

New Hampshire Mental Health Regions

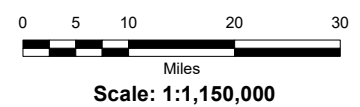
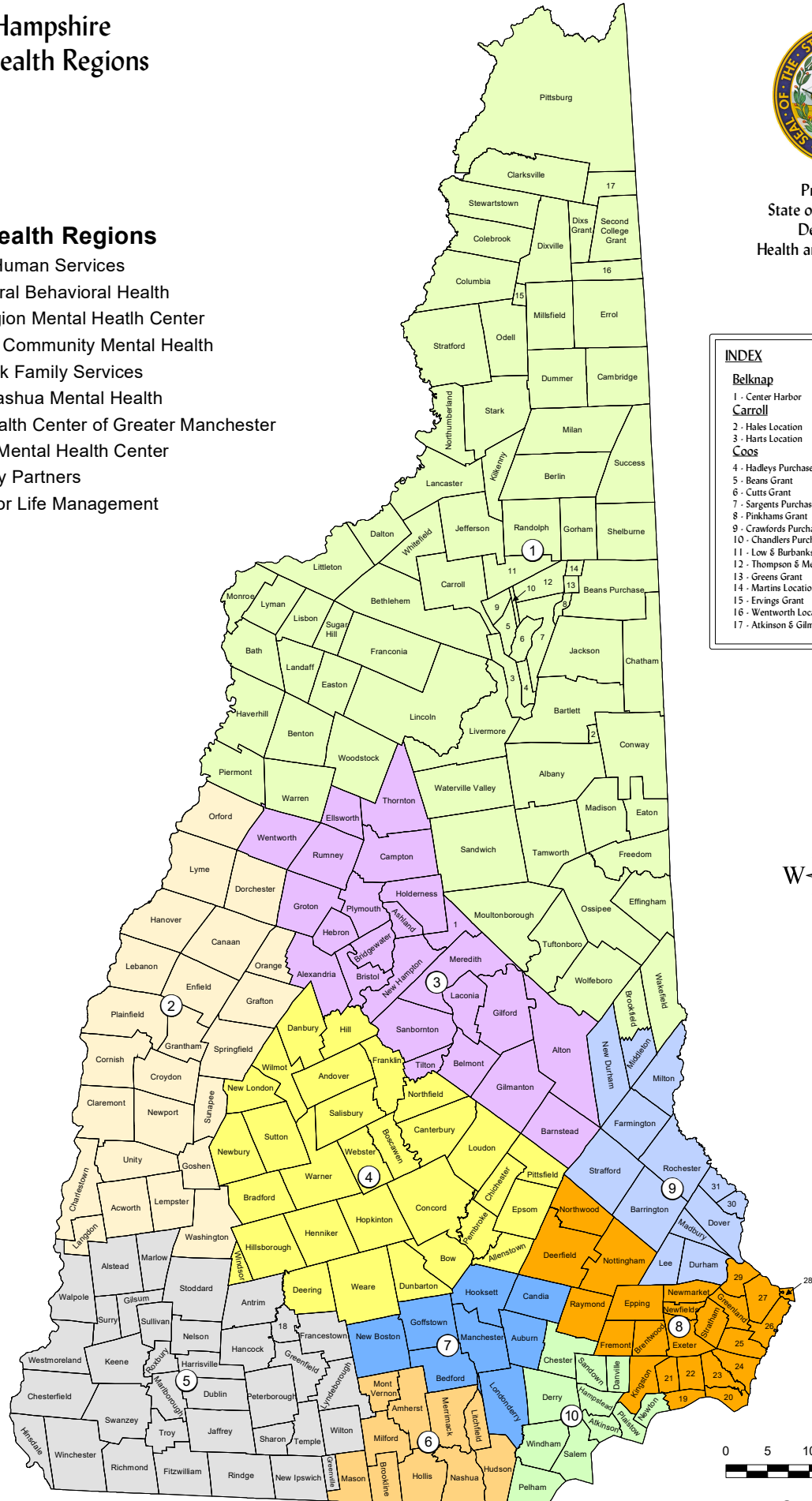


