

Mental Health

Mental Health Centers/ Medical Resources

New Hampshire Rapid Response Access Point- 24 hour 7 days a week- including holidays- access to mental health care or substance abuse care. Call or text 1-833-710-6477

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. Visitors to 211's website can search its online database of community services that contains information for over 1,800 health and human service providers and 4,500 service locations.

Center for Life Management - (603) 434-1577 10 Tsienneto Rd, Derry, NH 03038. CLM provides a comprehensive complement of mental health and substance use services, psychiatric treatment, acute care, medication services, emergency intervention, and family support services for adults, children, adolescents and families. In addition, we work closely with a variety of regional health and human service providers to ensure that your mental health care is comprehensive, integrated and community-based.

The Mental Health Center of Greater Manchester - (603) 668-4111 1555 Elm St, Manchester, NH 03103. The Mental Health Center of Greater Manchester is a private non-profit community mental health center that has provided mental health services to children, teenagers, adults and seniors for more than 55 years. Our service area includes Bedford, Goffstown, New Boston, Hooksett, Auburn, Candia, Londonderry and Manchester, NH. ***Mobile Crisis Response Team***: 24 hour support- 1-800-688-3544

Seacoast Mental Health - **Portsmouth (603) 431-6703/ Exeter (603) 772-2710** Founded in 1963 to address the mental health care needs of the New Hampshire Seacoast, Seacoast Mental Health Center (SMHC) is one of ten non-profit state-designated community mental health centers (CMHCs) in New Hampshire. As a CMHC, we provide evaluations and treatment services to children, adolescents and families, adults, the elderly, and the severely and persistently mentally ill, regardless of their ability to pay. We accept most major insurances and offer a sliding fee scale for uninsured consumers living in the eastern half of Rockingham County.

Greater Derry Community Health Services, Inc- (603) 425-2545 14 Tsienneto Rd UNIT 301, Derry, NH 03038. CHS provides general healthcare services, which includes behavioral health services, community case management and human service assistance. They also assist with determining eligibility for options in the health insurance marketplace and eligibility for Medicaid and Medicare.

Lifestance Health - (603) 432-3033 Outpatient Individual Therapy, Medication Assisted Treatment 50 Nashua Rd #305, Londonderry, NH 03053 Insurance Accepted: Most private insurance

Endurance Behavioral Health (603) 760-1942 is a mental health partial hospitalization program treating youth 13-20 823 Lafayette Rd. Seabrook, NH 03874

Home Health and Hospice Care- 603-882-2941/1-800-887-5973 An agency that supports children and adolescents through the grieving process. Groups are offered. Contact Linda.Reilly@hhhc.org. or call.

Parkland Medical Center (603) 433-5270 1 Parkland Dr, Derry, NH 03038. The Parkland Center for Emotional Wellness leads the region in providing high-quality psychiatric care. We offer hope and support for individuals with a wide range of behavioral and mental health needs. Because Parkland Medical Center is a full-service hospital, medical-surgical services are quickly available should a medical emergency or complications arise during treatment. Each psychiatrist is specially trained to help patients dealing with mental health problems, including anxiety, depression and similar disorders.

Direction Behavioral Health - (603)-880-8188 25 Technology Way, Nashua, NH 03060. Direction is a diverse team of clinicians dedicated to bringing excellent, innovative mental health care to adolescents. The Intensive Outpatient and Partial Hospitalization Programs provide an alternative, intermediate level of care. Many adolescents have more acute needs than can be met on a traditional outpatient basis, but do not require inpatient hospitalization. Direction's programming is designed to meet those needs.

NAMI National Alliance on Mental Illness 1-800-242-6264. Offers educational resources and parent/family support for caregivers.

NAMI New Hampshire- Offering free support, education, and advocacy for people who live in New Hampshire affected by mental illness and suicide. Call 1-800-242-6264

Live Free Recovery Services 603-702-2461. Peer led recovery program for youth 12-20. Youth are supervised by a Licensed Alcohol and Drug Counselor. Locations in Manchester and Keene, NH

National Eating Disorder Association: The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders.

Cambridge Eating Disorder Center : (603) 715-5150 105 Loudon Rd Building 2 Concord, NH. Open 24 hours Partial hospitalization program for individuals twelve and older.

Reflections Eating Disorders Treatment Center: (603) 890-2724 at Parkland Medical Center Salem, NH Open · Closes 3:30PM ·. Partial Hospitalization, ages fifteen and up. Most insurances are accepted.

Center for Discovery Eating Disorder Treatment. Southport, CT: Provides Residential, Partial hospitalization/Intensive Outpatient Program. Offers free eating disorder evaluations.

Aerie Healthcare 603-451-2371 33 Pleasant Street, Concord, New Hampshire offering Partial Hospitalization (PHP), and Intensive Outpatient (IOP) services, are tailored to help adolescents and their families while remaining within the support of their homes and communities.

