

In New Hampshire, we make connections, not judgments.
Reach out.

In need of mental health or substance use support? Call, text or share this card with a friend in need.



dohs.nh.gov/strongasgranite



A STRONGER YOU.
A STRONGER NEW HAMPSHIRE.

833-710-6477

NH Rapid Response

988

Suicide & Crisis Lifeline

211

Your Local Doorway for
Substance Use Resources

24/7. Confidential, no cost to you.