

 **New Hampshire**
Rapid Response Access Point



The support you want in your time of need.

If you or someone you care about is having a mental health or substance use crisis, you can call and speak to our trained and caring staff.

Contact the Rapid Response Access Point at

 **833-710-6477** or visit  **NH988.com**



A wealth of resources at your fingertips.



Over the phone support and problem solving to help resolve a behavioral health crisis.



Over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you at a place of your choice.



In-person Mobile Crisis Response Team (MCRT) if the crisis cannot be resolved over the phone.



Community Mental Health Centers

Community Mental Health Centers (CMHCs) are private, full-service clinics that offer a wide variety of therapeutic services. Services provided by CMHCs include: 24-hour emergency services, assessment and evaluation, individual, family, 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 CMHCs also provide services and referrals for co-occurring mental health and substance use disorder treatment and for short-term counseling and support. Please call the general inquiries phone number to get connected to services.

<https://www.dhhs.nh.gov/dcbcs/bbh/centers.htm>

Crisis Services

Crisis Services are available to any person in NH who is experiencing emotional distress, thoughts of suicide, or a substance (alcohol and/or drug) use crisis. If you or someone you care about is having a mental health or substance use crisis, reach out now, help is available.

Call or text the New Hampshire Rapid Response Access Point at (833) 710-6477 or visit www.NH988.com to chat with a trained professional.

Often, the Access Point will be able to resolve your immediate crisis via phone, text, or chat. However, if you have a higher level of need, they can deploy a mobile response team to meet you at a place of your choosing (at home, a business, or some other community location). The mobile response teams are comprised of a licensed clinician and a person who has lived experience with mental illness or substance use, called a Peer Support Specialist or a Certified Recovery Support Worker.

Peer Support Agencies

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Peer support consists of supportive interactions based on shared experience among people and are intended to assist people to understand their potential to achieve their personal goals. Peer support agencies accomplish this by providing choice, using non-medical approaches to help, sharing decision making, encouraging informed decision making about all aspects of people's lives, challenging perceived self-limitations, etc. 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).

<https://www.dhhs.nh.gov/dcbcs/bbh/peer.htm>

NAMI New Hampshire

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness.

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

Information & Resources line (800) 242-6264

<http://www.naminh.org>