

# Substance Abuse and Mental Health Resource Guide



**Granite State Independent Living**  
Revised: September 2017

**Created by: Granite State Independent Living**

**Substance Abuse and Mental Health Resource Guide**

**Revised: September 2017**

**The resources in this guide are not endorsement of entities or services. Information may be missing or outdated as resources and services can change at any time. Please contact the sources to verify information and eligibility of their services.**

**\*\*Alternative format available upon request\*\***

For questions or concerns, please contact us:

Address: 21 Chenell Drive, Concord NH 03301

Phone: (603) 228-9680 or Toll-Free: (800) 826-3700

Website: [www.gsil.org](http://www.gsil.org) and Email: [info@gsil.org](mailto:info@gsil.org)

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# Psychiatric Emergency & Crisis Services

## Crisis Intervention Services at NH Bureau of Behavioral Health

Crisis Intervention Services are available 24 hours a day, 7 days a week to any person in the state of New Hampshire who may be experiencing psychiatric distress. If you are dealing with an immediate crisis, please:

- call 911, or
- call the National Suicide Prevention Hotline Lifeline at 1-800-273-TALK (8255), or
- visit the emergency room at your local hospital, or
- contact your local community mental health center:  
Website: <http://www.dhhs.nh.gov/dcbcs/bbh/centers.htm>

### Business Hours

8:00 AM – 4:30 PM, Monday through Friday

### Telephone Numbers

Telephone	(603) 271-5000
Toll Free Number	(800) 852-3345, ext. 5000
TDD Access Relay	(800) 735-2964
Fax Number	(603) 271-5058 -OR- (603) 271-5040
Peer Support Liaison	(603) 271-5052
Bureau Administrator	(603) 271-5007
Financial Manager	(603) 271-5066
Media Inquiries Only	(603) 271-4051
OCFA Director	(603) 271-5138
Program Manager	(603) 271-8376
Legal Services	(603) 271-0835

### E-Mail

Send [e-mail](#) to the Bureau of Behavioral Health

### Address

Address	Bureau of Behavioral Health Division of Community Based Care Services NH Department of Health and Human Services 105 Pleasant Street Concord, NH 03301
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# Substance Abuse and Alcohol Resources

## ADDICTION CRISIS LINE

### **NH Statewide Addiction Crisis Line**

Toll Free: (844) 711-HELP (4357)

Website: [www.dhhs.nh.gov/dcbcs/bdas/crisis-line.htm](http://www.dhhs.nh.gov/dcbcs/bdas/crisis-line.htm) and Email: [hope@keystonehall.org](mailto:hope@keystonehall.org)

Granite Staters struggling or who know someone struggling with addiction or substance misuse can call the New Hampshire Statewide Addiction Crisis Line toll-free at 1-844-711-HELP (4357) or via email:

[hope@keystonehall.org](mailto:hope@keystonehall.org) Individuals can also call 211 to receive information about the crisis hotline.

Information about the Statewide Addiction Crisis Line is provided as a resource to treatment professionals, recovery support services, prevention professionals, first responders, hospitals, social workers, therapists, clinics, schools, advocacy groups, homeless shelters, nonprofits, and religious organizations and civic organizations throughout New Hampshire.

## ALCOHOL AND DRUG TREATMENT LOCATOR

### **211 NH**

Phone: 211 (in NH only) or Toll-Free: (866) 444-4211 (out of state)

Address: PO Box 211, Manchester, NH 03105

Website: [www.211nh.org](http://www.211nh.org) and Email: [211nh@211nh.org](mailto:211nh@211nh.org)

2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

### **DrugfreeNH**

Phone: (844) 711-HELP (4357) NH 24-Hour Toll-Free Crisis Line

Website: [www.drugfreenh.org](http://www.drugfreenh.org)

A website designed to help individuals, families, and communities to get informed, get involved and get help! You will find information on prevention efforts, effects of alcohol and other drugs, guidance on recovery and treatment and links to programs in the Granite State . . . and more.

Partnership for a Drug-Free New Hampshire is a nonprofit organization that strives to create and promote consistent statewide messages about the problems and solutions of substance misuse in New Hampshire through engagement of partners, members and champions.

### **NH Alcohol and Drug Treatment Locator - NH Bureau of Drug and Alcohol Services**

Address: 105 Pleasant Street, Concord, NH 03301

Phone: (603) 271-6738 or Toll-Free: (800) 804-0909

Website: [www.nhtreatment.org](http://www.nhtreatment.org)

NH Treatment Locator - Searchable Database: Specialized Information and Referral for Alcohol Abuse Issues, Specialized Information and Referral for Drug Abuse Issues, Specialized Information and Referral for Opioid Detoxification

## **Alcohol and Drug Treatment Locator continued...**

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Address: 5600 Fishers Lane, Rockville, MD 20857

Phone: (877) 726-4727 (Toll-Free) and TTY: (800) 487-4889

Website: [www.samhsa.gov](http://www.samhsa.gov)

National Helpline: (800) 662-HELP (or 800-662-4357)

Behavioral Health Treatment Services Locator: [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Behavioral Health Treatment Services Locator is an online source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

## **ALCOHOL AND DRUG CRISIS INTERVENTION**

### **Keystone Hall**

Outpatient Services: Address: 45 High Street, Harbor Homes, Nashua, NH 03064

Phone: (603) 943-7971

Residential Services: Address: 615 Amherst Street, Nashua NH 03060

Phone: (603) 881-4848 Residential Services

Website: [www.keystonehall.org](http://www.keystonehall.org) and Email: [kh\\_info@keystonehall.org](mailto:kh_info@keystonehall.org)

Keystone Hall is NH's premier substance use disorder treatment, prevention, and recovery support services center, offering both inpatient and outpatient services to men, women, families, and adolescents. Keystone Hall serves those with and without insurance, with a focus on serving those least able to afford treatment on their own. No one is turned away, regardless of ability to pay.

