

# NAMI NH Resource Guide

Resource addresses, phone numbers and internet links are subject to change. If you are unable to connect with a resource, try searching the web for the name to see if new contact information or links are available. If you need assistance please contact the NAMI NH Information and Resource line at 1-800-242-6264 or [info@naminh.org](mailto:info@naminh.org).

## State and Local Resources

### Adult and General Resources

#### **New Hampshire Department of Health and Human Services (DHHS)**

The *New Hampshire Department of Health and Human Services* provides assistance for New Hampshire's citizens through a variety of services, supports, financial and medical assistance programs at the regional offices below.

General New Hampshire DHHS Information and Referrals: (603) 271-5557

ALL TDD access: (800) 735-2964

Website: [www.dhhs.state.nh.us](http://www.dhhs.state.nh.us).

#### **District Offices**

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##### **Berlin Office**

650 Main Street Suite 200  
Berlin, NH 03570  
Phone: (603) 752-7800  
Toll Free: (800) 972-6111

##### **Claremont Office**

17 Water Street Suite 301  
Claremont, NH 03743  
Phone: (603) 542-9544  
Toll Free: (800) 982-1001

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##### **Concord Office**

40 Terrill Park Dr.  
Concord, NH 03301  
Phone: (603) 271-6201  
Toll Free: (800) 322-9191

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##### **Conway Office**

73 Hobbs Street  
Conway, NH 03818  
Phone: (603) 447-3841  
Toll Free: (800) 552-4628

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##### **Keene Office**

809 Court Street  
Keene, NH 03431  
Phone: (603) 357-3510  
Toll Free: (800) 624-9700

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##### **Laconia Office**

65 Beacon Street West  
Laconia, NH 03246  
Phone: (603) 524-4485  
Toll Free: (800) 322-2121

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##### **Littleton Office**

80 N. Littleton Road  
Littleton, NH 03561  
Phone: (603) 444-6786  
Toll Free: (800) 552-8959

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##### **Manchester Office**

195 McGregor St. Suite 110  
Manchester, NH 03102  
Phone: (603) 668-2330  
Toll Free: (800) 852-7493

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**Rochester Office**

150 Wakefield Street Suite 22  
Rochester, NH 03867  
Phone: (603) 332-9120  
Toll Free: (800) 862-5300

**Southern District Office**

3 Pine Street Extension, Suite Q  
Nashua, NH 03060  
Phone: (603)883-7726  
Toll Free: (800) 852-0632

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**Seacoast District Office**

50 International Drive  
Portsmouth, NH 03801  
Phone: (603) 433-8300  
Toll Free: (800) 821-0326

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## **Resources-Alphabetic by Topic**

### **Adult Protective Services**

The New Hampshire Department of Health and Human Services- Bureau of Elderly and Adult Services provides a variety of social and long-term supports to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability. Services and supports are intended to assist people to live as independently as possible in safety and with dignity. Examples include home care; meals on wheels; transportation assistance; long term care (nursing home and community based care); information and assistance regarding Medicare and Medicaid; information about volunteer opportunities and investigation of reports of abuse, neglect or exploitation of incapacitated adults.

NH DHHS-Bureau of Elderly & Adult Services

129 Pleasant Street

Concord, NH 03301

Phone: (603) 271-9203

Toll Free: (800) 351-1888

Website: <http://www.dhhs.nh.gov/dcbcs/beas/aboutprotection.htm>

If you suspect abuse or neglect call (603) 271-7014 OR (800) 949-0470

### **Advocacy Organizations**

#### **Disabilities Rights Center (DRC)**

The DRC is New Hampshire's designated Protection and Advocacy Agency and authorized by federal statute "to pursue legal, administrative and other appropriate remedies" on behalf of individuals with disabilities. The DRC is a statewide organization that is independent from state government or service providers. The DRC provides information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems.

Disability Rights Center

18 Low Ave

Concord, NH 03301

Phone: (603) 228-0432 Email: [advocacy@drcnh.org](mailto:advocacy@drcnh.org)

Web: [www.drcnh.org](http://www.drcnh.org)

### **Governor's Commission on Disability**

The Commission's goal is to remove the barriers, architectural, attitudinal or programmatic, which bar persons with disabilities from participating in the mainstream of society. The Commission is the New Hampshire State Affiliate for the DBTAC New England ADA Center.

Governor's Commission on Disability

57 Regional Drive

Concord, NH 03301

Phone: (603) 271- 2773

Email: [Disability@nh.org](mailto:Disability@nh.org)

Web: [www.nh.gov/disability](http://www.nh.gov/disability)

### **Granite State Independent Living (GSIL)**

Granite State Independent Living (GSIL) is a statewide non-profit service and advocacy organization that provides tools for living life on your terms-so you can navigate your own life and participate as fully as you choose in your community, just like everyone else. They have four core services - advocacy, information, education, and support that are embodied in an extensive menu of services that include: Employment, Transportation, Housing Program, Service Coordination and Advocacy.

21 Chenell Drive

Concord, NH 03302

Phone: (603) 228- 9680 or Toll Free: (800) 826-3700

Website: [www.gsil.org](http://www.gsil.org)

### **Human Rights Commission**

The New Hampshire Commission for Human Rights is a state agency established by RSA 354-A for the purpose of eliminating discrimination in employment, public accommodations and the sale or rental of housing or commercial property, because of age, sex, sexual orientation, race, creed, color, marital status, familial status, physical or mental disability or national origin. The commission has the power to receive, investigate and pass upon complaints of illegal discrimination and to engage in research and education designed to promote good will and prevent discrimination

2 Chenell Drive

Concord, NH 03301

Phone: (603) 271-2767

Email: [humanrights@nhsa.state.nh.us](mailto:humanrights@nhsa.state.nh.us)

Web: [www.nh.gov/hrc](http://www.nh.gov/hrc)

### **People First of New Hampshire**

People First of New Hampshire is a non-profit self-advocacy organization comprised of chapters and groups across led by people who experience disabilities for the purpose of self-advocacy.

People First of New Hampshire

4 Park Street, Suite #205

Concord, NH 03302

Phone: (603) 568-2182 or (800) 566-2128

Email: [info@peoplefirstofnh.org](mailto:info@peoplefirstofnh.org)

Website: <http://www.peoplefirstofnh.org>

## **Alcohol/Substance Abuse and Smoking Prevention and Treatment**

### **NH Department of Health and Human Services Bureau of Drug and Alcohol Services**

The Bureau of Drug and Alcohol Services (BDAS) works to reduce alcohol and other drug misuse and its social, health and behavioral consequences for the citizens of New Hampshire through public policy and resource development, education, and supporting initiatives that ensure the delivery of effective and coordinated prevention and treatment services.

NH DHHS Bureau of Drug and Alcohol Services  
105 Pleasant Street  
Concord, NH 03301  
Phone: (603) 271-6110 or (800) 804-0909  
Website: <http://www.dhhs.nh.gov/dcbcs/bdas/contact.htm>

### **Alcoholics Anonymous 24 Hour Hot Line**

Alcoholics Anonymous® is a gathering of people “who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.”

Service Office  
1330 Hooksett Road  
Hooksett, NH 03106  
Phone: (603) 622-6967 Toll Free (800) 593-3330  
Web: [www.nhaa.net](http://www.nhaa.net) Email: [office@nhaa.net](mailto:office@nhaa.net)

### **The Granite State Area of Narcotics Anonymous**

Narcotics Anonymous carries the message of recovery that an addict, any addict, can stop using drugs, lose the desire to use and find a new way of life. NA is a spiritual, not religious, program that comes from the 12 steps and 12 traditions of Narcotics Anonymous.

For An Immediate Response, 1-888-NA-HELP\_U or 1-888-624-3578  
Website: General Information: [www.gsana.org/contact\\_us.html](http://www.gsana.org/contact_us.html)  
Website: Meetings: <http://www.gsana.org/NHMeetings.html>

### **NH Al-Anon/Alateen**

Al-Anon Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that change attitudes can aid recovery.

PO Box 220  
Concord, NH 03302  
For immediate Assistance: (603) 645-9518  
Website: [www.nhal-anon.org](http://www.nhal-anon.org) Email: [webcoordinator@nhal-anon.org](mailto:webcoordinator@nhal-anon.org)

### **Dual Recovery Anonymous Meetings (DRA)**

DRA is a fellowship of men & women who meet to support each other in our common recover from two NO-Fault illnesses: an emotional or psychiatric illness and chemical dependency.

Derry Friendship Center  
45 E. Broadway  
Derry, NH 03038

Phone: (603) 432-9794

Website: <http://www.derryfriendshipcenter.org>

### **Try To STOP TOBACCO New Hampshire**

The toll free helpline offers telephone-based counseling, free print materials and referrals to local tobacco treatment programs for New Hampshire residents. Services are available in English with translation for other languages. Quit tips are available 24 hours a day (1-800-8GET-A-TIP). The website provides a form for tobacco users to self refer for free counseling, information about local tobacco treatment resources, fact sheets and provides a link to online quitting communities. NH residents can access this state-of-the-art friendly tool for tobacco users who want to quit on their own.

