

MENTAL HEALTH COMMUNITY RESOURCES

[New Hampshire/New England]

IN AN EMERGENCY OR CRISIS

For assistance in an emergency

Dial 911

National Suicide Prevention Lifeline

1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)

Riverbend's Mobile Crisis

clinicians are available 24/7 by telephone, 8:00 am to midnight, 7 days per week
(844) 7-HELP4U (1-844 -743-5748)

Crisis Text Line

Text HOME to 741741
Text 686868 (Canada)

NH Alcohol and Drug Treatment

Locator <https://nhtreatment.org/>

If you or someone you know is experiencing a substance use or addiction-related crisis, **call 2-1-1**

NH Suicide and Crisis Hotline

suicidehotlines.com/newhampshire.html
1-800-852-3388

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

National Domestic Violence Hotline

1-800-799-SAFE (7233)
1-800-787-3224 (hearing impaired line)

RAINN (Rape, Abuse & Incest National Network) www.rainn.org

1-800-656-HOPE (4673)

NH Coalition Against Domestic and Sexual Violence www.nhcadsv.org

Confidential Statewide Hotlines

24-hour Domestic Violence Hotline:
1-866-644-3574

24-hour Sexual Assault Hotline:
1-800-277-5570

New Hampshire Department of Health and Human Services www.dhhs.nh.gov/
(866) 644-3574 statewide domestic violence hotline

Family Violence Prevention Specialist Program

<https://www.dhhs.nh.gov/dcyf/domesticviolence.htm>

Find Domestic/Sexual Violence Crisis Center <http://www.nhsaysnomore.org/get-help.html>

TREATMENT RESOURCES

Substance Abuse Treatment

Aware Recovery Care – NH In-home Substance Abuse Treatment, (855) 700-1979, <https://help.awarerecoverycare.com/substance-abuse-treatment-new-hampshire/>

Chrysalis Recovery Center – Alcohol and Drug assessment, addiction and recovery groups, anger management, DWI Aftercare, Veteran Recovery Program, Counseling and Interventions, <https://www.chrysalisrecovery.com/>

Drug Free New Hampshire – includes many resources under “Get Help” section, <https://drugfreenh.org/>

Granite Recovery Center – NH (866) 479-3864, <https://www.graniterecoverycenters.com/>

New England Recovery Center – New England drug & alcohol addiction treatment (844) 400-6372, <https://www.newenglandrecoverycenter.org/>

Northeast Addictions Treatment Center – (888) 547-3383 for help, <https://neaddictions.com/landing/alcohol-drug-detox/>

National Council for Behavioral Health – can assist you in finding a local provider of behavioral health services and support, www.theNationalCouncil.org (click on “Find a Provider”)

SAMHSA’s National Helpline – Substance Abuse and Mental Health Services (SAMHSA) provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations: 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

Mental Health Treatment

Cambridge Eating Disorder Center – in NH, (603) 715-5150, <https://www.eatingdisordercenter.org/>

Chrysalis Recovery Center – Alcohol and Drug assessment, addiction and recovery groups, anger management, DWI Aftercare, Veteran Recovery Program, Counseling and Interventions, <https://www.chrysalisrecovery.com/>

Concord Family Therapy LLC – family therapy in Concord, NH (603) 219-7418

New England Recovery and Wellness Center – **24/7 Confidential Hotline: (855) 500-0167**, clinical and holistic addiction and mental health rehabilitation services located in the heart of New England, <https://www.newenglandraw.com/>

New Hampshire Psychiatric Society – <http://www.nhpsych.org/>

NFI North Inc / Transitional Housing Services – <https://www.nfinorth.com/>

Plymouth State University / NH Eating Disorders – Resource Directory at www.plymouth.edu/wp-content/uploads/2016/09/edi-resource-directory2013.pdf (see pgs 5-24)

Riverbend Community Mental Health & Riverbend Emergency Services, Central NH – (844) 743-5748, <https://www.riverbendcmhc.org/>

