New Hampshire Mental Health Services
Intake, Emergency Services, & Mobile Crisis Response Teams

REGION 1: Northern Human Services
87 Washington Street, Conway, NH 03818  (603) 447-3347

GENERAL INQUIRIES: (603) 447-3347

<table>
<thead>
<tr>
<th>EMERGENCY SERVICES</th>
<th>Daytime #</th>
<th>After Hours #</th>
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<tbody>
<tr>
<td>BERLIN</td>
<td>(603) 752-7404</td>
<td>(603) 752-7404</td>
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<tr>
<td>COLEBROOK</td>
<td>(603) 237-4955</td>
<td>(603) 237-4955</td>
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<tr>
<td>CONWAY</td>
<td>(603) 447-2111</td>
<td>(603) 356-5461 (Memorial Hospital. Ask for Emergency Services)</td>
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<tr>
<td>LITTLETON</td>
<td>(603) 444-5358</td>
<td>(603) 444-5358</td>
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<tr>
<td>WOLFEBORO</td>
<td>(603) 569-1884</td>
<td>(603) 569-7500 (Huggins Hospital. Ask for Emergency Services)</td>
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REGION 2: West Central Behavioral Health
9 Hanover Street, Suite 2, Lebanon, NH 03766  (603) 448-0126

GENERAL INQUIRIES: (603) 448-0126
EMERGENCY SERVICES: (800) 564-2578

REGION 3: Lakes Region Mental Health Center, Inc.
40 Beacon Street East, Laconia, NH 03246  (603) 524-1100

GENERAL INQUIRIES: (603) 524-1100
EMERGENCY SERVICES: (603) 524-1100

REGION 4: Riverbend Community Mental Health, Inc
3 N State Street, PO Box 2032, Concord, NH 03301-2032  (603) 226-7505

GENERAL INQUIRIES: (603) 228-1551
EMERGENCY SERVICES: (844) 743-5748 or (844-7-HELP 4 U) MOBILE CRISIS RESPONSE (24/7): (844) 743-5748 or (844-7-HELP 4 U)

REGION 5: Monadnock Family Services
64 Main Street, Suite 301, Keene, NH 03431  (603) 357-4400

GENERAL INQUIRIES: (603) 357-4400
EMERGENCY SERVICES: (603) 357-5270  After Hours: (603) 357-4400

REGION 6: Greater Nashua Mental Health
100 West Pearl Street, Nashua, NH 03060  (603) 889-6147

GENERAL INQUIRIES: (603) 889-6147
EMERGENCY SERVICES: (800) 762-8191

REGION 6: Harbor Homes, Inc. Mobile Crisis Response Team
45 High Street, Nashua, NH 03060  (603) 881-8436
MOBILE CRISIS RESPONSE (24/7): (603) 816-1010

REGION 7: The Mental Health Center of Greater Manchester
401 Cypress Street, Manchester, NH 03103  (603) 668-4111

GENERAL INQUIRIES: (603) 668-4111
EMERGENCY SERVICES: (603) 668-4111 MOBILE CRISIS RESPONSE (24/7): (800) 688-3544

REGION 8: Seacoast Mental Health Center, Inc.
1145 Sagamore Ave., Portsmouth, NH 03801  (603) 431-6703

GENERAL INQUIRIES: (603) 431-6703
EMERGENCY SERVICES:
  EXETER  (603) 772-2710
  PORTSMOUTH  (603) 431-6703

REGION 9: Community Partners of Strafford County
113 Crosby Road, Suite 1, Dover, NH 03820  (603) 516-9300

GENERAL INQUIRIES: (603) 516-9300
EMERGENCY SERVICES: (603) 516-9300

REGION 10: Center for Life Management
10 Tsienneto Road, Derry, NH 03038  (603) 434-1577

GENERAL INQUIRIES: (603) 434-1577
EMERGENCY SERVICES: (603) 434-1577
## New Hampshire Mental Health System
### Cities & Towns by Geographic Region

### Region I
- Albany
- Bartlett
- Bath
- Benton
- Berlin
- Bethlehem
- Brookfield
- Carroll
- Chatham
- Clarksville
- Colebrook
- Columbia
- Conway
- Dalton
- Dixville
- Dummer
- Easton
- Effingham
- Errol
- Franconia
- Freedom
- Gorham
- Hart’s Location
- Haverhill
- Intervale
- Jackson
- Jefferson
- Lancaster
- Landaff
- Lincoln
- Lisbon
- Littleton
- Lyman
- Madison
- Milan
- Monroe
- Moultonborough
- Northumberland
- Osseo
- Piermont
- Pittsburg
- Randolph
- Sandwich
- Shelburne
- Stark
- Stewarts town
- Stratford
- Sugar Hill
- Tamworth
- Tuftonboro
- Wakefield
- Warren
- Waterville
- Wentworth Location
- Whitefield
- Wolfeboro
- Woodstock