NH Division of Public Health Services  
Tobacco Prevention & Control Program

29 Hazen Drive

Concord, NH 03301-6504

Phone: 1-(800) 784-8669 (English)

1-(800)-8-DEJALO (Spanish & translation for other languages)

TTY Line: 1-(800)-833-1477

Website: [www.trytostopnh.org](http://www.trytostopnh.org)

### **Community Mental Health Centers (CMHC)**

Community Mental Health Centers are private not-for-profit agencies who offer a wide variety of programs such as individual and group therapy, medications, and symptom management. They also provide special intensive services. They are located in 10 regions in New Hampshire and have contracted with the NH Department of Health and Human Services, Bureau of Behavioral Health to provide publicly funded mental health services to individual and families who meet certain criteria for services. You should contact the CMHC in your area to learn more about their offering of services and supports.

REGION I <a href="#">NORTHERN HUMAN SERVICES</a> Dennis Mackay, Executive Director 87 Washington Street Conway, NH 03818 Phone: (603) 447-3347 Website: <a href="http://www.northernhs.org">www.northernhs.org</a>	REGION II <a href="#">WEST CENTRAL BEHAVIORAL HEALTH</a> Suellen Griffin, Executive Director 9 Hanover Street, Suite 2 Lebanon, NH 03766 Phone: (603) 448-0126 Website: <a href="http://www.wcbh.org">www.wcbh.org</a>
REGION III <a href="#">GENESIS BEHAVIORAL HEALTH</a> Maggie Pritchard, Executive Director 111 Church Street Laconia, NH 03246 TEL: (603) 524-1100 Website: <a href="http://www.genesisbh.org">www.genesisbh.org</a>	REGION IV <a href="#">RIVERBEND COMMUNITY MENTAL HEALTH CENTER</a> Louis Josephson, Executive Director 70 Pembroke Street PO Box 2032 Concord, NH 03302-2032 TEL: (603) 228-1551 Website: <a href="http://www.riverbendcmhc.org">www.riverbendcmhc.org</a>
REGION V <a href="#">MONADNOCK FAMILY SERVICES</a>	REGION VI <a href="#">GREATER NASHUA MENTAL HEALTH CENTER</a>

Paul Gorman , Executive Director 64 Main Street, Suite 301 Keene, NH 03431 TEL: (603) 357-6878 Website: <a href="http://www.mfs.org">www.mfs.org</a>	<a href="#">AT COMMUNITY COUNCIL</a> Hisham Hafez, MD, Executive Director 7 Prospect Street Nashua, NH 03060-3990 TEL: (603) 889-6147 Website: <a href="http://www.gnmhc.org">www.gnmhc.org</a>
REGION VII <a href="#">MENTAL HEALTH CENTER OF GREATER MANCHESTER</a> Peter Janelle, President 401 Cypress Street Manchester, NH 03103 TEL: (603) 668-4111 Website: <a href="http://www.mhcgm.org">www.mhcgm.org</a>	REGION VIII <a href="#">SEACOAST MENTAL HEALTH CENTER, INC.</a> Jay Couture, Executive Director 1145 Sagamore Avenue Portsmouth, NH 03801 TEL: (603) 431-6703 Website: <a href="http://www.smhc-nh.org">www.smhc-nh.org</a>
REGION IX <a href="#">COMMUNITY PARTNERS</a> Brian Collins, Executive Director 113 Crosby Road, Suite 1 Dover, NH 03820 TEL: (603) 749-4015 Website: <a href="http://www.dssc9.org">www.dssc9.org</a>	REGION X <a href="#">CENTER FOR LIFE MANAGEMENT</a> Victor Topo, Executive Director 10 Tsienneto Road Derry, NH 03038 TEL: (603) 434-1577 Website: <a href="http://www.centerforlifemanagement.org">www.centerforlifemanagement.org</a>

## **Consumer Credit Counseling Services**

### **Consumer Credit Counseling Services of NH & VT**

CCCS of NH & VT is a nonprofit community service organization seeking through a variety of services and supports to help those having difficulty managing their personal finances. Call to arrange an appointment with a certified credit counselor in any one of the 10 offices located in New Hampshire.

CCCS of NH & VT  
Administrative Office  
105 Loudon Road PO Box 818  
Concord, NH 03302  
Phone: (800) 327-6778  
Website: <http://greenpath.com>

### **UNH Cooperative Extension Services**

A multitude of programs on family, home and agriculture. Everything from food safety, nutrition, to financial solutions. Offices can be found in each county.

Administrative Office: 200 Bedford Street (Mill#3)  
Manchester, NH 03101  
Phone: (603) 629-9494  
General Information Line: 1-877-398-4769 Email: [answers@unh.edu](mailto:answers@unh.edu)

Website: <http://extension.unh.edu/>

## **County Correctional Facilities**

<b>Belknap County House of Corrections</b>	<b>Laconia</b>	<b>(603) 527-5480</b>
<b>Carroll County House of Correction</b>	<b>Ossipee</b>	<b>(603) 539-2282</b>
<b>Cheshire County House of Corrections</b>	<b>Keene</b>	<b>(603) 903-1600</b>
<b>Coos County House of Corrections</b>	<b>West Stewartstown</b>	<b>(603) 246-3315</b>
<b>Grafton County House of Corrections</b>	<b>North Haverhill</b>	<b>(603) 787-6767</b>
<b>Hillsborough County House of Corrections</b>	<b>Manchester</b>	<b>(603) 627-5620</b>
<b>Merrimack County House of Corrections</b>	<b>Boscawen</b>	<b>(603) 796-3600</b>
<b>Rockingham County House of Corrections</b>	<b>Brentwood</b>	<b>(603) 679-2244</b>
<b>Strafford County House of Corrections</b>	<b>Dover</b>	<b>(603) 742-3310</b>
<b>Sullivan County House of Corrections</b>	<b>Claremont</b>	<b>(603) 542-8717</b>

## **Cultural Diversity**

### **New Hampshire Department of Health and Human Services Office of Minority Health & Refugee Affairs**

The Office of Minority Health & Refugee Affairs helps ensure that all residents of New Hampshire have access to DHHS services, improves the health of minorities and assists refugees in achieving economic self-sufficiency and social adjustment.

Office of Minority Health & Refugee Affairs

NH DHHS

97 Pleasant Street

Concord, NH 03301

Phone: (603) 271-3986

TDD Number: (800) 735-2964

Web: [www.dhhs.nh.gov/omh/contact.htm](http://www.dhhs.nh.gov/omh/contact.htm)

### **New Hampshire Minority Health Coalition**

The Coalition works to identify underserved populations in the state with barriers to accessing appropriate health care, to advocate for adequate and appropriate services and to educate and empower these populations to be active participants in their own health.

25 Lowell Street, 3<sup>rd</sup> Floor

Manchester, NH 03105

Phone: (603) 627-7703

Toll Free: (866) 460-9933

Web: [www.nhhealthequity.org](http://www.nhhealthequity.org)

## **Dental Care**

Ammonoosuc Community Health	Phone: (603) 444-2464 x128 Website: <a href="http://www.ammonoosuc.org/">http://www.ammonoosuc.org/</a>	Adults only in the community health
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Services, Littleton		center service area
Concord Hospital, Concord	Phone: (603) 228-7200 x4461 Website: <a href="http://www.concordhospital.org">www.concordhospital.org</a>	Adult clients of the Concord Family Health Center and Riverbend CMHC
The Dental Resource Center, Laconia	Phone: (603) 527-7112	Adults and children enrolled in HealthLink
NHTI Dental Hygiene Clinic, Concord	Phone: (603) 271-7160 Website: <a href="http://www.nhti.edu/dental-clinic">http://www.nhti.edu/dental-clinic</a>	Adults only- teaching program
Poisson Dental Center at Catholic Medical Center Manchester	Website: <a href="https://www.catholicmedicalcenter.org/community-health/poisson-dental.aspx">https://www.catholicmedicalcenter.org/community-health/poisson-dental.aspx</a> Phone: (603) 663-6226	Manchester residents without access to dental care, referred through 8 community agencies
Indian Stream Community Health Center Colebrook	Phone: (603) 237-8336 Website: <a href="http://indianstream.com/home.html">http://indianstream.com/home.html</a>	Clients of the Indian Stream Community Health Center

## **Developmental Disabilities**

### **NH Department of Health and Human Services Bureau of Developmental Services (BDS)**

The NH developmental services system offers individuals of all ages with developmental disabilities or acquired brain disorders and their families to experience as much freedom, choice, control and responsibility over the services and supports they received as desired. Services and supports include: service coordination; day and vocational services; personal care services; Early Supports and Services and Early Intervention; Assistive technology services; and specialty services and flexible family supports including respite services and environmental modifications. The main office is in Concord and there are 10 regional offices. To locate the office near you go to the DHHS BDS website.