### **Phoenix House New England – New Hampshire**

Keene Address: 106 Roxbury Street, Keene, NH 03431

Dublin Address: 3 Pierce Road, Dublin, NH 03444

Phone: (844) 462-3857 (Toll-Free)

Website: [www.phoenixhouse.org/locations/new-hampshire](http://www.phoenixhouse.org/locations/new-hampshire) and Email: [anherrick@phoenixhouse.org](mailto:anherrick@phoenixhouse.org)

At Phoenix House New Hampshire, we understand that substance abuse affects every aspect of a person's life. Recovery means not only freedom from drugs, but also freedom from the past and freedom of choice in the future. Residents of the state receive a variety of services including social detoxification, residential and outpatient treatment for adults, and transitional living support.

### **Southeastern NH Services**

Address: 272 County Farm Road, Dover, NH 03820

Phone: (603) 516-8160

Website: [www.dovernhtreatmentcenter.org](http://www.dovernhtreatmentcenter.org) and Email: [senhs@co.strafford.nh.us](mailto:senhs@co.strafford.nh.us)

Provides a variety of substance abuse services including DWI programs (1st Offender, Phase II, and Multiple Offender), Outpatient Counseling, Turning Point Working Halfway House, Substance Abuse Education Program (Alternative Sentencing and Prevention Program-ASAP), Detoxification and Stabilization Program, Substance Abuse Assessments, 4-6 week Residential Treatment Program, and a women's Intensive Outpatient Program designed for pregnant women and female IV drug users.

## INPATIENT DRUG ABUSE TREATMENT FACILITIES

### **Farnum Center**

Address: 140 Queen City Avenue, Manchester, NH 03104

Phone: (603) 622-3020 or Toll-Free: (888) 840-4243

Website: [www.farnumcenter.org](http://www.farnumcenter.org)

The Farnum Center is a comprehensive alcohol and other drug treatment facility offering an array of services including: medical detox unit, Inpatient, Outpatient, Intensive Outpatient, (IOP) and Suboxone clinics. Family education and support is also provided.

### **Hampstead Hospital**

Address: 218 East Road, Hampstead, NH 03841

Phone: (603) 329-5311

Website: [www.hampsteadhospital.com](http://www.hampsteadhospital.com) and Email: [info@hampsteadhospital.com](mailto:info@hampsteadhospital.com)

Substance Abuse Treatment Programs: Private treatment facility that provides substance abuse treatment, inpatient partial hospitalization, and aftercare for seniors, adults, adolescents, and children. Medical detox (3 - 5 days) for drug and alcohol addiction for adults, can only take adolescents for detox if there are psychiatric issues (danger to self or others). Intensive outpatient treatment; Quitting Time (after patient has detoxed).

### **Maple Leaf Treatment Center**

Address: 10 Maple Leaf Road, Underhill, VT 05489

Phone: (802) 899-2911 x502 and Toll-Free: (800) 254-5659 x502

Website: [www.mapleleaf.org](http://www.mapleleaf.org) and Email: [info@mapleleaf.org](mailto:info@mapleleaf.org)

Substance Abuse Treatment Programs Residential Care: The schedule of treatment is an active blend of: Daily individual and group therapy, lectures, films, workshops, leisure and recreational activities - all related to physical, mental and spiritual aspects of the disease. The Family Recovery program is conducted every other Saturday, with individual family counseling offered when appropriate. Daily community meetings - in-house or outside A.A./N.A. meetings. As appropriate: Ongoing medical monitoring of medication.

### **Phoenix House New England – New Hampshire**

Keene Address: 106 Roxbury Street, Keene, NH 03431

Dublin Address: 3 Pierce Road, Dublin, NH 03444

Phone: (844) 462-3857 (Toll-Free)

Website: [www.phoenixhouse.org/locations/new-hampshire](http://www.phoenixhouse.org/locations/new-hampshire) and Email: [anherrick@phoenixhouse.org](mailto:anherrick@phoenixhouse.org)

At Phoenix House New Hampshire, we understand that substance abuse affects every aspect of a person's life. Recovery means not only freedom from drugs, but also freedom from the past and freedom of choice in the future. Residents of the state receive a variety of services including social detoxification, residential and outpatient treatment for adults, and transitional living support.

### **Southeastern NH Services**

Address: 272 County Farm Road, Dover, NH 03820

Phone: (603) 516-8160

Website: [www.dovernhtreatmentcenter.org](http://www.dovernhtreatmentcenter.org) and Email: [senhs@co.strafford.nh.us](mailto:senhs@co.strafford.nh.us)

Provides a variety of substance abuse services including DWI programs (1st Offender, Phase II, and Multiple Offender), Outpatient Counseling, Turning Point Working Halfway House, Substance Abuse Education Program (Alternative Sentencing and Prevention Program-ASAP), Detoxification and Stabilization Program, Substance Abuse Assessments, 4-6 week Residential Treatment Program, and a women's Intensive Outpatient Program designed for pregnant women and female IV drug users.

## **Inpatient Drug Abuse Treatment Facilities continued...**

### **Tri-County Community Action Program – The Friendship House**

Address: 2957 Main Street, PO Box 717, Bethlehem NH 03570

Phone: (603) 869-2210

Website: [www.tccap.org/services/health/substance-abuse-recovery-the-friendship-house](http://www.tccap.org/services/health/substance-abuse-recovery-the-friendship-house)

Email: [fh@tccap.org](mailto:fh@tccap.org)

Tri-County CAP's Alcohol and Other Drug Services program offers outpatient alcohol and drug counseling services including LADC. It is a community service for individuals of all ages who have a problem with substance abuse. Services are available in Woodsville, Tamworth. Services being offered are individual, couple, adolescent, group and family counseling, and consultations/evaluations for other health care professionals.

## **RECOVERY HOMES AND HALFWAY HOUSES**

### **Headrest**

Address: 14 Church Street, Lebanon, NH 03766

Phone: (603) 448-4872 ext. 101 and Toll-Free: (800) 639-6095

Phone: (603) 448-4400 Crisis Hotline

Website: [www.headrest.org](http://www.headrest.org)

This residential program provides: case management, education, advocacy, counseling, and support. Help in finding housing and employment is provided. Transportation to AA and NA meetings is provided.

