

NH BEHAVIORAL HEALTH SERVICES

Peer Support Agencies are located throughout the state of New Hampshire. They are private not-for-profit agencies that have contracted with the NH Department of Health and Human Services, Bureau of Mental Health Services. Peer Support Agencies provide services to people with mental health challenges who are 18 years of age or older and self-identify as a recipient, former recipient, or at significant risk of becoming a recipient of mental health services.

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 is intended to assist people to understand their potential to achieve their personal goals. Interactions are based on trust, respect, and mutual support. Peer Support Agencies accomplish this by providing choice, using non-medical approaches to help, shared decision making, encouraging informed decision making about all aspects of people's lives, and challenging perceived self-limitations.

Services include, but are not limited to, the following: face-to-face and telephone peer support; outreach; monthly education events; activities that promote self-advocacy; wellness training; after hours warm line; peer respite (24 hours, short-term, non-medical crisis program); and Step-Up Step-Down (90-Day stay).

Department of Health and Human Services

[NH Peer Support Agencies](#)

PEER SUPPORT:

- Offers positive role models for persons with mental health challenges
- Is a means to combat negative self-images or self-stigma
- Turns isolation into engagement by supporting an individual's productive role as part of the larger community

[SAMHSA Peer Support](#)

ADDITIONAL INFORMATION:

Mental Health Recovery Self-Help Strategies:

[Copeland Center for Wellness & Recovery](#)

Peer Respite Centers:

- Monadnock Area Peer Support in Keene, NH
- H.E.A.R.T.S. Peer Support in Nashua, NH

Step-Up Step-Down Centers:

- Monadnock Area Peer Support in Keene, NH
- On the Road to Wellness in Manchester, NH
- H.E.A.R.T.S. Peer Support in Nashua, NH
- Connections Peer Support in Northwood, NH

**THE OFFICE OF CONSUMER & FAMILY AFFAIRS
NH BUREAU OF MENTAL HEALTH SERVICES
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Funding for Peer Support Agencies comes from the NH Department of Health and Human Services (DHHS) and the Substance Abuse and Mental Health Services Administration (SAMHSA)

Updated March 11, 2024

New Hampshire Peer Support Agencies

**2024
Edition**

REGION I: NORTH COUNTRY

NORTH COUNTRY PEER SUPPORT CENTER

Barbara Payer, Exec Dir / Jodi Collins, Team Leader
6 Main Street / PO BOX 241
Conway, NH 03818
TEL : (603) 447-1765
EMAIL: alcexecdiretor@gmail.com / alcjodicollins@gmail.com
WARMLINE: (866) 447-1765 6-9 pm, 7 days per week

NORTH COUNTRY PEER SUPPORT CENTER

Barbara Payer, Exec Dir / Ellen Tavino, Team Leader
567 Main Street
Berlin NH 03570
TEL: (603) 215-6404
EMAIL: serenitystepspsc@gmail.com
WARMLINE: (866) 447-1765 6-9 pm, 7 days per week

NORTH COUNTRY PEER SUPPORT CENTER

Barbara Payer, Exec Dir
9 Summer Street, Unit 1
Groveton, NH 03582
TEL: (603) 636-5000
EMAIL: alcexecdiretor@gmail.com
WARMLINE: (866) 447-1765 6-9 pm, 7 days per week

NORTH COUNTRY PEER SUPPORT CENTER

Barbara Payer, Exec Dir / Shawn Cardi, Team Leader
Tannery Marketplace 111, Saranac St, Suite #169-171
Littleton NH 03561
TEL: (603) 575-5419
EMAIL: shawncardi75@gmail.com
WARMLINE: (866) 447-1765 6-9 pm, 7 days per week

REGION II: UPPER & RIVER VALLEY

STEPPING STONE

Susan Seidler, Executive Director
Shanon Laferte, Program Director
108 Pleasant Street
Claremont, NH 03743
TEL: (603) 543-1388 / FAX: (603) 543-0131
EMAIL: Susan: susan.seidler@steppingstonenextstep.org
EMAIL: Shanon: shanon.laferte@steppingstonenextstep.org
WEB: www.steppingstonenextstep.org
WARMLINE: (888) 582-0920 or (603) 543-1388
WARMLINE HOURS: 4-9pm Sat-Thurs; 4-8 Friday

NEXT STEP

109 Bank Street
Lebanon, NH 03766
Susan Seidler, Executive Director
Shanon Laferte, Program Director
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EMAIL: Shanon: shanon.laferte@steppingstonenextstep.org
WEB: www.steppingstonenextstep.org
TEL: (603) 448-6941 / FAX: (603) 448-0702
WARMLINE: (888) 582-0920 or (603) 543-1388
WARMLINE HOURS: 4-9pm Sat-Thurs; 4-8 Friday