Bureau of Developmental Services

Division of Community Based Care Services

129 Pleasant Street

Concord, NH 03301-3857

Phone: (603) 271-9410 or (800) 735-2964

TDD Access Relay: (800) 735-2964

Website: <http://www.dhhs.nh.gov/dcbcs/bds/index.htm>

### ***Area Agencies for Developmental Disability Services***

#### **REGION 1**

Northern Human Services

87 Washington Street

Conway, NH 03818

(603) 447-3347

#### **REGION 6**

Gateways Community Services

144 Canal Street

Nashua, NH 03060

(603) 882-6333



REGION 2

PathWays of the River Valley  
654 Main Street  
Claremont, NH 03743  
(603) 542-8706

REGION 3

Lakes Region Community Services  
Council  
67 Communication Drive, P. O. Box 509  
Laconia, NH 03247  
(603) 524-8811 ext 125

REGION 4

Community Bridges  
2 Whitney Rd  
Concord, NH 03301  
(603) 225-4153 or (800) 499-4153

REGION 5

Monadnock Developmental Services  
121 Railroad Street  
Keene, NH 03431  
(603) 352-1304

REGION 7

Moore Center Services  
196 McGregor St  
Manchester, NH 03102  
(603) 206-2700

REGION 8

One Sky Community Services  
755 Banfield Rd Ste 3  
Portsmouth, NH 03801  
(603) 436-6111

REGION 9

Community Partners  
Forum Court, Suite 1  
113 Crosby Road  
Dover, NH 03820  
(603) 749-4015

REGION 10

Community Crossroads  
8 Commerce Dr  
Atkinson, NH 03811  
(603) 893-1299

## **Education**

### **New Hampshire Department of Education Bureau of Adult Education**

The Bureau of Adult Education provides grants to school districts and private not-for-profit organizations for the purposes of offering educational services to adults who have not received a high school diploma or GED certificate, or do not read, write or speak English. Local adult education programs serve adult learners whose skills range from very basic to high school level. Adults are eligible for enrollment in any program supported by the Bureau of Adult Education if they are: are at least 16 years of age; have not received a high school diploma or GED certificate; do not speak, read or write English and/or are not currently enrolled in school.

New Hampshire Department of Education  
Bureau of Adult Education  
101 Pleasant Street  
Concord, NH 03301  
Phone: (603) 271-3494      TDD Access Relay: 711  
Website : <http://www.education.nh.gov/career/adult/index.htm>

### **New Hampshire Higher Education Assistance Fund Network Organization**

The NHHEAF Network is comprised of three separate, private, nonprofit organizations dedicated to helping students and families plan and fund education beyond high school.

4 Barrell Court  
PO Box 877  
Concord, NH 03302-0877  
Phone: (603) 225-6612      Toll Free: (800) 525-2577  
Website: <http://www.nhheaf.org>

## **Employment and Job Training**

### **New Hampshire Department of Education Bureau of Vocational Rehabilitation (NHVR)**

The mission of New Hampshire Bureau of Vocational Rehabilitation is assist eligible New Hampshire citizens with disabilities secure suitable employment and financial and personal independence by providing rehabilitation services. NHVR provides services to both Individuals with Disabilities and Employers.

Statewide contact information is provided below:

#### **General Services**

21 South Fruit Street, Suite 20  
Concord, NH 03301  
(800) 339-9900  
(603) 271-3471 (Voice or TTY)  
<http://www.education.nh.gov/career/vocational/index.htm>

#### **Services for Blind and Visually Impaired**

21 South Fruit Street, Suite 20  
Concord, NH 03301  
(603) 271-3537 (Voice or TTY)  
[http://www.education.nh.gov/career/vocational/blind\\_visu.htm](http://www.education.nh.gov/career/vocational/blind_visu.htm)

Berlin Regional Office  
650 Main St  
Berlin, NH 03570  
(888) 300-9550 or (603) 752-2271  
(Voice or TTY)

Manchester Regional Office  
195 McGregor Street, Suite 120  
Manchester, NH 03103  
(800) 627-9304 or (603) 669-8733  
(Voice or TTY)

Concord Regional Office  
2 Industrial Park Drive, Bldg. 2  
Concord, NH 03301  
(800) 299-1647 or (603) 271-2327  
(Voice or TTY)

Nashua Regional Office  
25 Riverside Drive, Suite 102  
Nashua, NH 03063  
(800) 635-9614 or (603) 889-6844  
(Voice or TTY)

Keene Regional Office  
103 Roxbury Street  
Keene, NH 03431  
(800) 620-7688 or (603) 357-0226  
(Voice or TTY)

Portsmouth Regional Office  
215 Commerce Way, Suite 3  
Portsmouth, NH 03801  
(800) 882-2744 or (603) 436-8884  
(Voice or TTY)

Lebanon Regional Office  
85 Mechanic Street, Suite 260A  
Lebanon, NH 03766  
(800) 621-7876 or (603) 448-5793  
(Voice or TTY)

### **New Hampshire Department of Employment Security (NHES)**

NHES is a federally funded state agency. The mission of NHES is to operate a free public Employment Service through a statewide network of Job and Information Centers providing a broad range of assisted and self directed employment and career related services and labor market information to all customers; pays Unemployment Compensation benefits, and develops and disseminates labor market information and provide measurements of labor market outcome to asset business and state leadership and the public in making decisions which promote economic development and the efficient use of state labor resources.

32 South Main Street

Concord, NH 03301

Phone: (603) 224-3311 or (800) 852-3400 Email: [webmaster@nhes.nh.gov](mailto:webmaster@nhes.nh.gov)

Website: <http://www.nhes.nh.gov/index.htm>

### **NH Division of Economic Development Office of Workforce Opportunity**

The Office of Workforce Opportunity's mission is to promote life-long learning by partnering with businesses, agencies, and organizations to bring the state's education, employment and training programs together into a workforce development system that will provide the means for residents of New Hampshire to gain sufficient skills, education, employment and financial independence.

Office of Workforce Opportunity

NH Dept. of Resources & Economic Development

172 Pembroke Road

Concord, NH 03301

Website: <http://www.nhworks.org/contact.cfm>

## **Family and Consumer Support, Advocacy, and Referral Services**

### **National Alliance on Mental Illness New Hampshire New Hampshire (NAMI NH)**

NAMI NH, a grassroots organization of families, consumers, professionals and other members, is dedicated to improving the quality of life of persons of all ages affected by mental illness and/or serious emotional disorders through education, support and public policy advocacy.

NAMI NH works to ensure that individuals with mental illness have access to comprehensive, integrated health care and community-based supports without discrimination or stigma. They, also, offers a Speaker's Bureau, CONNECT Suicide Prevention Program, Survivor's of Suicide Support Groups and Professional Staff Development training,

NAMI NH

85 N. State St

Concord, NH 03301

Phone: (603) 225-5359

Information and Resource Line: (800) 242-6264

Website: [www.naminh.org](http://www.naminh.org)

National Headquarters

National Alliance on Mental Illness (NAMI)

3803 N. Fairfax Dr., Ste. 100

Arlington, VA 22203

Phone: (703) 524-7600  
Website: [www.nami.org](http://www.nami.org)

### **NH Department of Health and Human Services Office of Consumer and Family Affairs**

The Office of Consumer & Family Affairs (OCFA) provides information, education and support for children and youth, families, adults and older adults who are dealing with the challenges of mental illness. This office will facilitate consumer and family input into all aspects of the state-funded mental health system, as well as, the Bureau of Behavioral Health's planning and policy development.

NH DHHS Office of Consumer and Family Affairs  
129 Pleasant Street  
Concord, N.H.  
Phone: (603) 271-5138 or (800) 852-3345 x5138  
Web: <http://www.dhhs.nh.gov/dcbcs/bbh/ocfa.htm>

## **Financial and Medical Assistance Programs**

### **Local Welfare Department**

The town or city in which you reside provides interim, emergency assistance with basic needs for those unable to provide for themselves. Basic needs include shelter, food, medications, rent, utilities, etc. Assistance is usually issued in the form of vouchers for those items paid directly to a vendor. Individuals must apply for assistance and provide specific documentation and may be asked to apply for state assistance programs.

To locate your local welfare department, contact your Town or City Hall.  
You can also get this information by contacting one of the Statewide Information and Referral programs.

### **Community Action Programs**

The Community Action Programs work with low income families and the elderly to assist them in their efforts to become or remain financially and socially independent. The Agencies accomplish this task by providing a broad array of services that are locally defined, planned and managed. To find a Community Action Program in your area visit :  
<http://www.puc.nh.gov/Consumer/communityactionagencies.htm>

### **NH Department of Health and Human Services Division of Family Assistance (DFA)**

The DFA administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing. Family Assistance staff determines initial and continuing eligibility, the amount of benefits and deliver benefits using federal and NH guidelines and policies. Programs include: Food Stamp Program, Medical Coverage, and State Supplemental Programs. To apply for assistance, you may go to your local district offices which are listed in the beginning of this Appendix or apply online at: [www.nheasy.nh.gov](http://www.nheasy.nh.gov)

State Office Contact Information: NH DHHS Division of Family Assistance  
129 Pleasant Street  
Concord, NH 03301  
Client Services Phone: 271-9700  
Website: <http://www.dhhs.nh.gov/dfa/contact.htm>

### **Social Security Administration**

In the State of New Hampshire there are 6 Social Security Field Offices, 1 Disability Determination Service, and one location for the Office of Disability Adjudication and Review. They administer retirement and disability programs. To learn more about eligibility, application and medical determination for programs, contact the field offices in your area. You can also visit the federal website: <http://www.ssa.gov>.