### **Helping Hands Outreach Ministries, Inc.**

Address: 50 Lowell Street, Manchester, NH 03101

Phone: (603) 623-8778

Website: [www.helpinghandsmanchesternh.com](http://www.helpinghandsmanchesternh.com) and Email: [rich@hh-oc.org](mailto:rich@hh-oc.org)

Helping Hands Outreach Center, a faith-based community service agency, exists to provide a safe, sober living environment for men in recovery from substance abuse and addiction and help them to discover and employ the tools necessary to live responsible and productive lives

### **Southeastern NH Services**

Address: 272 County Farm Road, Dover, NH 03820

Phone: (603) 516-8160

Website: [www.dovernhtreatmentcenter.org](http://www.dovernhtreatmentcenter.org) and Email: [senhs@co.strafford.nh.us](mailto:senhs@co.strafford.nh.us)

Provides a variety of substance abuse services including DWI programs (1st Offender, Phase II, and Multiple Offender), Outpatient Counseling, Turning Point Working Halfway House, Substance Abuse Education Program (Alternative Sentencing and Prevention Program-ASAP), Detoxification and Stabilization Program, Substance Abuse Assessments, 4-6 week Residential Treatment Program, and a women's Intensive Outpatient Program designed for pregnant women and female IV drug users.



## SOBER LIVING HOMES

### **Farnum Center; Webster Place (NH Easter Seals)**

Address: 27 Holy Cross Road, Franklin, NH 03235

Phone: (603) 934-2020 or Toll-Free: (844) 903-7829

Website: [www.websterplace.org](http://www.websterplace.org) and Email: [info@websterplace.org](mailto:info@websterplace.org)

### **Phoenix House: Residential Program at Dublin Center**

Address: 3 Pierce Road, Dublin, NH 034441

Phone: (888) 671-9392

Website: [www.phoenixhouse.org/locations/new-hampshire](http://www.phoenixhouse.org/locations/new-hampshire) and Email: [anherrick@phoenixhouse.org](mailto:anherrick@phoenixhouse.org)

## SOBER LIVING HOMES FOR WOMEN

### **Butterfly House for Women**

Laconia Address: 108 Academy Street, Laconia, NH 03246

Northfield Address: 23 Elm Street, Northfield, NH 03276

Phone: (603) 527-8682 or (802) 272-7570

Website: [www.butterflyhouseforwomen.org](http://www.butterflyhouseforwomen.org) and Email: [butterflyhouseforwomen@gmail.com](mailto:butterflyhouseforwomen@gmail.com)

### **New Life Home for Women and Children**

Address: PO Box 148, Manchester NH 03105

Phone: (603) 624-8444

Website: [www.newlifehome.org](http://www.newlifehome.org) and Email: [info@newlifehome.org](mailto:info@newlifehome.org)

## SOBER LIVING HOMES FOR MEN

### **Bonfire Recovery Services**

Address: 10 Grove Street, Dover, NH 03820

Phone: (603) 617-3399 or Toll-Free: (800) 385-1445

Website: [www.bonfirerecovery.com](http://www.bonfirerecovery.com) and Email: [info@bonfirerecovery.com](mailto:info@bonfirerecovery.com)

### **Helping Hands Outreach Center**

Address: 50 Lowell Street, Manchester, NH 03101

Phone: (603) 623-8778

Website: [www.helpinghandsmanchesternh.com](http://www.helpinghandsmanchesternh.com) and Email: [rich@hh-oc.org](mailto:rich@hh-oc.org)

### **Southern NH Rescue Mission**

Address: 40 Chestnut Street, Nashua, NH 03061

Phone: (603) 889-3421

Website: [www.nashuarescuemission.org](http://www.nashuarescuemission.org) and Email: [office@nashuarescuemission.org](mailto:office@nashuarescuemission.org)

### **Southern NH Services; Robinson House**

Address: 49 Manchester Street, Manchester, NH 03101

Phone: (603) 627-9188

Toll-Free: (800) 322-1073 (SNHS)

Website: [www.snhs.org](http://www.snhs.org)

## **ALCOHOL AND SUBSTANCE ABUSE SUPPORT GROUPS**

### **Hope for NH Recovery**

Address: PO Box 358, Manchester, NH 03105

Phone: (603) 935-7524

[www.hopefornhrecovery.org](http://www.hopefornhrecovery.org) and Email: [info@recoverynh.org](mailto:info@recoverynh.org)

We are an organization of peers with lived experience offering support and resources as you navigate the recovery process. Whether you are someone looking for help finding recovery, or someone living in recovery looking for more support we're here to help. There is Hope.

### **Granite State and Seacoast Areas of Narcotic Anonymous**

Address: PO Box 5171, Manchester NH 03108

Phone: (888) NA-HELP-U (624-3578)

Website: [www.gsana.org](http://www.gsana.org) and National Website: Narcotics Anonymous: [www.na.org](http://www.na.org)

Narcotics Anonymous is a fellowship of men and women who get together regularly to share their experience, strength and hope. Ours is a spiritual, not religious, program that comes from the 12 steps and 12 traditions of Narcotics Anonymous. Our third tradition states that the only requirement for membership is the desire to stop using. Narcotics Anonymous is a program of recovery from the disease of addiction, the obsessive, compulsive behavior, not the disease of a specific drug.

### **NH Area Assembly of Alcoholics Anonymous, Inc.**

Address: 1330 Hooksett Road, Hooksett, NH 03106

Phone: (603) 622-6967 and Toll-Free: (800) 593-3330

Website: [www.nhaa.net](http://www.nhaa.net) and Email: [office@nhaa.net](mailto:office@nhaa.net)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Address: 5600 Fishers Lane, Rockville, MD 20857

Phone: (877) 726-4727 (Toll-Free) and TTY: (800) 487-4889

Website: [www.samhsa.gov](http://www.samhsa.gov)

National Helpline: (800) 662-HELP (or 800-662-4357)

Behavioral Health Treatment Services Locator: [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Behavioral Health Treatment Services Locator is an online source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

## **ALCOHOL AND SUBSTANCE ABUSE SUPPORT GROUPS FOR LOVED ONES**

### **Hope for NH Recovery**

Address: PO Box 358, Manchester, NH 03105

Phone: (603) 935-7524

[www.hopefornhrecovery.org](http://www.hopefornhrecovery.org) and Email: [info@recoverynh.org](mailto:info@recoverynh.org)

We are an organization of peers with lived experience offering support and resources as you navigate the recovery process. Whether you are someone looking for help finding recovery, or someone living in recovery looking for more support we're here to help. There is Hope.