REGION III & IV: LAKES & CENTRAL

ONE PEER TO ANOTHER, LACONIA

Michelle Ladue, Executive Director
328 Union Ave / PO Box 304
Laconia, NH 03247
TEL: (603) 528-7742
EMAIL: michelle@onepeer.org
WEB: www.onepeer.org

ONE PEER TO ANOTHER, CONCORD

Michelle Ladue, Executive Dir
224 N Main Street
Concord, NH 03301
TEL: (603) 224-0894
EMAIL: michelle@onepeer.org

ONE PEER TO ANOTHER, FRANKLIN OUTREACH

Wayne Hilliard, Outreach Coordinator
TEL: (603) 528-7742
EMAIL: wayne.h@onepeer.org

ONE PEER TO ANOTHER, PEMI VALLEY OUTREACH

Cindy Robinson, Outreach Coordinator
TEL: (603) 412-7050
EMAIL: cindy@onepeer.org
WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week

REGION V: MONADNOCK

MONADNOCK PEER SUPPORT AGENCY

David Ports, Interim Executive Director
Stacey Wilbur, Program Director
24 Vernon Street
Keene, NH 03431
TEL: (603) 352-5093 / FAX: (603) 550-5506
EMAIL: david@monadnockpsa.org
WEB: www.monadnockpsa.org
WARMLINE: (866) 352-5093 4-9 pm, 7 days per week
PEER RESPITE: (603) 352-5093
STEP-UP STEP-DOWN: shay@monadnockpsa.org

REGION VI: SOUTHERN NH

H.E.A.R.T.S. PEER SUPPORT CENTER

Ken Lewis, Executive Dir / Leslie Ryan, Program Mgr
5 Pine Street Extension, Suite 1G
Nashua, NH 03060
TEL: (603) 882-8400 / FAX: (603) 882-8700
EMAIL: kenl@heartspsa.org
WEB: www.heartspsa.org
WARMLINE: (800) 306-4334 5-10 pm, 7 days per week
PEER RESPITE: Amy Kinnunen, Program Manager
EMAIL: amyk@heartspsa.org
TEL: (603) 864-8769 / FAX: (603) 864-8482
STEP-UP STEP-DOWN: Cheryl Thibodeau, Prog Mgr
EMAIL: cherylt@heartspsa.org
TEL: (603) 521-8372 / FAX: (603) 864-8482

REGION VII: HILLSBOROUGH COUNTY

ON THE ROAD TO WELLNESS - MANCHESTER

David Blacksmith, Exec Director / Meghan Marhan, Dir of Op
377 South Willow Street, Suite B2-4
Manchester, NH 03103
TEL: (603) 623-4523 / FAX: (603) 623-2873
EMAIL: manchester@otrtw.org
WEB: www.otrtw.org
WARMLINE: (800) 306-4334 5-10 pm, 7 days per week

ON THE ROAD TO WELLNESS – STEP-UP STEP-DOWN

Sarah MacFadden, Director
59 Sheffield Road
Manchester, NH 03103
TEL: (603) 232-6250 / FAX: (603) 232-6158
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WEB: www.otrtw.org

REGION VIII: SEACOAST

CONNECTIONS PEER SUPPORT CENTER

Fred Poisson, Exec Dir / Nina Jenssen, Prog Dir
544 Islington Street
Portsmouth, NH 03801
TEL: (603) 427-6966 / FAX: (603) 373-6519
EMAIL: fred@connectionspeersupport.org
EMAIL: nina@connectionspeersupport.org
WARMLINE: (800) 809-6262 5-10 pm, 7 days per week

CONNECTIONS PEER SUPPORT : STEP-UP STEP-DOWN

James Boisrond, Program Manager
162 1ST NH Turnpike
Northwood, NH 03261
TEL: (603) 942-6023 / FAX: (603) 373-6519
EMAIL: susd@connectionspeersupport.org

REGION IX: STRAFFORD COUNTY

INFINITY PEER SUPPORT

Heather Walker-McConihe, Exec Director
Carole Otash, Director of Operations
55 Summer Street
Rochester, NH 03867
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EMAIL: heather@infinitypeersupport.org
EMAIL: carole@infinitypeersupport.org
WEB: www.infinitypeersupport.org
WARMLINE: (800) 809-6262 5-10 pm, 7 days per week

REGION IX: SOUTHEASTERN

ON THE ROAD TO WELLNESS - DERRY

David Blacksmith, Exec Dir / Meghan Marhan, Dir of Operations
Mallory Manning, Program Manager
45 South Main Street
Derry NH 03038
TEL: (603) 552-3177 / FAX: (603) 552-3179
EMAIL: derry@otrtw.org
WEB: www.otrtw.org
WARMLINE: (800) 809-6262 5-10 pm, 7 days per week