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Concord SSA Office 70 Commercial St. Suite 100 Concord, NH 03301 Phone: 1-888-397-9798	Manchester SSA Office 1100 Elm St. Suite 201 Manchester, NH 03201 Phone: 1-866-814-5408
Nashua SSA Office 175 Amherst St. Nashua, NH 03064 Phone: 1-877-444-0134	Keene SSA Office 34 Mechanic St. Keene, NH 03431 Phone: 1-877-405-3651
Littleton SSA Office 177 Main St. Littleton, NH 03561 Phone: 1-877-405-7658	Portsmouth SSA Office 80 Daniel Street Federal Building, Room 200 Portsmouth, NH 03802 Phone: 1-888-397-9796

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### **Guardianship**

#### **Office of Public Guardian**

The Office of Public Guardian is a private non-profit corporation provides guardianship and advocacy services through the state to legally incapacitated adults, including those with developmental disabilities, mental illness, dementia and traumatic brain injury. Our professional staff provides depth of experience and a wide array of services to clients on fee for services basis, as well as, to qualified indigent clients through a contract with the State of New Hampshire.

2 Pillsbury Street, Suite 400  
Concord, NH 03301  
Phone: (603) 224-8041  
Web: <http://www.opgnh.org/>

#### **Tri-County CAP, Inc. Guardianship Services**

Provides high quality Guardianship, Protective and Fiduciary services to incapacitated residents of New Hampshire. Offers 24 Hour Emergency Coverage

**34 Jefferson Road**  
**Whitefield, NH 03598-1221**  
**Phone: (603) 837-9561**

**18 Low Avenue**  
**Concord, NH 03301**  
**Phone: (603) 224-0805**

**Email: [info@gsgs.org](mailto:info@gsgs.org)**

**Website: <http://www.gsgs.org/contactus.htm>**

## **Health Care**

### **In SHAPE Programs**

In SHAPE seeks to improve physical health and quality of life, reduce the risk of preventable diseases, and enhance life expectancy of individuals with serious Mental Illness. Each participant is teamed up with a trained health mentor to create a Self Health Action Plan for Empowerment (SHAPE) that includes physical activity, healthy eating goals, and attention to medical needs. The program enrolls adults in community wellness activities such as exercise, dance classes, weight loss programs, and smoking cessation activities. This program is offered through the community mental health centers. To obtain more information contact the CMHC in your area. A listing is provided in this Appendix.

### **NH Department of Health and Human Services Bureau of Elderly and Adult Services Home & Community-Based Care Program**

Provides a variety of social and long-term supports and services to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability. Services and supports include home health aide, personal care, and adult family care, adult in home, home-delivered meals, specialized medical equipment, skilled nursing, and shared housing and are intended to assist people to live as independently as possible in safety and with dignity.

**Telephone: (603) 271-9203**

**Website: <http://www.dhhs.nh.gov/dcbcs/beas/index.htm>**

## **Housing**

### **New Hampshire Housing Finance Authority (NHHFA)**

NHHFA is a self supporting public benefit corporation. Although established by statute as a public instrumentality, the Authority is not a state agency and receives no operating funds from the state government. The Authority administers a broad range of programs designed to assist low and moderate income persons and families with obtaining decent, safe and affordable housing

Mailing Address: **PO Box 5087**

**Manchester, NH 03108**

**Phone: (603) 472-8623**

**Web: [www.nhhfa.org/contact.cfm](http://www.nhhfa.org/contact.cfm)**

## **Information and Referral Organizations-Statewide**

### **NAMI NH**

Provides an Information and Resource Line and website at no cost to callers and connects them with the appropriate services and supports to meet their mental, physical and emotional needs.

NAMI NH

85 N. State St

Concord, NH 03301

Phone: I & R Line (800) 242-6264 ext. 40      Email: [info@naminh.org](mailto:info@naminh.org)

Website: [www.naminh.org](http://www.naminh.org)

### **New Hampshire 2-1-1**

2-1-1 NH connects callers at no cost, to information about critical health and human services available in their community. To access this service, NH citizens can dial: 2-1-1 and speak to an information and referral specialist.

New Hampshire 2-1-1

PO Box 211

Manchester, NH 03105

Phone: (866) 444-4211

Website: <http://www.211nh.org/>

### **New Hampshire ServiceLink Community Resource**

ServiceLink is a statewide network of locally administered community-based resources for seniors, adults with disabilities and their families. ServiceLink provides free information, referral and assistance in answering questions and connecting users to the appropriate services that support healthy and independent living. They have 12 offices and you can locate the office closest to you by visiting their website.

Contact ServiceLink at (866) 634-9412

Website: <http://www.nh.gov/serviceLink/index.html>

## **Insurance**

### **Insurance**

#### **NH Department of Health and Human Services Office of Medicaid Business and Policy**

Medicaid is a federal and state funded health care program that serves a wide range of individuals and families who meet certain eligibility requirements. To apply for Medicaid, you must go to the NH DHHS District Office in your area. The listing of District Offices is located at the beginning of this Appendix.

Office of Medicaid Business & Policy

129 Pleasant Street

Concord, NH 03301

Phone: (603) 271-8166

Client Services: (603) 271-4328

Website: <http://www.dhhs.nh.gov/dfa/apply.htm>



## **U.S. Health and Human Services Medicare Program**

Medicare is health insurance for people 65 or older; under 65 with certain disabilities; and anyone with End-Stage Renal Disease. The different parts of Medicaid help cover specific services: hospital, medical, prescription drug coverage. You can learn more about the programs and the eligibility determination process by visiting the website: <http://www.medicare.gov>. or go to the Social Security Administration District Office in your area.

## **New Hampshire Insurance Department**

Their mission is to promote and protect the public good by ensuring the existence of a safe and competitive insurance marketplace through the development and enforcement of the insurance laws of the State of New Hampshire. They are committed to doing so in an honest, effective and timely manner.

21 Fruit Street Suite 14

Concord, NH 03301

Phone: (603) 271-2261

Consumer Hotline: (800) 852-3416

Email: [consumerservices@ins.nh.gov](mailto:consumerservices@ins.nh.gov)

Website: <http://www.nh.gov/insurance/contactus/index.htm>

## **Legal**

### **Appellate Defender Program**

The Appellate Defender is charged with the responsibility of handling virtually all the indigent criminal appeals from New Hampshire state courts. The Appellate Defender, along with the Attorney General's office, appears more often before the New Hampshire Supreme Court than any other entity, accordingly it plays a very important role in the development of criminal, constitutional and statutory law in New Hampshire.

10 Ferry Street, Suite 425

Concord NH 03301

Phone: (603) 224-1236

Website: <http://www.nhpd.org/>

### **New Hampshire Bar Association**

#### **Lawyer Referral Service**

The NH Lawyer Referral Service will help you evaluate your situation and if you need an attorney will refer you to a lawyer in your area who handles your type of case and makes every effort to direct you to another source of assistance if a lawyer is not what you need. The NH Lawyer Referral Service charges a \$25.00 fee for MOST referrals. This fee includes a consultation with the attorney for up to 30 minutes. After the consultation the attorney charges his or her regular rates. You will not be charged the fee if the attorney is not able to provide you with a consultation. They have lawyers practicing in virtually ALL areas of law, including Medical Malpractice Law, Bankruptcy Law, and Criminal Law.

Request a referral by calling: (603) 229-0002 or

Online request form: <http://www.nhbar.org/lawyer-referral/>

Questions: Email: [Lrsreferral@nhbar.org](mailto:Lrsreferral@nhbar.org)

**New Hampshire Legal Aid  
Legal Advice & Referral Center (LARC)**

LARC is a private, nonprofit law firm that provides free legal services to eligible, low income people anywhere in New Hampshire. Our attorneys and paralegals provide legal advice by telephone in the following areas of law: Family; Benefits and welfare; and Housing. Our client’s information is kept completely confidential. We receive support from the federal government and provide services to clients with incomes and assets below levels which are set by Congress and tied to federal poverty guidelines. We cannot provide services to people who are incarcerated.

Legal Advice & Referral Center  
48 South Main Street  
Concord, NH 03301  
Phone: (800) 639-5290  
Website: <http://www.nhlegalaid.org/about/legal-advice-and-referral-center>

**New Hampshire Legal Assistance (NHLA)**

NHLA is a non-profit law firm offering legal services in civil matters to seniors and eligible low-income persons. NHLA provides high quality legal services to vulnerable low-income people, ranging from simple legal information and advice to vigorous and thorough representation in all of New Hampshire's courts and before many of the local, state and federal agencies which play large roles in the lives of low-income people.