## **Alcohol and Substance Abuse Support Groups for Loved Ones continued...**

### **NH Al-Anon**

Address: NHWSA, PO Box 220, Concord NH 03302

Phone: (603) 369-6930 (Answering Service)

Website: [www.nhal-anon.org](http://www.nhal-anon.org)

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

### **NH Children's Behavioral Collaborative**

Phone: (603) 668-4859

Website: [www.nh4youth.org/families-youth/family-support-groups-substance-use-issues](http://www.nh4youth.org/families-youth/family-support-groups-substance-use-issues)

Support Groups for Issues around Substance Use: Come hear from other parents sharing their stories and gain information, support, and resources to answer your questions and address your concerns. Drug addiction is a preventable disease when information and intervention happens early. Treatment works and recovery is possible. It is okay to ask for help. As a parent, you can play an important role in prevention and in supporting your child's recovery.

## **SUBSTANCE ABUSE INFORMATIONAL RESOURCES**

### **211 New Hampshire**

Address: PO Box 211, Manchester, NH 03105

Phone: 211 (in NH only) or Toll-Free: (866) 444-4211 (out of state)

Website: [www.211nh.org](http://www.211nh.org) and Email: [211nh@211nh.org](mailto:211nh@211nh.org)

2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

### **DrugfreeNH**

Phone: (844) 711-HELP (4357) NH 24-Hour Toll-Free Crisis Line

Website: [www.drugfreenh.org](http://www.drugfreenh.org)

Partnership for a Drug-Free New Hampshire is a nonprofit organization that strives to create and promote consistent statewide messages about the problems and solutions of substance misuse in New Hampshire through engagement of partners, members and champions.

### **NH State Governor's Commission on Alcohol & Drug Abuse**

Address: 105 Pleasant Street, Concord, NH 03301

Phone: (603) 271-6738 or Toll Free: (800) 804-0909

Website: [www.dhhs.nh.gov/dcbcs/bdas/commission.htm](http://www.dhhs.nh.gov/dcbcs/bdas/commission.htm)

The mission of the Governor's Commission on Alcohol and Drug Abuse Prevention, Treatment, and Recovery is to significantly reduce alcohol and drug problems and their behavioral, health and social consequences for the citizens of New Hampshire by advising the Governor regarding the delivery of effective and coordinated alcohol and drug abuse prevention, treatment and recovery services throughout the state.

## **Substance Abuse Informational Resources continued...**

### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

Address: 5635 Fishers Lane, MSC 9304, Bethesda, MD 20892-9304

Phone: (301) 443-3860 or Toll-Free: (888) MY-NIAAA (or 888-696-4222)

Website: [www.niaaa.nih.gov](http://www.niaaa.nih.gov) and Email: [niaaaweb-r@exchange.nih.gov](mailto:niaaaweb-r@exchange.nih.gov)

The mission of the National Institute on Alcohol Abuse and Alcoholism is to generate and disseminate fundamental knowledge about the effects of alcohol on health and well-being, and apply that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder, across the lifespan.

### **National Institute on Drug Abuse**

Address: Office of Science Policy and Communications, Public Information and Liaison Branch, 6001 Executive Boulevard, Room 5213, MSC 9561, Bethesda, MD 20892

Phone: (301) 443-1124

Website: [www.drugabuse.gov](http://www.drugabuse.gov)

Our mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. This involves: Strategically supporting and conducting basic and clinical research on drug use (including nicotine), its consequences, and the underlying neurobiological, behavioral, and social mechanisms involved. Ensuring the effective translation, implementation, and dissemination of scientific research findings to improve the prevention and treatment of substance use disorders and enhance public awareness of addiction as a brain disorder.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Address: 5600 Fishers Lane, Rockville, MD 20857

Phone: (877) 726-4727 (Toll-Free) and TTY: (800) 487-4889

Website: [www.samhsa.gov](http://www.samhsa.gov)

National Helpline: (800) 662-HELP (or 800-662-4357)

Behavioral Health Treatment Services Locator: [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Behavioral Health Treatment Services Locator is an online source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

# Mental Health Resources

## EMERGENCY SUICIDE PREVENTION HOTLINE

### **National Suicide Prevention Lifeline 24/7**

Toll-Free: (800) 273-TALK (8255) or 911

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

### **NH Bureau of Behavioral Health**

NH Department of Health and Human Services; Division of Community Based Care Services

Address: 105 Pleasant Street, Concord, NH 03301

Phone: (603) 271-5000 or Toll Free: (800) 852-3345 x5000

Website: [www.dhhs.nh.gov/dcbcs/bbh/emergency.htm](http://www.dhhs.nh.gov/dcbcs/bbh/emergency.htm)

Psychiatric Emergency & Crisis Services through NH Bureau of Behavioral Health. Emergency & Crisis Services are available to any person in the NH who may be experiencing an acute episode of psychiatric distress or an acute exacerbation of an illness.

### **Veterans Crisis Line**

Phone: (800) 273-8255 press 1

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

## NH PSYCHIATRIC HOSPITAL

### **New Hampshire Hospital**

Address: 36 Clinton Street Concord, NH 03301

Phone: (603) 271-5300 or Toll Free: (800) 852-3345 x5300 and TTY: (800) 735-2964

Website: [www.dhhs.nh.gov/dcbcs/nhh/index.htm](http://www.dhhs.nh.gov/dcbcs/nhh/index.htm)

New Hampshire Hospital Acute Psychiatric Services: provides acute, inpatient psychiatric services for children and adults needing active treatment and other essential supports within a continuum of community-based care.

## LOCAL INFORMATION AND RESOURCES ON MENTAL HEALTH

### **National Alliance on Mental Illness NH (NAMI-NH)**

Address: 85 North State Street, Concord NH 03301

Phone: (603) 225-5359 or Toll Free: 800-242-6264

Website: [www.naminh.org](http://www.naminh.org) and Email: [info@naminh.org](mailto:info@naminh.org)

Comprised of a network of affiliate chapters and support groups, staff and volunteers, we provide information, education and support to all families and communities affected by mental illness.

