

If you or someone you know is experiencing mental health or substance use challenges, New Hampshire offers the **confidential care** you need without judgment. Keep this card or share with a friend in need.



**A STRONGER YOU.
A STRONGER
NEW HAMPSHIRE.**

dhhs.nh.gov/strongasgranite



Call or text if you need mental health or substance use support.

833-710-6477

NH Rapid Response

988

Suicide & Crisis Lifeline

211

Your Local Doorway for
Substance Use Resources

24/7. Confidential, no cost to you.