National Alliance on Mental Illness (NAMI) – Information Helpline provides information and referral services. 1-800-950-NAMI (6264) / NAMI-NH (800) 242-6264, <https://www.naminh.org/>

National Council for Behavioral Health – can assist you in finding a local provider of behavioral health services and support, www.theNationalCouncil.org (click on “Find a Provider”)

SAMHSA’s National Helpline – Substance Abuse and Mental Health Services (SAMHSA) provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations: 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

CHILDREN & YOUTH RESOURCES

Emergency and Referral Services

National Runaway Safeline
1-800-621-4000

**NH Department of Health and Human Services,
Children/Youth/Families**
<https://www.dhhs.nh.gov/dcyf/domesticviolence.htm>

To report child abuse or neglect, call **(800) 894-5533 (in-state) or (603) 271-6562**. Intake lines are staffed 24 hours every day. **If an immediate emergency, call 911.**

Children and Youth Mental Health Services

Children's Hospital at Dartmouth-Hitchcock – provides a long list New Hampshire resources including Early Supports and Services, Family Ties for Special Needs Children, Resource Connection, and **Crisis HelpLine: (800) 852-3388**, <https://www.chadkids.org/family-center/family-center-resources-nh.html>

NAMI, New Hampshire / NH Family Network – resources for children, teens and young adults, families, adults, veterans, suicide prevention, parent support groups, and mental health centers

New Hampshire Family Voices – (800) 852-3345 x4525 or (603) 271-4525

Parent Information Center, New Hampshire – (603) 224-7005 or info@picnh.org, www.picnh.org

Children and Youth Substance Abuse Services

Gobi [*this is very cool for teens] – Our texted assignments help teens rethink why they're using and gets your family talking. Built by parents, clinicians, and teens, we support families around issues of substance use. Evidence informed content delivered by smartphone. <https://www.gobi.support/>

Partnership for Drug-Free Kids, national resource with a lot of helpful information and it connects to the SAMHSA treatment finder for your location, <https://drugfree.org/>

YOUTH-SERVING ORGANIZATIONS

Best Buddies New Hampshire – creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for individuals with intellectual and developmental disabilities (IDD), <https://www.bestbuddies.org/newhampshire/>

Boys and Girls Clubs of Central New Hampshire – (603) 224-1061, <https://www.centralnhclubs.org/>

Boy Scouts of America – <https://beascout.scouting.org/>

Breakthrough Manchester – education-supporting program for teens in and around Manchester, <https://www.breakthroughmanchester.org/>

Bureau of Student Wellness, NH Department of Education – <https://www.nhstudentwellness.org/>

Directory NH / New Hampshire Associations and Organizations – <http://www.directorynh.com/NHAssociations-Organizations.html>

Friends Program, Concord, NH – youth mentoring and other service programs for the community, <https://www.friendsprogram.org/about>

Girl Scouts of the Green and White Mountains (VT and NH), <https://www.girlscoutsgwm.org/>

GLSEN NH – for LGBTQ youth and allies in New Hampshire, (603) 369-6686, <https://www.glsen.org/chapters/newhampshire>

Granite United Way – United Way recruits people and organizations who share the common goal of improving lives in their community; they create opportunities for children to learn, struggling families and individuals to become financially stable and ensure access for critical health care. Merrimack County (603) 224-2595; Manchester (603) 625-6939, <http://www.graniteuw.org/>

Granite YMCA – offers multiple youth programs and positive activities, <https://www.graniteymca.org/>

Merrimack County Juvenile Services – early intervention program that works with predominantly first-time juvenile offenders, <https://merrimackcounty.net/departments/juvenile-diversion>

NH Charitable Foundation – offers programs and volunteer opportunities to connect youth with their communities and build positive cross-generational support systems, <https://www.nhcf.org>

Teen Court – a voluntary alternative program to the criminal justice system for and run by teens that have committed first-time misdemeanor offenses (shoplifting, property damage, criminal mischief, school altercations, drug & alcohol charges), <http://www.merrimackcounty.net/jd-view-all-pages/160-teen-court>