## Local Information and Resources on Mental Health continued...

### **NHCarePath**

Website: [www.nhcarepath.dhhs.nh.gov](http://www.nhcarepath.dhhs.nh.gov)

In New Hampshire, there are many paths available to help people of all ages live better in their communities. NHCarePath connects you to a range of information, assistance, and care throughout New Hampshire, from caregiver resources and services for aging, disability and independent living to counseling and financial planning tools. NHCarePath also connects you to statewide partners that provide services and supports, including: Department of Health and Human Services (DHHS); ServiceLink; Area Agencies offering developmental services and Community Mental Health Centers

## COMMUNITY BASED MENTAL HEALTH SERVICES DESCRIPTIONS

### **NH Bureau of Behavioral Health**

NH Department of Health and Human Services; Division of Community Based Care Services

Address: 105 Pleasant Street, Concord, NH 03301

Phone: (603) 271-5000 or Toll Free: (800) 852-3345 x5000

Website: [www.dhhs.nh.gov/dcbcs/bbh](http://www.dhhs.nh.gov/dcbcs/bbh)

The Bureau of Behavioral Health (BBH) seeks to promote respect, recovery, and full community inclusion for adults, including older adults, who experience a mental illness and children with an emotional disturbance. Psychiatric Emergency and Crisis Services, Community Mental Health Center and many regions have Peer Support Agencies.

- **Community Mental Health Centers**

Website: [www.dhhs.nh.gov/dcbcs/bbh/centers.htm](http://www.dhhs.nh.gov/dcbcs/bbh/centers.htm)

Services provided by CMHCs include: 24-hour Emergency Services, Assessment and Evaluation, Individual and Group Therapy, Case Management, Community Based Rehabilitation Services, Psychiatric Services, and Community Disaster Mental Health Support. All CMHCs have specialized programs for older adults, children, and families. The Community Mental Health Centers also provide services and referrals for short-term counseling and support.

- **Peer Support Agencies and Warmlines**

Website: [www.dhhs.nh.gov/dcbcs/bbh/peer.htm](http://www.dhhs.nh.gov/dcbcs/bbh/peer.htm)

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Services include, but are not limited to: face-to-face and telephone peer support; outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

- **Referral Education Assistance & Prevention (Services for Seniors)**

Website: [www.dhhs.nh.gov/dcbcs/beas/index.htm](http://www.dhhs.nh.gov/dcbcs/beas/index.htm)

REAP Program (Referral, Education, Assistance, and Prevention) is a prevention program available to all older adults in the community. Provides free and confidential counseling and educational services to help seniors deal with life changes and stresses, or to address problems related to alcohol use and/or managing medicines. This program operates in partnership with New Hampshire's community mental health centers.

## **MENTAL HEALTH CENTERS REGIONAL LOCATIONS (and towns/cities served)**

### **Region I: Northern Human Services**

Address: 87 Washington Street, Conway, NH 03818

Phone: (603) 447-3347

Website: [www.northernhs.org](http://www.northernhs.org)

**Area Served:** Albany, Bartlett, Bath, Benton, Berlin, Bethlehem, Brookfield, Carroll, Chatham, Clarksville, Colebrook, Columbia, Conway, Dalton, Dixville, Dummer, Easton, Eaton, Effingham, Errol, Franconia, Freedom, Gorham, Hart's Location, Haverhill, Jackson, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Lyman, Madison, Milan, Monroe, Moultonboro, Northumberland, Ossipee, Piermont, Pittsburg, Randolph, Sandwich, Shelbourne, Stark, Stewartstown, Stratford, Sugar Hill, Tamworth, Tuftonboro, Wakefield, Warren, Waterville, Wentworth Location, Whitefield, Woodstock, Wolfeboro

### **Region II: West Central Behavioral Health**

Address: 9 Hanover Street, Suite 2, Lebanon, NH 03766

Phone: (603) 448-0126

Website: [www.wcbh.org](http://www.wcbh.org)

**Area Served:** Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Dorchester, Enfield, Goshen, Grafton, Grantham, Hanover, Langdon, Lebanon, Lempster, Lyme, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington

### **Region III: Genesis Behavioral Health**

Address: 111 Church Street, Laconia, NH 03246

Phone: (603) 524-1100

Website: [www.genesisbh.org](http://www.genesisbh.org) and Email: [info@genesisbh.org](mailto:info@genesisbh.org)

**Area Served:** Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Thornton, Tilton, Wentworth

### **Region IV: Riverbend Community Mental Health Center**

Address: 3 North State Street, PO Box 2032, Concord, NH 03302-2032

Phone: (603) 228-1600

Website: [www.riverbendcmhc.org](http://www.riverbendcmhc.org)

**Area Served:** Allenstown, Andover, Boscaawen, Bow, Bradford, Canterbury, Chichester, Concord, Danbury, Deering, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hopkinton, Loudon, Newbury, New London, Northfield, Pembroke, Pittsfield, Salisbury, Sutton, Warner, Weare, Webster, Wilmot, Windsor

### **Region V: Monadnock Family Services**

Address: 64 Main St., Suite 301, Keene, NH 03431

Phone: (603) 357-4400

Website: [www.mfs.org](http://www.mfs.org)

**Area Served:** Alstead, Antrim, Bennington, Chesterfield, Dublin, Fitzwilliam, Frankestown, Gilsum, Greenville, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Wilton, Winchester

## **Mental Health Centers Regional Locations continued...**

### **Region VI: Greater Nashua Mental Health Center**

Address: 7 Prospect Street, Nashua, NH 03060

Phone: (603) 889-6147 or Video Phone: (603) 821-0073

Website: [www.gnmhc.org](http://www.gnmhc.org) and Email: [contact@gnmhc.org](mailto:contact@gnmhc.org)

**Area Served:** Amherst, Brookline, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mt. Vernon, Nashua

### **Region VII: Mental Health Center of Greater Manchester**

Address: 401 Cypress Street, Manchester, NH 03103

Phone: (603) 668-4111

Website: [www.mhcgm.org](http://www.mhcgm.org)

