



Boston Area

BRIGHTON

20 Guest Street
Suite 303A
Brighton, MA 02135

QUINCY

2300 Crown Colony Drive
Suite 200
Quincy, MA 02169

WALTHAM

800 South Street
Suite 105
Waltham, MA 02453

WOBURN

300 Tradecenter Drive
Suite 3680
Woburn, MA 01801

WORCESTER

299 Lincoln Street
Suite 302
Worcester, MA 01605

MEDFORD

Opens early 2026
200 Boston Avenue
Suite 1000
Medford, MA 02155

NORWOOD

Opens early 2026
3 Edgewater Drive
Suite 300
Norwood, MA 02062

(888) 681-2730

guidelighthhealth.com

We are in-network with many major insurance plans including most commercial insurers, MassHealth, and Medicare.



Everyone
has a seat at
Guidelight.



We bridge the gap in behavioral healthcare.

At Guidelight, our approach to treatment is to meet you where you are. We believe in the power of collaboration, working together with you, your loved ones, other providers, and within our team to create a personalized and comprehensive care plan.

We acknowledge that your journey is unique, and we honor everyone with dignity and compassion. Our individualized care plans allow you to receive world-class behavioral healthcare that fits into your life.

Programs offered.

Currently serving adults 18 and older.
Clinic availability may vary.

9am - 3:30pm	Adult and Adolescent PHP
9am - 12pm	Adult and Adolescent Day IOP
12:30pm - 3:30pm	Adult and Adolescent Day IOP
5pm - 8pm	Adult and Adolescent Evening IOP



We can help with

Anger and Conflict Management

Anxiety Disorders

Attention Disorders

Depressive Disorders

Emotional Regulation

Impulse Control

Mood Disorders

Personality Disorders

Psychotic Disorders

Self-Harm

Suicidality

Trauma

Why work with us?

Guidelight’s programs prioritize skills-based training, so that clients are equipped with practical tools to reintegrate into their daily lives. Our team of experts has training in evidence-based clinical modalities including:

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Acceptance and Commitment Therapy (ACT)

Mindfulness and Expressive Therapy

The expert-developed curriculum is trauma informed and curated for the unique needs of each client.

Sample schedule

9am – 10am	Opening Group: Safety Check, HW Review, Day’s Goal, DBT
10am – 11am	Evidence-Based Skills Group
11am – 12pm	Evidence-Based Skills Group
	Morning IOP Ends at 12pm
12pm – 12:30pm	Lunch
12:30pm – 1:30pm	Process Group
1:30pm – 2:30pm	Experiential Therapy
2:30pm – 3:30pm	Closing Group: Safety & Treatment Engagement

Expert Care, Compassionate Support

While enrolled in our programs, you will be cared for by an interdisciplinary team of mental health experts who are compassionate and committed to your well-being.

Psychiatrist ensures that your medication regimen is supporting your recovery.

Nurse Practitioner or Physician Assistant provides therapeutic evaluations and psychoeducation.

Registered Nurse provides additional medical and nursing support.

Masters-level Trained Clinician serves as your primary and group therapist.

Client Services Coordinator walks you through the admissions process.

Occupational Therapist supports you in building practical skills and strategies to navigate daily life with greater independence and confidence.

Guidelight operates in Massachusetts as a mental health services clinic licensed to provide Psychiatric Day Treatment, which is sometimes described by insurers as intensive outpatient programs (“IOP”) or partial hospitalization programs (“PHP”). Guidelight is not currently certified by the Centers for Medicare and Medicaid Services (“CMS”) as an IOP or PHP.