

## What is the...

Referral  
Education  
Assistance &  
Prevention program?

It is a prevention program available to all older adults in New Hampshire.

The program is designed to help you take control of your life, to live a happy, healthy, and independent lifestyle.

REAP provides education to help you better understand and deal with the many life changes you might encounter.

### Eligibility

- NH residents 60 years old or older,
- residents of a NH Senior Housing site, or
- caregivers or family members of an older adult living in NH

Call 1-866-634-9412 if you have questions about eligibility.

Exceptions: Permanent residents of long term care facilities and active clients of a NH Community Mental Health Center are not eligible for the REAP program.

For REAP and other community resources in your area, call ServiceLink toll free at:

**1-866-634-9412**

To connect with a REAP counselor or to learn about upcoming educational programs in your area, contact your local Community Mental Health Center:

#### Belknap & So. Grafton

Genesis Behavioral Health  
(603) 524-1100

#### Carroll, Coos & Northern Grafton Co.

Northern Human Services  
(603) 444-5258

#### Cheshire County

Monadnock Family  
(603) 357-5270

#### Derry / Salem Area

CLM Behavioral Health Systems  
(603) 434-1577

#### Merrimack County

Riverbend Community Mental Health Center  
(603) 225-0123

#### Manchester Area

The Mental Health Center  
(603) 668-4111 ext. 4599

#### Nashua Area

The Mental Health Center of Greater Nashua  
(603) 889-6147

#### Portsmouth / Exeter Area

Seacoast Mental Health Center  
(603) 431-6703 (Portsmouth)  
(603) 772-2710 (Exeter)

#### Strafford County

Community Partners  
(603) 516-9300

#### Sullivan & Lower Grafton

West Central Behavioral Health Services  
(603) 863-1785

### REAP is supported by:

NH DHHS Bureau of Drug and Alcohol Services  
New Hampshire Housing  
NH DHHS Bureau of Elderly and Adult Services  
NH DHHS Bureau of Behavioral Health  
NH's 10 Community Mental Health Centers



New Hampshire Housing  
Bringing You Home

NH DEPT. OF HEALTH AND HUMAN SERVICES  
**NHBDAS**  
BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

# REAP Program

Referral, Education, Assistance and  
Prevention program for older adults in NH

## REAP the Benefits of



## Healthy Living Today

Call ServiceLink and ask  
for a REAP Counselor!  
**1-866-634-9412**

## Support

### Are you...

- Having difficulty dealing with a loss or multiple losses in your life?
- Having trouble sleeping or sleeping too much?
- Having trouble with managing multiple prescriptions?
- Feeling tired all the time?
- Turning to alcohol or drugs?

**Don't risk your independence!**



Learn more online at:  
[dhhs.nh.gov/dcbcs/bdas/reap.htm](https://dhhs.nh.gov/dcbcs/bdas/reap.htm)

## Prevention

### Referral

**REAP** counselors are available by phone or by appointment to provide you or your loved ones with information and resources on how to deal with life changes including loss, grief, and other personal concerns.

### Home-Visits

**REAP** counselors will speak with you in your home or by phone.

### Education

**REAP** counselors offer education sessions that are informative and **FUN!**



## Help

### REAP Counselors

Our trained, compassionate counselors can talk with you about your concerns:

- Stress
- Relationships
- Grief
- Emotional wellbeing
- Substance use
- Family dynamics and
- Quality of life

Call now! It's never too late to start feeling better!

**REAP** is:

- FREE
- Confidential and
- In your home

Call ServiceLink and ask  
for a **REAP** counselor today!  
**1-866-634-9412**