**Area Served:** Auburn, Bedford, Candia, Goffstown, Hooksett, Londonderry, Manchester, New Boston

### **Region VIII: Seacoast Mental Health Center**

Address: 1145 Sagamore Avenue, Portsmouth, NH 03801

Phone: (603) 431-6703

Website: [www.smhc-nh.org](http://www.smhc-nh.org)

**Area Served:** Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham

### **Region IX: Community Partners**

Address: 113 Crosby Road, Suite 1, Dover, NH 03820

Phone: (603) 516-9300

Website: [www.communitypartnersnh.org](http://www.communitypartnersnh.org)

**Area Served:** Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford

### **Region X: Center For Life Management**

Address: 10 Tsienneto Road, Derry, NH 03038

Phone: (603) 434-1577

Website: [www.centerforlifemanagement.org](http://www.centerforlifemanagement.org)

**Area Served:** Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, Windham



## PEER SUPPORT AGENCIES AND WARMLINES

### **NH Department of Health and Human Services: Bureau of Behavioral Health**

Address: 105 Pleasant Street, Concord NH 03301

Phone: (603) 271-5000 or Toll-Free: (800) 852-3345 x5000

Website: [www.dhhs.nh.gov/dcbcs/bbh/peer.htm](http://www.dhhs.nh.gov/dcbcs/bbh/peer.htm)

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Services include, but are not limited to: face-to-face and telephone peer support; outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

## REGION I

### **Alternative Life Center (ALC)**

Website: [www.alccenters.org](http://www.alccenters.org) and Email: [alccenters@gmail.com](mailto:alccenters@gmail.com)

#### ALC Regional Locations

#### **Conway: Peer Support Center**

Address: 6 Main Street, PO Box 241,

Conway, NH 03818

Phone: (603) 447-1765

#### **Berlin: Serenity Steps**

Address: 567 Main Street, Berlin, NH 03896

Phone: (603) 752-8111

Email: [serenitystepspsc@gmail.com](mailto:serenitystepspsc@gmail.com)

#### **Colebrook: The Haven**

Address: 27 Lombard Street,

Colebrook, NH 03576

Phone: (603) 237-4353

Email: [colebrookhaven@gmail.com](mailto:colebrookhaven@gmail.com)

#### **Littleton: Peer Support**

Address: 267 Main Street #400,

Littleton, NH 03561

Phone: (603) 444-5344

Email: [littletonpsc@gmail.com](mailto:littletonpsc@gmail.com)

#### **Wolfboro: Outreach Program**

Phone: (603) 662-2140

Email: [wolfborooutreach@gmail.com](mailto:wolfborooutreach@gmail.com)

#### **Warmline: North Country**

Phone: (800) 447-1765

Hours: 5pm-9 pm, 7 days per week

## REGION II

### **Stepping Stone**

Website: [www.steppingstonenextstep.org](http://www.steppingstonenextstep.org) and Email: [info@steppingstonenextstep.org](mailto:info@steppingstonenextstep.org)

#### Stepping Stone Regional Locations

#### **Lebanon: Next Step**

Address: 109 Bank Street, Lebanon, NH 03766

Phone: (603) 448-6941

#### **Claremont: Stepping Stone**

Address: 108 Pleasant St, Claremont, NH 03743

Phone: (603) 543-1388

Toll-Free: (888) 582-0920

#### **Warmline: Claremont and Lebanon Area Warmline & Crisis Respite**

Phone: (603) 543-1388 and Toll-Free: (888) 582-0920

Hours: 5pm-10 pm, 7 days per week

## Peer Support Agencies and Warmlines continued...

### REGION III & IV

#### **Lakes Region Consumer Advisory Board: CornerBridge**

Address: 328 Union Avenue, PO Box 304, Laconia, NH 03246

Phone: (603) 524-0801

Website: [www.nhcornerbridge.org](http://www.nhcornerbridge.org)

#### CornerBridge Regional Locations

##### **Concord: Peer Support**

Address: 55 School Street, Concord, NH 03301

Phone: (603) 224-0894

Email: [cornerbridge@comcast.net](mailto:cornerbridge@comcast.net)

##### **Laconia: CornerBridge**

Address: 328 Union Avenue, Laconia, NH 03247

Phone: (603) 528-7742

Email: [joy.cornerbridge@metrocast.net](mailto:joy.cornerbridge@metrocast.net)

##### **Plymouth: Pemi Valley Peer Support & Outreach**

Address: Plymouth, NH 03264

Phone: (603) 412-7050

Email: [lrcabl@metrocast.net](mailto:lrcabl@metrocast.net)

##### **Warmline: Concord and Laconia Area**

Phone: (800) 306-4334

Hours: 5pm-10 pm, 7 days per week

### REGION V

#### **Monadnock Area Peer Support Agency**

Address: 64 Beaver Street, PO Box 258,  
Keene, NH 03431

Phone: (603) 352-5093

Toll-Free: (866) 352-5093

Website: [www.monadnockpsa.org](http://www.monadnockpsa.org)

##### **Warmline: Keene Area**

Phone: (866) 352-5093

Hours: 5pm-10 pm, 7 days per week

### REGION VI

#### **HEARTS Peer Support Center of Greater Nashua**

Address: 5 Pine Street Extension Suite 1-G,  
PO Box 1564, Nashua NH 03060

Phone: (603) 882-8400

Website: [www.heartpsa.org](http://www.heartpsa.org)

##### **Warmline: Nashua Area**

Phone: (800) 306-4334

Hours: 5pm-10 pm, 7 days per week

### REGION VII

#### **On The Road To Wellness**

Address: 13 Orange Street,  
Manchester, NH 03104

Phone: (603) 623-4523

Toll-Free: (800) 306-4334

Website: [www.otrtw.org](http://www.otrtw.org)

##### **Warmline: Manchester Area**

Phone: (800) 306-4334

Hours: 5pm-10pm, 7 days per week

## Peer Support Agencies and Warmlines continued...

### REGION VIII

#### **Seacoast Consumer Alliance Peer Support Center, Inc**

Address: 544 Islington Street,  
Portsmouth, NH 03801  
Phone: (603) 427-6966  
Toll-Free: (877) 432-5433  
Email: [scapeersupportcenter@comcast.net](mailto:scapeersupportcenter@comcast.net)