### Region II
- Acworth
- Canaan
- Charlestown
- Claremont
- Cornish
- Croydon
- Dorchester
- Enfield
- Goshen
- Grafton
- Grantham
- Hanover
- Langdon
- Lebanon
- Lempster
- Lyme
- Newport
- Orange
- Orford
- Plainfield
- Springfield
- Sunapee
- Unity
- Washington
- West Lebanon

### Region III
- Alexandria
- Alton
- Ashland
- Barnstead
- Belmont
- Bridgewater
- Bristol
- Campton
- Center Harbor
- Ellsworth
- Gilford
- Gilman ton
- Groton
- Hebron
- Holderness
- Laconia
- Meredith
- New Hampton
- Plymouth
- Rumney
- Sanbornton
- Thornton
- Tilton
- Wentworth

### Region IV
- Allenstown
- Andover
- Boscawen
- Bow
- Bradford
- Canterbury
- Chichester
- Concord
- Danbury
- Deering
- Dunbarton
- Epsom
- Franklin
- Henniker
- Hill
- Hillsboro
- Hopkinton
- Loudon
- New London
- Newbury
- Northfield
- Pembroke
- Penacook
- Pittsfield
- Salisbury
- Sutton
- Warner
- Weare
- Webster
- Wilton
- Windsor

### Region V
- Alstead
- Antrim
- Bennington
- Chesterfield
- Dublin
- Fitzwilliam
- Franconia
- Gilsum
- Greenfield
- Hancock
- Harrisville
- Hinsdale
- Jaffrey
- Keene
- Lyndeborough
- Marlborough
- Marlow
- Nelson
- New Ipswich
- Peterborough
- Richmond
- Rindge
- Roxbury
- Sharon
- Spofford
- Stoddard
- Sullivan
- Surry
- Swanzey
- Temple
- Troy
- Walpole
- Westmoreland
- Wilton
- Winchester

### Region VI
- Amberst
- Brookline
- Hollis
- Hudson
- Litchfield
- Mason
- Merrimack
- Milford
- Mont Vernon
- Nashua

### Region VII
- Auburn
- Bedford
- Goffstown
- Hooksett
- Londonderry
- Manchester
- New Boston

### Region VIII
- Brentwood
- Deerfield
- East Kingston
- Epping
- Exeter
- Fremont
- Greenland
- Hampton
- Hampton Falls
- K ensing ton
- Kingston
- New Castle
- Newfields
- Newington
- Newmarket
- North Hampton
- Northwood
- Nottingham
- Portsmouth
- Raymond
- Rye
- Seabrook
- South Hampton
- Stratham

### Region IX
- Barrington
- Dover
- Durham
- Farmington
- Lee
- Madbury
- Middleton
- Milton
- New Durham
- Rollinsford
- Somersworth
- Strafford

### Region X
- Atkinson
- Chester
- Danville
- Derry
- Hampstead
- Newton
- Pelham
- Plaistow
- Salem
- Sandown
- Windham
Community Mental Health Centers
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. Please call the general inquiries phone number to get connected to services.
https://www.dhhs.nh.gov/dcbcs/bbh/centers.htm

Emergency Services
Emergency Services (“ES”) are available to anyone in the state 24/7 who is at risk of harm to themselves or others, or is experiencing a behavioral health crisis. Services can be provided over the phone or in person (in an office during business hours, most likely at a hospital after hours) by a mental health professional. ES is often the gateway to further services following the initial contact. If you are in immediate risk of suicide, in addition to calling ES, you can also call the National Suicide Prevention Lifeline at 1 800 273 TALK (8255).

Mobile Crisis Response Teams
Mobile Crisis Response Teams (MCRT) respond to what individuals define as a “crisis” in the community. The triage line will assess the best route for response and when appropriate, teams are sent to meet people in the community or, if the individual choses, at a MCRT site. MCRTs are available 24/7 and staffed by clinicians, Peer Specialists, and medical providers are available for consult. All have crisis apartments that are available for up to 7 days.

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