and culturally. Our Spanish-language programming ensures clients receive high-quality care in the language they feel most comfortable speaking.

Structural Collaborative Care

Communication with referring providers is built into our program from day one. Mid-program progress reports (including medication updates) are shared electronically. Referring providers are also invited to participate in discharge planning. Our scheduling technology makes coordination seamless.



Refer a client at [guidelightht.com](https://www.guidelightht.com)

(888) 681-2730



Guidelight

Boston Area

BRIGHTON • QUINCY • WALTHAM • WOBURN • WORCESTER