#### **Warmline: Seacoast**

Phone: (800) 809-6262  
Hours: 5pm-10pm, 7 days per week

### REGION IX

#### **Tri-City Consumers' Action Co-operative**

Address: 55 Summer Street, Rochester, NH 03867  
Phone: (603) 948-1036  
Website: [www.tricitycoop.org](http://www.tricitycoop.org)  
Email: [tricitycoop@metrocast.net](mailto:tricitycoop@metrocast.net)

#### **Warmline: Seacoast**

Phone: (800) 809-6262  
Hours: 5pm-10pm, 7 days per week

### REGION X

#### **On The Road To Wellness**

Address: 12 Birch Street, Derry, NH 03038  
Phone: (603) 552-3177  
Website: [www.otrtw.org](http://www.otrtw.org)

#### **Warmline: Derry Area**

Phone: (800) 809-6262  
Hours: 5pm-10pm, 7 days per week

## DOMESTIC VIOLENCE HOTLINES AND REGIONAL LOCATIONS

#### **NH Coalition Against Domestic and Sexual Violence (Statewide)**

Address: PO Box 353, Concord NH 03302  
Phone: (603) 224-8893  
Website: [www.nhcadv.org](http://www.nhcadv.org)

Helping Victims of Domestic Abuse, Sexual Assault and Stalking

**Domestic Violence Hotlines:** Programs that provide immediate assistance for women and men who have experienced domestic abuse which may include steps to ensure the person's safety; short-term emotional support; assistance with shelter; legal information and advocacy; referrals for medical treatment; ongoing counseling and/or group support; and other related services.

**Important Phone Numbers:** 24 Hour Hotlines

**911 for Immediate Danger**

**Statewide Domestic Violence or Stalking:** (866) 644-3574 (Toll-Free)

**Statewide Sexual Assault:** (800) 277-5570 (Toll-Free)

**Crisis Centers Listing:** [www.nhcadv.org/crisis\\_centers.cfm](http://www.nhcadv.org/crisis_centers.cfm)

## **Domestic Violence Hotlines and Regional Locations continued...**

### **Belknap County: New Beginnings Without Violence and Abuse**

Address: PO Box 622, Laconia, NH 03247

Crisis Line Domestic Violence: (866) 644-3574 (24 Hours Toll-Free)

Crisis Line Sexual Assault: (800) 277-5570 (24 Hours Toll-Free)

Office Phone: (603) 528-6511

Website: [www.newbeginningsnh.org](http://www.newbeginningsnh.org)

### **Carroll County: Starting Point: Services for Victims of Domestic and Sexual Violence**

Address: PO Box 1972, Conway, NH 03818

Crisis Line: (800) 336-3795 (24 Hours Toll-Free)

Conway Office Phone: (603) 447-2494 and Southern Carroll County Office Phone: (603) 452-8014

Website: [www.startingpointnh.org](http://www.startingpointnh.org)

### **Cheshire County: Monadnock Center for Violence Prevention**

Address: 12 Court Street, Suite 103, Keene, NH 03431

Crisis Line: (888) 511-6287 (24 Hours Toll-Free)

Crisis Line: (603) 352-3782 (24 Hours Local)

Office Phone: (603) 352-3844

Website: [www.mcvprevention.org](http://www.mcvprevention.org)

### **Coos County: RESPONSE to Sexual & Domestic Violence at Coos County Family Health Services**

Address: 54 Willow Street, Berlin, NH 03570

Crisis Line: (866) 662-4220 (24 Hours Toll-Free)

Berlin Office Phone: (603) 752-5679 and Groveton Office Phone: (603) 636-1747

Website: [www.coosfamilyhealth.org/response.php](http://www.coosfamilyhealth.org/response.php)

### **Grafton County: The Support Center at Burch House at Tri-County Community Action**

Littleton Address: PO Box 965, Littleton, NH 03561

Woodsville Address: 6 School Street, Woodsville NH 03785

Crisis Line: (800) 774-0544 (24 Hours Toll-Free)

Littleton Office Phone: (603) 444-0624 and Woodsville Office Phone: (603) 747-3279

Website: [www.tccap.org/services/health/domestic-violence](http://www.tccap.org/services/health/domestic-violence)

### **Grafton County: Voices Against Violence**

Address: PO Box 53, Plymouth, NH 03264

Crisis Line: (877) 221-6176 (24 Hours Toll-Free)

Office Phone: (603) 536-5999

Website: [www.voicesagainstviolence.net](http://www.voicesagainstviolence.net)

### **Grafton County: WISE Program Center**

Address: 38 Bank Street, Lebanon, NH 03766

Crisis Line: (866) 348-9473 (24 Hours Toll-Free)

Office Phone: (603) 448-5922

Website: [www.wiseuv.org](http://www.wiseuv.org)

## **Domestic Violence Hotlines and Regional Locations continued...**

### **Hillsborough County: Bridges - Domestic & Sexual Violence Support**

Nashua Address: 33 East Pearl Street, Nashua, NH 03060

Milford Address: 16 Elm Street, Suite 2, Milford NH 03055

Crisis line: (603) 883-3044 (24 Hours Local)

Nashua Office Phone: (603) 889-0858 and Milford Office Phone: (603) 672-9833

Website: [www.bridgesnh.org](http://www.bridgesnh.org)

### **Hillsborough County: YWCA Crisis Service**

Address: 72 Concord Street, Manchester, NH 03101

Crisis Line: (603) 668-2299 (24 Hours Local)

Office Phone: (603) 625-5785

Website: [www.ywcanh.org](http://www.ywcanh.org)

### **Merrimack County: Crisis Center of Central New Hampshire**

Address: PO Box 1344, Concord, NH 03302

Crisis Line: (866) 841-6229 (24 Hours Toll-Free)

Office Phone: (603) 225-7376

Website: [www.cccnh.org](http://www.cccnh.org)

### **Rockingham County: Haven (Formerly A Safe Place)**

Address: 20 International Drive, Suite 300, Portsmouth, NH 03801

Crisis Line: (800) 854-3552 (24 Hours Toll-Free)