Community Resources

Community Resources

[SOUTHERN ROCKINGHAM COALITION FOR HEALTHY YOUTH](#) (603) 642-3341 ext. 196 Coalition 17 Danville Rd, Kingston, NH 03848

[DHSS](#) This link explains state benefits that people may be eligible for including SNAP (Food Stamps) and Medicaid (Health Insurance)

[Community Action Partnership for Hillsborough and Rockingham Counties](#) (603) 965 3029 9 Crystal Ave Derry NH 03038 As the Community Action Partnership assisting Southern New Hampshire and beyond, we help our neighbors conquer obstacles on their path to economic independence. Whether it's workforce, nutrition, education, child care, housing, or senior living needs, we offer services to help our community members achieve their goals and provide for their families.

[The Boys and Girls Club of Greater Derry](#)-(603) 434-6695 youth organization,

[YMCA of Greater Londonderry](#) (603) 437-9622 Youth Organization 206 Rockingham Rd, Londonderry, NH 03053

[THE UPPER ROOM](#) -(603) 437-8477 Offers a wide range of services to support youth and families. 36 Tsienneto Rd, Derry, NH 03038

[Marrion Gerrish Community Center and Thrift Shop](#) (603) 247-7322 Family Support Group Marion Gerrish Community Center, 39 W Broadway, Derry, NH Day: Wed 6:30pm - 8:00pm

[Community Alliance for Teen Safety](#) - (603) 434-5251. A community based agency that offers information on programs targeted for adolescent safety. They hold educational events and link their website links to multiple resources for parents and teenagers.

[Planned Parenthood](#) - (603) 434-1354/1-800-230-7526. 4 Birch St, Derry, NH 03038.Planned Parenthood is a health care provider, an informed educator,. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and youth.

[Step Up Parents](#) - an agency designed to assist grandparents and other family members in helping offset the costs associated with caring for extended family members.

[PFLAG-NH](#) Support for parents and families to help support LGBTQ individuals through support and education.

[NAMI New Hampshire LGBTQIA+ Mental Health Resources](#)-1-800-242-6264 (press 4) Free mental health resources and support in NH

[The Trevor Project](#): a place where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more!

[Waypoint](#) : 1-800-640-6486/ (603) 518-4000 464 Chestnut St, Manchester, NH 03105 As a private, nonprofit agency, our array of services includes-- adoption, prenatal support, parent education/family empowerment,

services for children with developmental concerns or chronic health conditions, child care, mental health counseling, family preservation, supervised visitation, foster care, homeless youth continuum, home healthcare for older Americans and adults with disabilities, and advocacy.

Loveisrespect.org - The Love is respect project of the National Domestic Violence Hotline, love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. We also provide support to concerned friends and family members, teachers, counselors, and other service providers through the same free and confidential services via phone, text, and live chat.

[Isaiah 58 NH](#) **603-595-8000** 472 State Route 111 Unit J 102, Hampstead, New Hampshire 03841. This non-profit agency assists people with resources related to housing insecurity.

Hotline Numbers

Hotlines

[211 NH](#) - Treatment Locations

[988 Suicide and Crisis Lifeline](#) - **988**- is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

[Family Promise of Southern New Hampshire](#) **(603) 883-7338** 3 Crown Street Nashua, NH 03061. This program is for entire families located in southern NH and helps families with long term assistance, housing, employment, transportation and counseling.

[National Domestic Violence Hotline](#) - **1-800-799-SAFE** Our highly-trained advocates are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

[SAMHSA Hotline](#) - **1-800-662-(HELP)4357** National Helpline-Substance Abuse Mental Health Service Administration-samhsa.gov-Education, Resources and a Treatment Locator for individuals and families.-

[Trans Lifeline](#) (trans peer support) **1-877-565-8860**

[New Hampshire Coalition Against Domestic and Sexual Abuse](#) **(603) 224-8893** - The New Hampshire Coalition Against Domestic and Sexual Violence creates safe and just communities through advocacy, prevention and empowerment of anyone affected by sexual violence, domestic violence and stalking.

[National Eating Disorder Association](#) - **1-800-931-2237** NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

[National Runaway Safeline](#) -**1-800-786-2929** Works with youth that are homeless or in unsafe living situations. Service is free and confidential offered to youth 12-21.

[Loveisrespect.org](#)-**1-866-331-9474/text Lovels to 22522**. A national resource for youth concerning questions about their romantic relationships. This resource is both educational, confidential and supportive of all youth.

Substance Abuse

Substance Abuse Resources

[Aspire365](#) - **603-729-3100** 12 month in home treatment works with people 12 years old and up. Private insurance only.