Volunteer Match – <https://www.volunteermatch.org/>

Youth Mentoring / Big Brothers Big Sisters of New Hampshire – (603) 430-1140, <https://www.bbbsnh.org/>

Youth Volunteer Opportunities in New Hampshire – <https://www.wmur.com/article/volunteer-connection/5173553>

RESOURCES FOR SPECIAL POPULATIONS

Gay, Lesbian, Bisexual, Transgender Support Resources

GLBT National Help Center
www.glnh.org

1-888-843-4564

Trevor Project Crisis Line – LGBTQ Youth www.theTrevorProject.org

1-866-4-U-TREVOR (488-7386)

GLBT National Youth Talkline
www.glnh.org/talkline

1-800-246-PRIDE (1-800-246-7743)

Dartmouth-Hitchcock transgender clinic – (603) 650-8630

Equality Health Center, Concord, NH – (855) 502-3858 (Toll free) or (603) 225-2739 (Local calls); providing comprehensive, supportive, individualized health care and health information to individuals with diverse expressions of gender and sexuality, <https://www.equalityhc.org/lgbtq-health.html>

GLAD Answers legal hotline – Monday-Friday, 1:30 to 4:30 p.m. at 800-455-GLAD

GLSEN-NH – Gay/Lesbian/Straight Education Network for LGBTQ youth – <https://www.glsen.org/chapters/newhampshire>

PFLAG-NH support groups – pflagnh.org/support-groups

Transgender New Hampshire resource page – tg-nh.org/resources.html

University of New Hampshire, Safe Zones – LGBTQA Resources across New Hampshire, <https://www.unh.edu/safezones/local-new-hampshire-lgbtqa-resources>

SELF-HELP RESOURCES AND GROUPS

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

Narcotics Anonymous

www.na.org/meetingsearch

**1-888-GET-HOPE (438-4673)
(Hopeline)**

Al-Anon Family Groups

www.al-anon.alateen.org/local-meetings

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

National Domestic Violence Hotline

<https://www.thehotline.org/>

New Hampshire Alcoholics Anonymous – (603) 622-6967, <https://nhaa.net/meetings/>

New Hampshire Al-Anon – The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. (603) 369-6930, <https://nhal-anon.org/>

The Granite State and Seacoast Areas of Narcotics Anonymous – 24 hr Helpline: Toll Free 888-NA-HELP-U (888-624-3578), <https://gsana.org/>

New Hampshire Nar-Anon – includes national Nar-Anon phone: (800) 477-6291, <http://www.usrecovery.info/Nar-Anon/New-Hampshire.htm>

OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more: Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7: 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions: www.findlaw.com

End 68 Hrs of Hunger – food support for food-insecure youth (603) 692-8313, <https://www.end68hoursofhunger.org/>

Home4hope.com – multiple resources for homeless youth: housing/shelter, healthcare, food, welfare, school services, financial and legal help. Helpline: (866) 444-4211. No eligible person, regardless of their previous place of residence, is denied admission to a shelter if beds or rooms are available, <http://www.home4hope.com/>

NH Coalition to End Homelessness – resources for youth who are hungry, homeless, need shelter; women's shelters, transitional housing, food pantries, and advocacy programs, <http://nationalhomeless.org/references/directory/organization/New+Hampshire+Coalition+to+End+Homelessness/>

The Friendly Kitchen – serves 1-3 meals every day in Concord, NH, to anyone who needs a meal, <https://thefriendlykitchen.org/>

The Salvation Army, Northern New England Division – In Northern New England many programs are offered including direct assistance, after-school programs, temporary shelter, feeding programs, holiday assistance, and disaster response, <https://nne.salvationarmy.org/nne/ways-we-help>

The Scott McGilvray Children's Fund – provides resources that public-school employees request for students, to help with basic needs not covered by insurance or the schools, <https://www.smcfnh.org/>

Waypoint New Hampshire – help for homeless or runaway youth (603) 518-4000, <https://waypointnh.org/programs/youth>