

New Hampshire Mental Health Regions

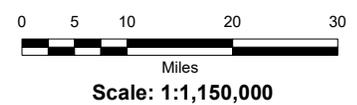
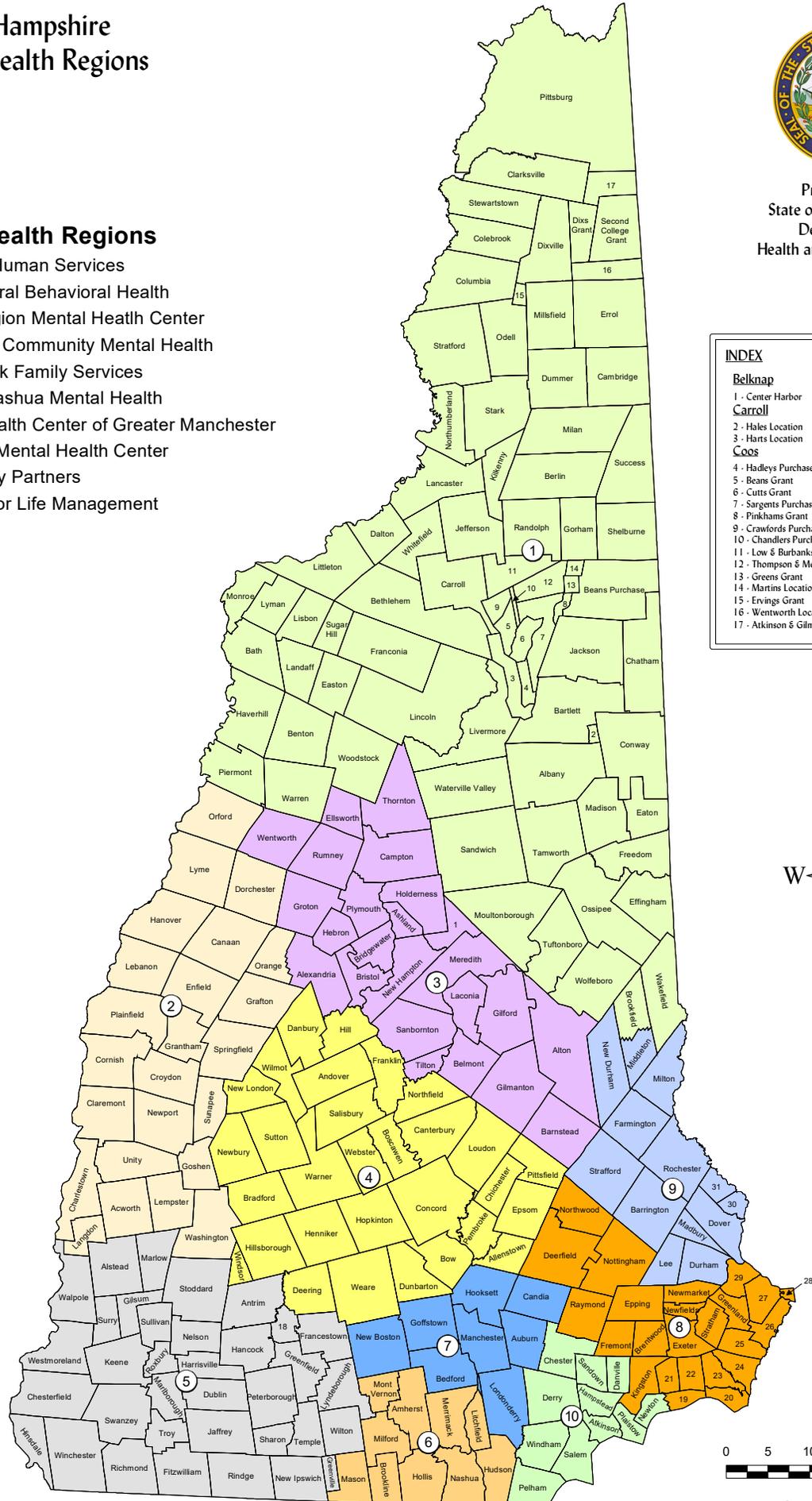