Prepared For:
State of New Hampshire
Department of
Health and Human Services

NH Mental Health Regions

- 1 Northern Human Services
- 2 West Central Behavioral Health
- 3 Lakes Region Mental Health Center
- 4 Riverbend Community Mental Health
- 5 Monadnock Family Services
- 6 Greater Nashua Mental Health
- 7 Mental Health Center of Greater Manchester
- 8 Seacoast Mental Health Center
- 9 Community Partners
- 10 Center For Life Management

INDEX	
Belknap	Hillsborough
1 - Center Harbor	18 - Bennington
Carroll	Rockingham
2 - Hales Location	19 - South Hampton
3 - Harts Location	20 - Seabrook
Coos	21 - East Kingston
4 - Hadleys Purchase	22 - Kensington
5 - Beans Grant	23 - Hampton Falls
6 - Cuts Grant	24 - Hampton
7 - Sargents Purchase	25 - North Hampton
8 - Pinkhams Grant	26 - Rye
9 - Crawfords Purchase	27 - Portsmouth
10 - Chandlers Purchase	28 - New Castle
11 - Low & Burbanks Grant	29 - Newington
12 - Thompson & Meserves Purchase	Strafford
13 - Greens Grant	30 - Rollinsford
14 - Martins Location	31 - Somersworth
15 - Ervings Grant	
16 - Wentworth Location	
17 - Atkinson & Gilmanton Academy Grant	



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
Ossipee
Piermont
Pittsburg
Randolph
Sandwich
Shelbourne
Stark
Stewartstown
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
Gilmanton
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
Wilmot
Windsor

Region V

Alstead
Antrim
Bennington
Chesterfield
Dublin
Fitzwilliam
Fracestown
Gilsom
Greenville
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

Amherst
Brookline
Hollis
Hudson
Litchfield
Mason
Merrimack
Milford
Mont Vernon
Nashua

Region VII

Auburn
Bedford
Candia
Goffstown
Hooksett
Londonderry
Manchester
New Boston

Region VIII

Brentwood
Deerfield
East Kingston
Epping
Exeter
Fremont
Greenland
Hampton
Hampton Falls
Kensington
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
Rochester
Rollinsford
Somersworth
Strafford

Region X

Atkinson
Chester
Danville
Derry
Hampstead
Newton
Pelham
Plaistow
Salem
Sandown
Windham

New Hampshire Mental Health Services

NH Rapid Response Access Point 24/7 1-833-710-64477

REGION 1: *Northern Human Services*

87 Washington Street, Conway, NH 03818 (603) 447-3347

GENERAL INTAKE: (603) 447-3347

REGION 2: *West Central Behavioral Health*

9 Hanover Street, Suite 2, Lebanon, NH 03766 (603) 448-0126

GENERAL INTAKE: (603) 448-0126

REGION 3: *Lakes Region Mental Health Center, Inc.*

40 Beacon Street East, Laconia, NH 03246 (603) 524-1100

GENERAL INTAKE: (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 INTAKE: (603) 228-1551

REGION 5: *Monadnock Family Services*

64 Main Street, Suite 301, Keene, NH 03431 (603) 357-4400

GENERAL INTAKE: (603) 357-4400

REGION 6: *Greater Nashua Mental Health*

100 West Pearl Street, Nashua, NH 03060 (603) 889-6147

GENERAL INTAKE: (603) 889-6147

REGION 7: *The Mental Health Center of Greater Manchester*

401 Cypress Street, Manchester, NH 03103 (603) 668-4111

GENERAL INTAKE: (603) 668-4111

REGION 8: *Seacoast Mental Health Center, Inc.*

1145 Sagamore Ave., Portsmouth, NH 03801 (603) 431-6703

GENERAL INTAKE: (603) 431-6703

REGION 9: *Community Partners of Strafford County*

113 Crosby Road, Suite 1, Dover, NH 03820 (603) 516-9300

GENERAL INTAKE: (603) 516-9300

REGION 10: *Center for Life Management*

10 Tsienneto Road, Derry, NH 03038 (603) 434-1577

GENERAL INTAKE: (603) 434-1577


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>