Administration Office: 117 North State Street  
Concord, NH 03301  
Phone: (603) 224-4107  
Website: [www.nhla.org](http://www.nhla.org)

1131 Main Street Berlin, NH 03570	(603) 752-1102 (800) 698-8969	<a href="http://www.nhla.org">www.nhla.org</a> Click on Berlin
24 Opera House Square, Suite 206 Claremont, NH 03742	(603) 542-8795 (800) 562-3994	<a href="http://www.nhla.org">www.nhla.org</a> Click on Claremont
117 North State Street Concord, NH 03301	(603) 223-9750 (800) 921-1115	<a href="http://www.nhla.org">www.nhla.org</a> Click on Concord
271 Main Street Littleton, NH 03561	(603) 444-8000 (800) 548-1886	<a href="http://www.nhla.org">www.nhla.org</a> Click on Littleton
1361 Elm Street, Suite 307 Manchester, NH 03101	(603) 668-9200 (800) 562-3174	<a href="http://www.nhla.org">www.nhla.org</a> Click on Manchester
21 East Pearl Street, Suite 2 Nashua, NH 03060	(603) 598-3800 (800) 517-0577	<a href="http://www.nhla.org">www.nhla.org</a> Click on Nashua
154 High Street Portsmouth, NH 03802	(603) 431-7411 (800) 334-3135	<a href="http://www.nhla.org">www.nhla.org</a> Click on Portsmouth

**NH Department of Health and Human Services Office of Ombudsman**

The Office of Ombudsman responds to complaints and requests for assistance from clients, employees, and members of the general public to resolve disagreements in matters that involve DHHS. This Office is to ensure that existing systems are effective and that they resolve

differences fairly. They may use unbiased investigation, mediation and other alternative dispute resolution methods and/or provide referral services.

129 Pleasant Street

Concord, NH 03301

Phone: (603) 271-6941

Website: <http://www.dhhs.nh.gov/oos/ombudsman/index.htm>

### **The Pro Bono Program of the New Hampshire Bar Association**

Pro Bono is a private (non-governmental) non-profit operated through, and supported by, the New Hampshire Bar Association. They coordinate private attorneys who VOLUNTEER to help low-income people with non-criminal legal problems and needs. They partner with NH Legal Assistance and Legal Advice & Referral Center to serve low-income families and individual with basic legal issues.

2 Pillsbury Street, Suite 300

Concord, NH 03301

Phone: (603) 224-6942

Website: <http://50.116.52.189/about/pro-bono>

### **NH Civil Liberties Union (ACLU)**

The NHCLU and is the state affiliate of the American Civil Liberties Union . They are a nonpartisan organization that defends civil liberties in the courtroom and in the legislature and seeks to expand awareness of individual rights in the classroom, in civic groups and in the media.

18 Low Avenue

Concord, NH 03301

Phone: (603) 225-3080

Web: [www.nhclu.org](http://www.nhclu.org)

### **NH Public Defenders Office**

The NH Public Defenders Office well trained and highly skilled attorneys represent indigent criminal defendants and children in delinquency proceedings in every District, Family and Superior Court in New Hampshire. They also serve as appointed counsel in appellate cases in the New Hampshire Supreme Court. If you want to make an application for an appointed attorney, or if you have any questions at all about where you are eligible, go to the court where your charges are pending and ask to speak to someone in the Clerk's Office who can help you apply for an appointed attorney in your criminal case. The NH Public Defenders Office has offices throughout the state.

Administrative Office: 10 Ferry Street, Suite 425

Concord, NH 03301

Phone: (603) 224-1236

Website: [www.nhpd.org](http://www.nhpd.org)

## **Mental Health**

### **NH Catholic Charities**

Provides a range of social services including individual and group therapy to persons regardless of creed, social or economic background. Through a network of offices and parishes throughout the state their services strive to heal, comfort, and empower persons in need and to advocate for social justice.

215 Myrtle Street  
Manchester, NH 03104  
Phone: (603) 669-3030 (800) 562-5249  
Website: <http://www.nh-cc.org>

### **NH Department of Health and Human Services Bureau of Behavioral Health (BBH)**

BBH seeks to promote respect, recovery, and full community inclusion for adults, including older adults who experience a mental illness and children with an emotional disturbance. BBH works to ensure the provision of efficient and effective services to those citizens who are most severely and persistently disabled by mental, emotional and behavioral dysfunction as defined by NH law and rules. To this end, BBH has divided the entire state into community mental health regions. Each of the ten regions has a BBH contracted Community Mental Health Center and many regions have Peer Support Agencies. See a listing of Community Mental Health Centers and Peer Support Agencies in this Appendix.

NH DHHS Bureau of Behavioral Health  
129 Pleasant Street  
Concord, N.H. 03301-3857  
Main Office Phone: (603) 271-5000 or (800) 852-3345  
Website: <http://www.dhhs.state.nh.us/dcbcs/bbh/index.htm>

### **New Hampshire Hospital (State psychiatric hospital)**

Provides acute treatment services for New Hampshire children, adolescents, and adults who have severe mental illness or who are experiencing a severe mental health crisis.

New Hampshire Hospital  
Acute Psychiatric Services  
36 Clinton Street  
Concord, NH 03301  
(603) 271-5300  
(800) 735-2964 (TDD)  
<http://www.dhhs.nh.gov/dcbcs/nhh/index.htm>

## **Self-Help Resources**

### **NAMI Connection**

NAMI Connection is a recovery support group exclusively for those who experience mental illness conditions. It is led by trained facilitators who are consumers in recovery. The purpose of the group is to bring consumers together to learn from and support one another in their recovery journey.

To join a group or for more information, please contact the NAMI Connection Coordinator at (603) 496-4061 or visit the NAMI NH website [www.naminh.org](http://www.naminh.org) and click on Support and the Consumer/Client to see a listing of current groups and meeting times.

**HEARTS & MINDS**

The NAMI Hearts & Minds program is an online, interactive, educational initiative promoting the idea of wellness in both mind and body.

Website: [http://www.nami.org/template.cfm?section=Hearts\\_and\\_Minds](http://www.nami.org/template.cfm?section=Hearts_and_Minds)

**New Hampshire Peer Support Agencies (PSAs)**

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 as at significant risk of becoming a recipient of publicly funded mental health services. The services are provided by and for people with a mental illness are designed to assist people with their recovery. They provide a wide range of services. The PSAs are located throughout 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.

<p><b>REGION I</b> Serenity Steps 567 Main Street, Berlin 03896 Phone: (603) 752-8111 Email: <a href="mailto:serenitysteps2003@yahoo.com">serenitysteps2003@yahoo.com</a></p>	<p>The Haven 27 Lombard Street, Colebrook 03576 Phone: (603) 237-4353 Email: <a href="mailto:colebrookhaven@gmail.com">colebrookhaven@gmail.com</a></p>
<p>The Alternative Life Center (ALC) 86 White Mountain Highway, Conway 03818 Phone: (603) 447-1765 Email: <a href="mailto:alccenters@gmail.com">alccenters@gmail.com</a></p>	<p>Littleton Peer Support 46 Cottage Street, Littleton, 03561 Phone: (603) 444-5344 Email: <a href="mailto:littletonpsc@gmail.com">littletonpsc@gmail.com</a></p>
<p>The Alternative Life Center South 94 Center Street, Wolfeboro, 03896 Phone: (603) 569-9121 Email: <a href="mailto:alcsouth@gmail.com">alcsouth@gmail.com</a></p>	
<p><b>REGION II</b> Stepping Stone Pleasant Street, Claremont, 03743 Phone: (603) 543-1388 Email: <a href="mailto:stepping_stone@myfairpoint.net">stepping_stone@myfairpoint.net</a></p>	<p>Next Step 109 Bank Street, Lebanon 03766 Phone: (603) 448-6941</p>
<p><b>REGION III &amp; IV</b> Lakes Region Consumer Advisory Board DBA Cornerbridge 328 Union Avenue, Laconia, 03247</p>	<p>Cornerbridge of Laconia 328 Union Avenue, Laconia 03247 Phone: (603) 528-7742</p>

Phone: 524-0801 Email: lrcab1@metrocast.net	
Concord Peer Support 55 School Street, Concord, 03301 Phone: (603) 2298-0083 Email: cornerbridge@comcast.net	
<b>REGION V</b> Granite State Monarchs 64 Beaver Street, PO Box 258, Keene, 03431 Phone: (603) 352-5093 Email: granitestatemonarchs@myfairpoint.net	<b>REGION VI</b> HEARTS Peer Support Center of Greater Nashua 5 Pine Street Extension Unit B PO Box 1564, Nashua, 03060 Phone: (603) 882-8400 Email: hearts-psa@harborhomes.org
<b>REGION VII</b> On The Road To Recovery 13 Orange Street, PO Box 1721 Manchester 03105 Phone: (603) 623-4523 Email: warren.b@otrtr.org	<b>REGION VIII</b> Seacoast Consumer Alliance Peer Support Center, Inc. 544 Islington Street, Portsmouth 03801 Phone: (603) 426-6966 Email: scallion@aol.com
<b>REGION IX</b> Tri-City Consumer's Action Co-operative 36 Wakefield Street, Rochester, 03867 Phone: (603) 948-1043 Email: tricitycoop@metrocast.net	

**Mental Health Recovery and WRAP, Mary Ellen Copeland**

The mission is to promote personal, organizational, and community wellness and empowerment. The focus is on shifting the system of mental health care toward prevention and recovery through education, training, and research. WRAP teaches participants recovery and self-management skills and strategies.

