About Lahey Health Behavioral Services

We provide a range of outpatient, inpatient and residential care, including mental health clinics; addiction treatment; family services; mobile crisis teams; psychiatric treatment and school-based programs for children and teens.

We serve communities in Greater Boston, the North Shore and the Merrimack Valley, Massachusetts.

About BayRidge PHP

The Partial Hospitalization Program at BayRidge Hospital offers time-limited, therapeutically intensive outpatient treatment for individuals experiencing difficulty with mental health or substance use issues.

How to contact us

To learn more about our program or to schedule an evaluation, call 781-477-6938. Individuals may request treatment themselves, or may be referred to the program by another health care provider or agency.

How to pay for services

PHP services are covered by most insurances.

Zero Centennial Drive
Peabody, MA 01960
978.968.1700 P

Scan with smartphone to access our website.

NebHealth.org
BayRidge Partial Hospital Program (PHP)

Time-limited, therapeutically intensive outpatient treatment

Who We Serve
The BayRidge PHP serves North Shore area adults, age 18 and older, experiencing significant difficulty in functioning at work, at home, or in the community.

Admission to the PHP can be a viable alternative to inpatient hospitalization, and offers the same treatment modalities.

Transfer from an inpatient unit to the PHP has also helped individuals to make the transition from the intense structured setting of the hospital back to the community.

Services we provide
Participants attend three to five days per week, for either the full day or a half day, depending on the individual’s treatment needs. A full day includes five different therapeutic groups focused on identified goals.

Each person’s needs are different, but participants typically attend the program for two weeks.

Treatment includes
A comprehensive assessment
An individualized plan of care
Educational and skill building groups
DBT groups daily
Dual recovery groups
Individual counseling
Daily assessment of progress towards goals
Medication assessment and management
Family meetings
Aftercare planning and referral

Lunch is provided
Transportation is available