[DEA Recovery Resources](#) The DEA or Drug Enforcement Agency is a Federal agency that deals with drug trafficking, laws around drug classification, and education about specific types of drugs and their effects. The DEA website also has valuable information and resources including signs of drug use in people and resources to access help and support.

[DERRY FRIENDSHIP CENTER](#) **(603) 432-9794** 6 Railroad Ave, Derry, NH. 18+, 12 Step Recovery Programs

[Alateen](#)- is part of Al-Anon Family Groups. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen groups are sponsored by Al-Anon members who help the group to stay on track.

[NH Drug and Alcohol Treatment Locator](#) - This website lists treatment agencies and individual practitioners offering substance use disorder services, including evaluation (this is the first step to determine the level of treatment needed), withdrawal management (detoxification), outpatient counseling, residential treatment, recovery supports and other types of services.

[Alcohol Rehab Guide](#)-This website provides valuable information on alcohol's effects on the body as well as signs and symptoms of an alcohol use disorder and available treatments.

[Direction Behavioral Health](#) - **(603)-880-8188** Direction is a diverse team of clinicians dedicated to bringing excellent, innovative mental health care to adolescents. The Intensive Outpatient and Partial Hospitalization Programs provide an alternative, intermediate level of care. Many adolescents have more acute needs than can be met on a traditional outpatient basis, but do not require inpatient hospitalization. Direction's programming is designed to meet those needs.

[AwareRecoveryCare.Com](#)-**1-203-779-5799**, press #1 for admissions. This is a year long, in home, substance abuse treatment program. They provide Individual and family therapy as well as a customized plan for your child's specific needs. Children must be 16 years old to qualify for the program. Currently taking private insurance only

[My Life, My Quit](#) - **1-800-Quit-Now-**. A free confidential program offered to support youth that are trying to quit smoking/vaping. Online support and educational resources.

[Live Free Recovery Consultants](#). **603-702-2461** 2 Puzzle Lane Bldg 2 Unit 1, Newton NH. 03858. Peer-led recovery program for youth 12-20. Youth are supervised by a Licensed Alcohol and Drug Counselor.

[Harbor Care \(Keystone Hall\)](#) **(603) 881-4848**. Located in Nashua, this is a substance abuse treatment program for individuals 18 and older. Outpatient services as well as mental health care is offered as part of their comprehensive treatment program.

[Farnum Center](#) **(603) 622-3020** 140 Queen City Ave, Manchester, NH 03103 Located in Manchester, this is a substance abuse program for individuals 18 and older. They offer a 28 day residential program with an Intensive Outpatient Program.

[Get Smart About Drugs](#) - is a website by the DEA (Drug Enforcement Agency) for parents, caregivers, and educators. The website offers information about specific drugs including what they look like, how they are used and abused and the current trends in our country. The website also offers educational articles for parents and caregivers pertaining to youth and drug use.

[Seacoast Youth Services](#): **603.474.3332** 867 Lafayette Road Seabrook, NH 03874

[The Seven Challenges](#) **(603) 851-1879** designed to help youth and young adults (ages 12-25) with substance use disorders (SUD) and Co-occurring mental health disorders and SUD (COD) discover the reasons why they misuse substances, their co-occurring issues, and establish a plan for a healthier and hope-filled future.

[Alternative Peer Groups](#): structured, community-based support led by professionals and involving families. These programs offer positive peer connections and engaging, substance-free activities to help young people build healthy, lasting relationships and lifestyle changes.

Educational Supports around Mental Health

Educational Resources

DrugfreeNH.org is a collaborative effort of the Partnership for a Drug-Free New Hampshire, the New Hampshire Department of Health and Human Services' Bureau of Drug and Alcohol Services, The New Hampshire Charitable Foundation, and the Governor's Commission on Alcohol and Drug Abuse Prevention, Treatment and Recovery.

Quick links to pages on this site for reference to:

- [Warning Signs](#)
- [How to Talk to your Child](#)
- [Myths vs Realityhttps://www.drugfreenh.org/families/signs-of-abuse/talking-to-your-child](https://www.drugfreenh.org/families/signs-of-abuse/talking-to-your-child)
- [How to deal with Pressure \(as a teen\)](#)

DrugFree.org

[National Institute on Drug Abuse \(NIDA\)-Teens](#)

Growing up Drug Free: [A Parents Guide](#)

[Operation Prevention: Parent Toolkit](#) Describes warning signs of drug use in children and how to talk with them about making healthy choices.

[SAMHSA](#) - National Helpline-Substance Abuse Mental Health Service Administration-samhsa.gov-Education, Resources and a Treatment Locator for individuals and families.

[Child Mind Institute](#) Educational resources for parents concerning mental health, symptom checker, resources for families dealing with behavioral/emotional health issues

[StopBullying.gov](#) When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.