Mental Health Recovery and WRAP  
PO Box 301  
W. Dummerston, VT 05357  
Phone: (802) 254-2092  
Email: info@mentalhealthrecovery.com  
Web: www.mentalhealthrecovery.com

**National Mental Health Consumer Self-Help Clearinghouse**

A Consumer run national technical assistance center serving the mental health consumer movement.

1211 Chestnut Street, Suite 1100  
Philadelphia, PA 19107  
Phone: (800) 553-4539  
Web: [www.mhselfhelp.org](http://www.mhselfhelp.org)

Email: info@mhselfhelp.org

## **Suicide Prevention**

### ***Connect Suicide Prevention Project***

is a comprehensive, community based approach to suicide prevention, intervention and postvention developed by NAMI NH.

85 N State Street  
Concord, NH 03301  
Phone: (603) 225-5359  
Email: [info@naminh.org](mailto:info@naminh.org)  
Website: [www.theconnectproject.org](http://www.theconnectproject.org)

### **NH Survivor of Suicide Loss Support Groups**

There are many support groups across New Hampshire for those who have lost a family member, friend or relative to suicide. Some groups are peer-facilitated and others are led by professional counselors, all are comprised of fellow survivors who can offer great comfort through conversation and discussion of issues unique to bereavement of suicide. There are also general grief support groups for both adults and children that are not specific to suicide but address issues of grief and loss. Internet support groups offer another option for people who live in rural areas or prefer tapping into support from home or at different hours.

For additional information on survivor support groups, resources or events, please visit the *Connect* Suicide Prevention website: [www.theconnectproject.org](http://www.theconnectproject.org) or contact BeckyMcEnany at (603) 225-5359 or email: [bmcenany@naminh.org](mailto:bmcenany@naminh.org).

### **Victims Inc**

Provides individuals who are specially trained to assist survivors of a sudden and traumatic death. They are sometimes able to provide immediate in-home support (especially in the Rochester/Seacoast area) to families dealing with the suicide of a loved one. They also sponsor a weekend overnight grief camp for children ages 6-15 in Rochester called Camp Purple Parachute.

PO Box 455  
Rochester, NH 03866  
Phone: (603) 335-7777                      Email: [pat\\_rainboth@victimsinc.org](mailto:pat_rainboth@victimsinc.org)  
Website: [www.victimsinc.org](http://www.victimsinc.org)

### **Suicide Prevention Resource Center (SPRC)**

The SPRC provides prevention support, training and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies and to advance the National Strategy for Suicide Prevention.

43 Foundry Ave.  
Waltham, MA 02453  
Phone: (877) 438-7772  
Website: [www.sprc.org](http://www.sprc.org)

## **Vehicles**

### **Good News Garage (a program of Lutheran Social Services)**

Several innovative programs that address transportation for low-income working families who are currently receiving Temporary Assistance to Needy Families or enrolled in a work related program or participating in the Families at Work program.

325 Merrill Street

Manchester, NH 03103

Phone: (877) 400-6065 or (603) 669-6937

Website:

<http://www.goodnewsgarage.org/Programs/New-Hampshire.aspx>

## **CHILDREN'S RESOURCES**

### **Alcohol/Substance Abuse and Smoking Prevention and Treatment**

#### **New Futures**

10 Ferry St, Suite 307

Concord, NH 03301

Phone: (603) 431-1306

Website: [www.new-futures.org](http://www.new-futures.org)

#### **Cool Spot (website resource)**

A place where children and adolescents can learn the truth about alcohol and underage drinking.

Website: [www.thecoolspot.gov](http://www.thecoolspot.gov)

#### **NH Al-Anon/Alateen**

Al-Anon Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that change attitudes can aid recovery.

PO Box 220

Concord, NH 03302

For immediate Assistance: (603) 645-9518

Website: [www.nhal-anon.org](http://www.nhal-anon.org)

Email: [webcoordinator@nhal-anon.org](mailto:webcoordinator@nhal-anon.org)

## **Child Protection**



**New Hampshire Division for Children, Youth, and Families (DCYF)  
State Office**

129 Pleasant Street  
Concord, NH 03301-3857  
(603) 271-4451 (Voice)  
(800) 735-2964 (TDD)

**To report child abuse,  
call...**  
(603) 271-6562 (Voice)  
(800) 894-5533 (Toll-Free)  
(800) 735-2964 (TDD)

<http://www.dhhs.state.nh.us/dcyf/index.htm>

New Hampshire DCYF provides the following protective and support services.

**Bureau of Child Protection.** Works to protect children from abuse and neglect while attempting to preserve the family unit. Phone: (603) 271 4451 or (800) 852-3345

**Foster Care Program.**  
Phone: (603) 271-4711 or (800) 852-3345

**Teen Independent Living Program.**  
Phone: (603) 271-4706 or (800) 852-3345

**Domestic Violence Services.**  
Phone: (603) 271-4702 or (866) 644-3574

**Adoption.**  
Phone: (603) 271-4707 or (800) 852-3345

**Child Development Bureau.**  
Phone: (603) 271-4451 or (800) 852-3345

## **Developmental Disabilities**

### **Family Centered Early Supports and Services**

State Office Park South  
105 Pleasant Street  
Concord, NH 03301  
Phone: (603) 271-5122  
Website: <http://www.dhhs.nh.gov/dcbcs/bds/earlysupport/index.htm>

### **Recommended Reading**

*The New Hampshire Challenge.* An informative quarterly newsletter that addresses disability issues from a family perspective. (Available online at: [www.nhchallenge.org](http://www.nhchallenge.org).)

## **Disorders**

### *Disorders of Infancy, Childhood, and Adolescence*

#### **Autism Society of New Hampshire**

Parent driven organization dedicated to those living and dealing with autism in New Hampshire. Its main goals are education, awareness, and advocacy.

P.O. Box 68

Concord, NH 03302-0068

Phone: (603) 679-2424

Website: <http://www.autismspeaks.org/site-wide/new-hampshire>

#### **Children and Adults with Attention Deficit (Hyperactivity) Disorder (National)**

CHADD works to improve the lives of people affected with AD/HD through collaboration, leadership, advocacy, research, education, and support.

8181 Professional Place, Suite 201

Landover, MD 20785

Phone: 301-306-7070

Website: [www.chadd.org](http://www.chadd.org)

#### **National Attention Deficit (Hyperactivity) Disorder Association**

Serves persons with AD/HD as well as those who love, teach, counsel, and treat them.

1788 Second Street, Suite 200

Highland Park, IL 60035

Phone: (847) 432-2332

Website: [www.add.org](http://www.add.org)

### ***Mood Disorders***

#### **Depression and Bipolar Support Alliance (DBSA)**

Provides support groups, patient support, patient assistance programs, advocacy, publications, referrals, and book catalog. Use the Find A DBSA Support Group in Your Area link on their website to find a local support group in the New Hampshire area.

730 N. Franklin Street, Suite 501

Chicago, IL

60654-7225

Phone: (800) 826-3632  
Website: [www.DBSAlliance.org](http://www.DBSAlliance.org)

### **Child and Adolescent Bipolar Foundation**

A web-based membership organization of families raising children diagnosed with, or at risk for early onset bipolar disorder. This website includes information and resources.

The Balanced Mind Foundation  
566 W. Lake St.  
Suite 430  
Chicago, IL 60661

847-492-8510 Website: [www.TheBalancedMind.org](http://www.TheBalancedMind.org)

### ***Anxiety Disorders***

#### **Anxiety Disorders Association of America**

Promotes the early diagnosis, treatment, and cure of anxiety disorders, and is committed to improving the lives of the people who suffer from them.

Anxiety and Depression Association of America  
8701 Georgia Ave.  
Suite 412  
Silver Spring, MD 20910 Website: [www.adaa.org](http://www.adaa.org)

#### **OCD Resource Center**

Information and resources available on obsessive compulsive disorder.

Website: [www.ocdresource.com](http://www.ocdresource.com)

#### **New Hampshire Department of Education**

101 Pleasant Street  
Concord, NH 03301  
Phone: (603) 271-3494  
Website: [www.education.nh.gov/](http://www.education.nh.gov/)

#### **Bureau of Special Education of the New Hampshire Department of Education**

Oversees and implements educational programs for New Hampshire students with

disabilities. The Bureau provides technical assistance and support to lawmakers, public and non-public school officials, parents, and community members. You may contact them for a copy of the NH Rules for the Education of Children with Disabilities and IDEA.

101 Pleasant Street (State Office Park South)

Concord, NH 03301

Phone: (603) 271-6693

Critical Call Line: (603) 271-3741

Website: [http://www.education.nh.gov/instruction/special\\_ed/index.htm](http://www.education.nh.gov/instruction/special_ed/index.htm)

### **Head Start Program**

Child-focused program that has the overall goal of increasing the school readiness of young children (birth - age 5).