Prepared For:
State of New Hampshire
Department of
Health and Human Services

NH Mental Health Regions

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**New Hampshire Mental Health Services
Intake, Emergency Services, & Mobile Crisis Response Teams**

REGION 1: *Northern Human Services*

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

GENERAL INQUIRIES: (603) 447-3347

EMERGENCY SERVICES	Daytime #	After Hours #
BERLIN	(603) 752-7404	(603) 752-7404
COLEBROOK	(603) 237-4955	(603) 237-4955
CONWAY	(603) 447-2111	(603) 356-5461 (Memorial Hospital. Ask for Emergency Services)
LITTLETON	(603) 444-5358	(603) 444-5358
WOLFEBORO	(603) 569-1884	(603) 569-7500 (Huggins Hospital. Ask for Emergency Services)

REGION 2: *West Central Behavioral Health*

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

GENERAL INQUIRIES: (603) 448-0126

EMERGENCY SERVICES: (800) 564-2578

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

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

GENERAL INQUIRIES: (603) 524-1100

EMERGENCY SERVICES: (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 INQUIRIES: (603) 228-1551

EMERGENCY SERVICES: (844) 743-5748 or (844-7-HELP 4 U)

MOBILE CRISIS RESPONSE (24/7): (844) 743-5748 or (844-7-HELP 4 U)

REGION 5: *Monadnock Family Services*

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

GENERAL INQUIRIES: (603) 357-4400

EMERGENCY SERVICES: (603) 357-5270 After Hours: (603) 357-4400

REGION 6: *Greater Nashua Mental Health*

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

GENERAL INQUIRIES: (603) 889-6147

EMERGENCY SERVICES: (800) 762-8191

REGION 6: *Harbor Homes, Inc. Mobile Crisis Response Team*

45 High Street, Nashua, NH 03060 (603) 881-8436

MOBILE CRISIS RESPONSE (24/7): (603) 816-1010

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

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

GENERAL INQUIRIES: (603) 668-4111

EMERGENCY SERVICES: (603) 668-4111

MOBILE CRISIS RESPONSE (24/7): (800) 688-3544

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

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

GENERAL INQUIRIES: (603) 431-6703

EMERGENCY SERVICES:

EXETER (603) 772-2710

PORTSMOUTH (603) 431-6703

REGION 9: *Community Partners of Strafford County*

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

GENERAL INQUIRIES: (603) 516-9300

EMERGENCY SERVICES: (603) 516-9300

REGION 10: *Center for Life Management*

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

GENERAL INQUIRIES: (603) 434-1577

EMERGENCY SERVICES: (603) 434-1577

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

Community Mental Health Centers

Services provided by CMHCs include: 24-hour Emergency Services, Assessment and Evaluation, Individual 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 Community Mental Health Centers also provide services and referrals 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>

Emergency Services

Emergency Services (“ES”) are available to anyone in the state 24/7 who is at risk of harm to themselves or others, or is experiencing a behavioral health crisis. Services can be provided over the phone or in person (in an office during business hours, most likely at a hospital after hours) by a mental health professional. ES is often the gateway to further services following the initial contact. If you are in immediate risk of suicide, in addition to calling ES, you can also call the National Suicide Prevention Lifeline at 1 800 273 TALK (8255).

Mobile Crisis Response Teams

Mobile Crisis Response Teams (MCRT) respond to what individuals define as a “crisis” in the community. The triage line will assess the best route for response and when appropriate, teams are sent to meet people in the community or, if the individual chooses, at a MCRT site. MCRTs are available 24/7 and staffed by clinicians, Peer Specialists, and medical providers are available for consult. All have crisis apartments that are available for up to 7 days.

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>