Crisis Line: (603) 994-7233 (24 Hours Local)

Office Phone: (603) 436-4107

Website: [www.havennh.org](http://www.havennh.org)

### **Strafford County: Sexual Harassment and Rape Prevention Program (SHARPP)**

Address: Wolff House, 2 Pettee Brook Lane, Durham, NH 03824

Crisis Line: (888) 271-7233 (24 Hours Toll-Free)

Crisis Line: (603) 862-7233 (24 Hours Local)

Crisis Line: (800) 735-2964 (TTY)

Office Phone: (603) 862-3494

Website: [www.unh.edu/sharpp](http://www.unh.edu/sharpp)

### **Sullivan County: Turning Points Network (formerly Women's Supportive Services)**

Claremont Office Address: 11 School Street, Claremont, NH 03743

Newport Office Address: 167 Summer Street, Newport, NH 03773

Crisis Line: (800) 639-3130 (24 Hours Toll-Free)

Claremont Office Phone: (603) 543-0155 and Newport Office Phone: (603) 863-4053

Website: [www.turningpointsnetwork.org](http://www.turningpointsnetwork.org)

## COMMUNITY CENTER CLUBHOUSES

### **Clubhouse International**

Address: 483 Tenth Avenue, Suite 205, New York, NY 10018

Phone: (212) 582-0343

Website: [www.iccd.org](http://www.iccd.org) and Email [info@clubhouse-intl.org](mailto:info@clubhouse-intl.org)

Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives. Clubhouses are local community centers that provide members with opportunities to build long-term relationships that, in turn, support them in obtaining employment, education and housing

### **Granite Pathways in Concord**

Address: 10 Ferry Street Suite 308, Concord, NH 03301

Phone: (603) 748-8955

Website: [www.granitepathwaysnh.org](http://www.granitepathwaysnh.org) and Email: [info@granitepathways.org](mailto:info@granitepathways.org)

Granite Pathways supports individuals with mental illness and addiction in building personal equity and achieve their life goals as valued members of their community.

Granite Pathways will provide Regional Access Point Services in 11 Regions of the state including

**Area Served:** North Country, Central NH, Carroll County, Upper Valley, Winnepesaukee, Greater Sullivan, Greater Nashua, Capital Area, Strafford, Seacoast, and South Central.

### **Granite Pathways - Manchester Clubhouse**

Address: 749 E Industrial Park, Manchester, NH

Phone: (603) 748-8955

The Clubhouse located at the Nackey S Loeb School of Communications,

Website: [www.granitepathwaysnh.org](http://www.granitepathwaysnh.org) and Email: [info@granitepathways.org](mailto:info@granitepathways.org)

The mission of Granite Pathways Clubhouse is to provide a strong, sustainable, certified, independent Manchester area Clubhouse that provides people living with mental illness opportunities for recovery through a community of mutual support.

**Area Served:** Manchester NH

### **Seacoast Pathways in Portsmouth**

Address: 355 Spinney Road, North Church Parish House, Portsmouth, NH 03801

Mailing Address: PO Box 1528, Portsmouth, NH 03802-1528

Phone: (603) 812-9031 (during Clubhouse hours) and Phone: (603) 334-4736

Website: [www.seacoastpathways.org](http://www.seacoastpathways.org)

Through participation in a Clubhouse, people are given the opportunities to rejoin the worlds of friendships, family, important work, employment, education, and to access the services and supports they may individually need.

**Area Served:** Seacoast (Portsmouth Area)

## NATIONAL EDUCATIONAL RESOURCES ON MENTAL HEALTH

### **Mental Health America**

Address: 500 Montgomery Street, Suite 820, Alexandria, VA 22314

Phone: (703) 684-7722 or Toll-Free: (800) 969-6642

Website: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Our programs and initiatives fulfill our mission of promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and services.

## **National Educational Resources on Mental Health continued...**

### **MentalHealth.gov through U.S. Department of Health and Human Services**

Address: 200 Independence Avenue, S.W., Washington, D.C. 20201

Website: [www.mentalhealth.gov](http://www.mentalhealth.gov)

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide: The general public; Health and emergency preparedness professionals; Policy makers; Government and business leaders; School systems and Local communities

### **National Institute of Mental Health (NIMH)**

Address: Science Writing, Press, & Dissemination Branch, 6001 Executive Boulevard, Room 6200, MSC 9663, Bethesda, MD 20892-9663

Phone: (866) 615-6464 and TTY: (866) 415-8051

Website: [www.nimh.nih.gov](http://www.nimh.nih.gov) and Email: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

### **National Mental Health Consumer Self-Help Clearinghouse**

Address: 1211 Chestnut Street, Suite 1100, Philadelphia, PA 19107

Phone: (267) 507-3810 or Toll-Free: (800) 553-4539

Website: [www.mhselfhelp.org](http://www.mhselfhelp.org) and Email: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)

The Clearinghouse's Directory of Consumer-Driven Services, which is continuously being updated, provides peers, researchers, administrators, service providers, and others with a comprehensive central resource for information on national and local peer-driven programs. Such programs have a proven track record in helping individuals recover from mental health conditions.

### **Suicide Prevention Resource Center (SPRC)**

Address: 43 Foundry Avenue, Waltham, MA 02453

Phone: (877) 438-7772 (Toll-Free) and TTY: (617) 964-5448

Website: [www.sprc.org](http://www.sprc.org) and Email: [info@sprc.org](mailto:info@sprc.org)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

SPRC provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. We promote collaboration among a variety of organizations in the field of suicide prevention.

### **The Bazelon Center for Mental Health Law**

Address: 1101 15th Street, NW, Suite 1212, Washington, DC 20005

Phone: (202) 467-5730 and TDD: (202) 467-4232

Website: [www.bazelon.org](http://www.bazelon.org) and Email: [communications@bazelon.org](mailto:communications@bazelon.org)

The mission of the Judge David L. Bazelon Center for Mental Health Law is to protect and advance the rights of adults and children who have mental disabilities. To help people with mental disabilities live in their own homes, we advocate for affordable housing, fight housing discrimination, and work to expand supportive housing, which links people who have severe disabilities with the assistance they need to live independently.