

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 Behavioral Health. Peer Support Agencies provide services to people with mental illness 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.

Department of Health and Human Services:
<https://www.dhhs.nh.gov/programs-services/health-care/mental-health/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

<http://tucollaborative.org>

ADDITIONAL INFORMATION:

Mental Health Recovery Self-Help Strategies:

<http://www.mentalhealthrecovery.com>

Peer Respite Centers:

- Monadnock Area Peer Support in Keene, NH
- H.E.A.R.T.S. 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
105 PLEASANT STREET
CONCORD, NH 03301-3852
PHONE (603) 271-5045
FAX (603) 271-5000**

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)

New Hampshire Peer Support Agencies

**2022
Edition**

REGION I: NORTH COUNTRY

THE ALTERNATIVE LIFE CENTER

Marilee Nihan, Director / Jodi Collins, Team Leader
6 Main Street / PO BOX 241
Conway, NH 03818
TEL & FAX: (603) 447-1765
EMAIL: alcjodicollins@gmail.com
WARM LINE: (866) 447-1765 5-9 pm, 7 days per week

SERENITY STEPS

Ellen Tavino, Team Leader
567 Main Street
Berlin NH 03896
TEL: (603) 752-8111
EMAIL: serenitystepspsc@gmail.com
WARM LINE: (866) 447-1765 5-9 pm, 7 days per week

THE HAVEN

Joanne Hill, Team Leader
27 Lombard Street
Colebrook, NH 03576
TEL: (603) 237-4353
EMAIL: colebrookhaven@gmail.com
WARM LINE: (866) 447-1765 5-9 pm, 7 days per week

LITTLETON PEER SUPPORT

Shawn Cardi, Team leader
33 Main Street Suite 204 & 205
Littleton NH 03785
TEL: (603) 444-5344
EMAIL: littletonpsc@gmail.com
WARM LINE: (866) 447-1765 5-9 pm, 7 days per week

REGION II: UPPER & RIVER VALLEY

STEPPING STONE

Susan Seidler, Director
108 Pleasant Street
Claremont, NH 03743
TEL: (603) 543-1388 / FAX: (603) 543-0131
EMAIL: susan.seidler@steppingstonenextstep.org
WEB: www.steppingstonenextstep.org
WARMLINE: (888) 582-0920 or (603) 543-1388
WARMLINE HOURS: 4-9pm, 7 days per week

NEXT STEP

109 Bank Street
Lebanon, NH 03766
Susan Seidler, Director
EMAIL: susan.seidler@steppingstonenextstep.org
WEB: www.steppingstonenextstep.org
TEL: (603) 448-6941
WARMLINE: (888) 582-0920 4-9 pm, 7 days per week

REGION III & IV: LAKES & CENTRAL

LAKES REGION CONSUMER ADVISORY BOARD

“CORNER BRIDGE”
Michelle LeDue, Director / Robin Greenly, Program Dir.
328 Union Ave / PO BOX 304
Laconia, NH 03247
TEL: (603) 528-7742 / FAX: (603) 524-7742
EMAIL: michelle@lakesregionconsumeradvisoryboard.info
EMAIL: cornerbridge1@atlanticbnn.net (Robin)
WEB: www.lakesregionconsumeradvisoryboard.info
WARMLINE: (800) 306-4334 5-10 pm, 7 days per week

PLYMOUTH AREA PEMI VALLEY OUTREACH

Cindy Robinson, Program Director
TEL: (603) 412-7050
EMAIL: cindy.pemioutreach@gmail.com
WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week

LAKES REGION CONSUMER ADVISORY BOARD

“CONCORD PEER SUPPORT”
Liane Saueherber, Program Director
55 School Street
Concord, NH 03301
TEL: (603) 224-0083 or (603) 224-0894
EMAIL: cornerbridge@comcast.net

REGION V: MONADNOCK

MONADNOCK PEER SUPPORT AGENCY

Christine Allen, Director / Jude Grophear, Program Dir.
32 Washington Street
Keene, NH 03431
TEL: (603) 352-5093 / FAX: (603) 355-8211
EMAIL: christine@monadnockspa.org
WEB: www.monadnockspa.org
WARMLINE: (866) 352-5093 4-9 pm, 7 days per week
PEER RESPITE: (603) 352-5093
STEP-UP STEP-DOWN: susd@monadnockpsa.org

REGION VI: SOUTHERN NH

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

Ken Lewis, Director / Leslie Roman, Peer Support
5 Pine Street Extension, Suite 1-G
PO BOX 1564
Nashua, NH 03061
TEL: (603) 882-8400 / FAX: (603) 882-8700
EMAIL: kenl-hearts@comcast.net
EMAIL: leslier@heartspsa.com
WEB: www.heartspsa.org
WARMLINE: (800) 306-4334 5-10 pm, 7 days per week
PEER RESPITE: (603) 864-8769
STEP-UP STEP-DOWN: cherylt@heartspsa.com

REGION VII: HILLSBOROUGH COUNTY

ON THE ROAD TO WELLNESS - MANCHESTER

David Blacksmith, Director / Meghan Marhan, Dir. of Operations
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

Samantha Captain / Jesse Murenzi, Co-Directors
59 Sheffield Road
Manchester, NH 03103
TEL: (603) 232-6250 / FAX: (603) 232-6158
EMAIL: susd@otrtw.org
WEB: www.otrtw.org

REGION VIII: SEACOAST

CONNECTIONS PEER SUPPORT CENTER

Jacky McDonough, Director / Nina Jenssen, Program Dir.
544 Islington Street
Portsmouth, NH 03801
TEL: (603) 427-6966 / FAX: (603) 373-6519
EMAIL: jacky@connectionspeersupport.org
EMAIL: nina@connectionspeersupport.org
WARMLINE: (800) 809-6262 5-10 pm, 7 days per week

CONNECTIONS PEER SUPPORT – STEP-UP STEP-DOWN

161 1ST NH Turnpike
Northwood, NH 03261
TEL: (603) 427-6966 / FAX: (603) 373-6519
EMAIL: kali@connectionspeersupport.org

REGION IX: STRAFFORD COUNTY

INFINITY PEER SUPPORT

Melissa Silvey, Director / Carole Otash, Program Director
55 Summer Street
Rochester, NH 03867
TEL: (603) 948-1043 / FAX: (603) 948-1047
EMAIL: melissa@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 RECOVERY - DERRY

David Blacksmith, Director / Meghan Marhan, Dir. of Operations
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