



To learn more or make an appointment,
call 844-MHA-WELL (844-642-9355)

About MHA

MHA is a nonprofit provider of residential and support services to people impacted by mental illness, developmental disabilities, substance use and homelessness throughout the Greater Springfield area. Our core values are Respect, Integrity and Compassion. We operate extensive residential, outreach and supported living programs, plus an outpatient center for emotional wellness. Our services reflect the belief that everyone deserves quality affordable housing, the opportunity to develop to their fullest potential and the support to pursue their personal vision and meaningfully participate in the life of their community.



Bestlife accepts most health insurance plans. A sliding fee scale is available for those who qualify. After-hours access to services is available.

153 MAGAZINE STREET, SPRINGFIELD, MA 01109
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**BEST
LIFE**
LIVE YOURS



Mental health – we all have it. And just like our physical health, our mental health can change. Stress, anxiety, loss, alcohol or substance use, and even seasonal transitions can impact our emotional well-being. Whether the issues we may be facing are temporary or ongoing, they can affect how we feel and live day-to-day. We all experience life, and life experiences us. Bestlife is a ready and willing partner to help you live your best life.

We help folks live their best life

Bestlife Emotional Health and Wellness Center partners with adults, children, families, couples—whoever may be impacted by the challenges of long-term or temporary mental health, substance use and/or co-occurring concerns. Our evidence-based services are provided (onsite or in the community) by licensed clinicians, master's-prepared clinicians, and a board certified psychiatrist provides treatment oversight and medication management.

Key services and supports include:

- **Assessment**
- **Mental health counseling**
- **Comprehensive substance abuse treatment**
- **Treatment of co-occurring disorders**
- **Individual, family, group and couples' therapy sessions**
- **Pharmacological intervention**
- **Case management and care coordination**
- **Referrals to community support services**
- **Psychoeducation on topics related to health and well-being**
- **Life skills enhancement**
- **Recovery support**
- **Parent/caregiver support and aftercare planning**

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Community is our focus.

Mental health, substance use, and/or co-occurring services are accessible through all Bestlife programs, giving the folks we serve an option to build trust, ensure continuity of care, get a second opinion or just talk with somebody new. Our state-of-the-art Bestlife Emotional Health and Wellness Center is small and personal, not large and institutional. We're conveniently located on a bus route and there's ample free parking on site.

Core values drive our work.

In all we do, Bestlife is guided by three core values.

RESPECT:

Our aim is to create an atmosphere where dignity and equality are commonplace and where all individuals can reach their maximum potential to feel their best.

INTEGRITY:

Bestlife provides flexible, responsive, high quality clinical services that are person-driven and reflect ethnic, cultural, linguistic and individual diversity.

COMPASSION:

Bestlife engages people to pursue their personal vision and meaningfully partner in a way that is sensitive and specific to their individual needs.

These core values are interwoven throughout every therapy, support group or personalized care plan that Bestlife provides. They make a difference in every life we touch.