Division of Child, Youth, and Families

129 Pleasant Street

Concord, NH 03301

Phone: (800) 852-3345 ext. 7190 or (603) 271-7190

E-mail: [ewheatley@dhhs.state.nh.us](mailto:ewheatley@dhhs.state.nh.us)

### **Parent Information Center (PIC)**

“Putting Children with Disabilities on the Path to Success” - PIC believes that all children can succeed with the right support. PIC provides a wealth of services designed to help parents understand their child’s special needs and the laws that govern the special education process. PIC assists families and schools to increase parental involvement in children’s education with the goal of increasing student academic achievement. PIC supports the building of family/school/community partnerships that help parents of all students get involved in their children’s education.

P.O. Box 2045

151A Manchester Street

Concord, NH 03302-2405

(603) 224-7005 (Voice and TDD)

(800) 947-7005

Website: [www.parentinformationcenter.org](http://www.parentinformationcenter.org)

### **The Southeastern Regional Education Service Center (SERESC)**

Provides consultation and training services that are designed to support the school team in meeting the challenges faced by students who have serious multiple disabilities.

29 Commerce Drive

Bedford, NH 03110

Phone: (603) 206-6800

Website: [www.seresc.net](http://www.seresc.net)

### **State Mediation System**

New Hampshire Department of Education

101 Pleasant Street

Concord, NH 03301

Phone: (603) 271-2299

Website: <http://www.education.nh.gov/legislation/hearings.htm>

### **Wrightslaw (website resource)**

This website provides parents, advocates, educators, and attorneys with accurate, up-to-date information about special education law and advocacy for children with disabilities.

Website: [www.wrightslaw.com](http://www.wrightslaw.com)

## **Family Support, Advocacy, and Referral Services**

### **National Alliance on Mental Illness New Hampshire (NAMI NH)**

NAMI NH provides education, support, and advocacy for persons with mental illness and/or serious emotional disorders and their families. (The national organization website: [www.nami.org](http://www.nami.org) also provides a Child and Adolescent Action Center, which includes the newsletter, *Because Kids Grow Up*.)

Members of NAMI are children and adults with mental illness, along with parents, spouses, siblings, and friends of people with mental illness. ***Become a member of NAMI NH today!***

85 N State Street

Concord, NH 03301

Phone: (800) 242-6264 or (603) 225-5359

E-mail: [naminh@naminh.org](mailto:naminh@naminh.org)

Website: [www.naminh.org](http://www.naminh.org)

### *Information and Resource*

The NAMI NH Information/Referral service (800) 242-6264 connects callers with trained individuals who: answer questions; help access information about mental illness, serious emotional disorders, treatments and services; provide connection to local NAMI NH support groups; and provide referrals to appropriate organizations.

The NAMI NH website: [www.naminh.org](http://www.naminh.org) offers treatment information, mental illness fact sheets, links to New Hampshire and national organizations, information on support group meetings, and much more. There are several fact sheets/brochures addressing issues surrounding suicide, including: *Do You Care*

*for Someone Who's at Risk of Suicide?, Suicide: Taking Care of Yourself After an Attempt, and Suicide: Taking Care of Yourself & Your Family After an Attempt.*

A mental health lending library is located on site, and a computer is available for research.

#### *NAMI NH Affiliate Support Groups*

“Parents Meeting the Challenge” are support groups that meet regularly throughout the state to serve individuals with a child under age 18 who is affected by a serious emotional disorder. The support groups follow the NAMI support group model and are led by parents trained as support group facilitators. Members help each other to cope and share information about local services and professionals. Many groups offer educational sessions. For information on a meeting in your area, call the NAMI NH office at (800) 242-6264, ext. 40 or visit the website: [www.naminh.org](http://www.naminh.org).

#### *Educational Programs*

NAMI NH offers volunteer trained educational programs to parents of children with SED. They are usually offered at no fee to parents. Educational programs are also available for professionals at nominal fees. Please contact the NAMI for more details.

### **Granite State Federation of Families for Children's Mental Health**

497 Hooksett Road #258

Manchester, N.H. 03104

Phone: 296-0692

Website: [www.gsffcmh.org](http://www.gsffcmh.org)

Provides training and information about children's mental health with a focus on Wraparound Planning Process.

### **New Hampshire Family Voices**

Family-to-family health information and resources. “Maneuvering through the Maze” is a guidebook available on their website for downloading.

Family to Family Health Information and Education Center

29 Hazen Drive

Concord, NH 03301

Phone: (800) 852-3345 ext. 4525 or (603) 271-4525

E-mail: [nhfv@yahoo.com](mailto:nhfv@yahoo.com)

Website: [www.nhfv.org](http://www.nhfv.org)

### **Parent Information Center**

PO Box 2405,

Concord, N.H.03301

Phone: 1-800-232-0986 or 224-7005

Website: [www.parentinformationcenter.org](http://www.parentinformationcenter.org)

Provides information, referrals, workshops and support to families of children with disabilities related to educational issues.

### **Parent to Parent of New Hampshire**

12 Flynn Street  
Lebanon, NH 03766  
Phone: (800) 698-LINK (5465)  
Website: [www.parenttoparentnh.org](http://www.parenttoparentnh.org)

This organization provides references and support to parents of children with special needs. Among its other services, Parent to Parent will connect you with other parents who are handling the same issues and disorders that you are.

### **Community Mental Health Centers (CMHC)**

Professional family support services are sometimes available through community mental health centers. If your child receives treatment from a local mental health center, talk to them about the supports available for family members. Visit [www.naminh.org](http://www.naminh.org) and click on Support for a list of the cmhc's including emergency service telephone numbers.

### **Family Resource Connection**

This service of the New Hampshire state library provides a wide range of information and a statewide calendar of events.

Family Resource Connection  
New Hampshire State Library  
20 Park Street  
Concord, NH 03301  
  
Phone: (800) 298-4321  
(800) 735-2964 (TDD)  
Website: [www.state.nh.us/nhsl/frc](http://www.state.nh.us/nhsl/frc)

### **Infant Mental Health Regional Team (IMH)**

The IMH teams are supported through funding from the New Hampshire Children's Care Management Collaborative and technical assistance through the Preschool Technical Assistance Network. The teams are comprised of families and professionals from various disciplines committed to increase awareness and access to comprehensive community services for children (birth through age 6) and their families. To contact the IMH team in your region, contact:

PTAN  
29 Commerce Drive  
Bedford, NH 03110  
Phone: (603) 206-6800  
E-mail: [jizen@seresc.net](mailto:jizen@seresc.net)

Website: [www.ptan.seresc.net](http://www.ptan.seresc.net)

### **New Hampshire Connections**

A network of partners guided by research based systems of care committed to improving outcomes for children and youth through the educational system.

Linking Family, School, and Community

Parent Information Center

P.O. Box 2045

Concord, NH 03302-2405

Phone: (800) 232-0986

TTY: (603) 224-7005

### **New Hampshire Child Care Resource & Referral Network (NHCCR&R)**

Website: <http://nh.childcareaware.org/>

The NHCCR&R Network is composed of community based Child Care Resource and Referral programs. These strategically situated programs educate and support families, providers and the community regarding child care issues. Each of the 10 CCR&R agencies in New Hampshire is Quality Assured through Child Care Aware ®. This program seeks to ensure that families are receiving consistent, high quality consumer education and referral services. New Hampshire is the only volunteer network and one of only six states in the nation in which all of its CCR&Rs are Quality Assured

## **Health Care for Children**

### **Special Medical Services**

Provides medical and financial services to children with physical disabilities, chronic illnesses, and special health care needs.

29 Hazen Drive

Concord, NH 03301

Phone: (800) 852-3345 ext. 4488 or (603) 271-4488

Website: <http://www.dhhs.nh.gov/dcbcs/bds/sms/index.htm>

### **Child Health Program**

The Child Health Program (CHP) is a part of the New Hampshire Bureau of Maternal and Child Health Program within the NH DHHS division of Public Health Services - Bureau of Community Health Services. It allocates federal Medicaid funds to local agencies such as community health centers. Services include physical exams, health screenings, immunizations, social services, and case management. The following agencies provide health care to children:



**Families First of the Greater Seacoast**

100 Campus Drive, Suite 12  
Portsmouth, NH 03801  
(603) 422-8208

**White Mt. Community Health Center**

298 White Mountain Highway  
Conway, NH 03818  
Conway site: (603) 447-8900  
Wolfeboro site: (603) 569-3145

**Ammonoosuc Community Health Services**

ACHS-Littleton, 25 Mt. Eustis Road, Littleton, NH

ACHS-Franconia, 155 Main Street, Franconia, NH

ACHS-Warren, Route 25, Main Street, Warren, NH

ACHS-Whitefield, 14 King's Square, Whitefield, NH

ACHS-Woodsville, 79 Swiftwater Road, Woodsville, NH

Warren site: (603) 764-5704  
Littleton site: (603) 444-2464  
Woodsville site: (603) 837-2333  
Whitefield site: (603) 837-2333

**Avis Goodwin Community Health Center**

311 Route 108  
Somersworth, NH 03878  
Rochester site: (603) 749-2346  
Dover site: (603) 749-2346

**Manchester Community Health Care**

1415 Elm Street  
Manchester, NH 03101  
(603) 626-9500

**Coos County Family Health Center**

133 Pleasant Street  
Berlin, NH 03570  
(603) 752-2040

**Capital Region Family Health Center**

250 Pleasant St  
Concord, NH 03301  
Concord site: (603) 228-7200  
Hillsboro site: (603) 478-3141

**Lamprey Health Care**

207 S. Main Street  
Newmarket, NH 03857  
22 Prospect Street  
Nashua, NH 03060  
128 State Route 27  
Raymond, NH 03077  
Newmarket site: (603) 659-2494  
Raymond site: (603) 895-3351  
Nashua site: (603) 883-1626

**Health First Family Care Center**

841 Central Street  
Franklin, NH 03235  
(603) 934-1464

**Valley Regional Health Care**

167 Summer Street  
Newport, NH 03773  
(603) 543-6960

## **Maternal and Child Health Library**

Online “Knowledge Path” website designed to help find available resources that can address child and family needs.

Website: <http://www.mchlibrary.info/KnowledgePaths/index.html>

## **Insure Kids Now**

A national campaign to link the nation’s 10 million children to free and low cost health insurance.

Website: [www.insurekidsnow.gov](http://www.insurekidsnow.gov)

## **Donated Dental Services**

In conjunction with the NH Dental Society.

P.O. Box 3487

Concord, NH 03302

Phone: (603) 223-1531 or (800) 292-1241

Website: <http://nfdh.org/donated-dental-services-dds/state-dds-programs/new-hampshire>

Applications can be downloaded from website. A wait list exists.

## **Dental Programs**

Contact the local school district or school nurse in these areas:

- Cheshire Medical Center, Keene
- Claremont School Dental Program, Claremont
- Coos County Family Health Services, Berlin
- Health First Family Care Center, Franklin
- Lamprey Health Care, Newmarket
- Lamprey Health Care, Raymond
- Milford School District, Milford
- Speare Memorial Hospital School Dental Program, Plymouth
- Upper Connecticut Valley Hospital, “Miles of Smiles in the Great North Woods School Dental Program,” Colebrook
- Alexander Eastman School-Based Dental Program, Derry
- The Rock Dental Clinic, New London
- Frisbee Memorial Hospital School Dental Program, Rochester

## ▪ **Medicaid**

Contact the central New Hampshire Health Planning and Medicaid program office

listed below, or contact your local DHHS district office. (See “New Hampshire Department of Health and Human Services” on page 120.)

129 Pleasant Street  
Concord, NH 03301  
(603) 271-5254 or (800) 852-3345 ext.  
5254

Medicaid Client Services  
(603) 271-4344  
(800) 852-3345 ext. 4344

(800) 735-2964 (TDD access)

<http://www.dhhs.nh.gov/ombp/index.htm>

## **Legal Support**

### **Youth Law Center**

Investigates reports of abuse of youth in adult jails, juvenile detention facilities, state institutions, and child welfare systems and uses training, technical assistance, and negotiation to bring about needed change. If abusive conditions or practices continue, the Center uses litigation as a last resort.

Website: [www.ylc.org](http://www.ylc.org)

### **The Youth Council**

Provides counseling services to youth, including the areas of substance abuse, sexual abuse, and anger management.

112 West Pearl Street #2

Nashua, NH 03060

Phone: (603) 889-1090

Website: [www.theyouthcouncil.org](http://www.theyouthcouncil.org)

## **Transitioning from Youth to Adult Services**

### **Granite State Independent Living Foundation (New Hampshire)**

Provides skills training for independent living, housing, funding resources, and youth peer support to people with disabilities, including mental illness.

21 Chenell Drive

P.O. Box 7268

Concord, NH 03302-7268

(603) 228-9680  
(800) 826-3700 (Voice and TTY)  
Website: [www.gsil.org](http://www.gsil.org)

### **Institute on Disability (New Hampshire)**

Supports local and national projects in family support, community building, early childhood, assistive technology, inclusive education, employment support, housing support, classroom support, literacy, transportation, home ownership, post-secondary education, and maternal and child health to improve the lives of individuals with disabilities and their families.

University of New Hampshire  
10 West Edge Drive  
Suite 101  
Durham, NH 03824

(603) 862-4230 (Voice and TTY)  
Website: [www.iod.unh.edu](http://www.iod.unh.edu)

### **Institute for Child Health Policy (National)**

The Healthy and Ready to Work initiative promotes a comprehensive system of family-centered, culturally competent care for children with special health needs who are approaching adulthood and might need assistance in making the transition from pediatric to adult health care and to post-secondary education and/or employment.

Website: [www.mchbhrtw.org](http://www.mchbhrtw.org)  
*Healthy and Ready to Work website:* [www.hrtw.org](http://www.hrtw.org)

### **National Information Center for Children and Youth with Disabilities**

Provides a thorough, comprehensive explanation of how to develop a transition plan.

Website: [www.nichcy.org/pubs/transum/ts10txt.htm](http://www.nichcy.org/pubs/transum/ts10txt.htm)

### **HEATH Resource Center**

The national clearinghouse on post-secondary education for individuals with disabilities.

George Washington University Graduate School of Education and Human Development

2134 G Street, N.W.  
Washington, D.C. 20052  
(800) 544-3284 (Voice and TTY)  
Website: [www.heath.gwu.edu](http://www.heath.gwu.edu)

## **Vocational Rehabilitation**

### **New Hampshire Job Training Council (JTC)**

Provides a variety of assessment, training, and placement services to economically disadvantaged people, including youth, public assistance recipients, and laid-off workers.

Entrance requirements might screen out some people with disabilities, so ask a New Hampshire Vocational Rehabilitation or other counselor to help your child apply for services. Youth with disabilities will often qualify for the Council's Summer Youth Programs, which offer summer jobs in the public sector combined with a classroom program. Tuition assistance and support is also part of JTC services. Students with disabilities should ask their special education teachers about Job Training Council programs in their school or region.

**Concord Office**  
64 B Old Suncook Road  
Concord, NH 03301  
(800) 772-7001

## **NATIONAL RESOURCES**

### **NAMI**

National Alliance on Mental Illness (NAMI)  
3803 N. Fairfax Dr., Ste. 100  
Arlington, VA 22203  
Phone: (703) 524-7600  
Website: [www.nami.org](http://www.nami.org)

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society.

US Department of Health and Human Services  
200 Independence Ave, SW  
Washington, DC 20201  
Phone: (202) 619-0257 or (877) 696-6775  
Web: [www.samhsa.gov](http://www.samhsa.gov)

### **Substance Abuse Treatment Facility Locator**

The Substance Abuse Treatment Facility Locator provides an on line resource for locating drug and alcohol abuse treatment programs for every state in the USA and is updated annually.

Referral Line: 1-800-662-HELP (English and Spanish)

TDD Access Line: 1-800-487-4889

Website: [findtreatment.samhsa.gov/about.htm](http://findtreatment.samhsa.gov/about.htm)

### **National Clearinghouse for Alcohol and Drug Information (NCADI)**

NCADI is run by the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a wide selection of alcohol and other drug prevention materials, most at no cost. Publications are searchable by audience, including specific resources for parents and caregivers.

The Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention  
Division of SAMHSA

55 Chapel Street

Newton, MA 02458-1060

Phone: (800) 676-1730

Website: <http://store.samhsa.gov/home>

### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

NIAAA provides leadership in the national effort to reduce alcohol-related problems by conducting and supporting research; coordinating and collaborating with other research institutes and federal programs on alcohol related issues; translating and disseminating research findings to health care providers, researchers, policymakers and the public.

NIAAA

5635 Fishers Lane, MSC 9304

Bethesda, MD 20892-9304

Communication/Public Info: 1-(301)-443-3860

Email: [niaa\\_aware-r@exchange.nih.gov](mailto:niaa_aware-r@exchange.nih.gov)

Web: [www.niaaa.nih.org](http://www.niaaa.nih.org)

## **Cultural Diversity**

### **Office of Minority Health (OMH)**

OMH programs are to improve and protect the health of racial and ethnic minority

populations through the development of health policies and programs that will eliminate health disparities. The OMH Resource Center is a one stop shop for minority health literature, research, and referrals.

Office of Minority Health  
The Tower Building  
1101 Wootton Parkway, Suite 600  
Rockville, MD 20852  
Main Phone 1-240-453-2882  
444-6472      Email: [info@minorityhealth.hhs.gov](mailto:info@minorityhealth.hhs.gov)  
<http://minorityhealth.hhs.gov>

Information Line: 1-(800)-  
Web:

### **US Department of Health and Human Services Office of Civil Rights (OCR)**

OCR educates health and social service workers and communities about the civil rights, health information privacy, patient safety, confidentiality laws. This office investigates civil rights, health information privacy, patient safety and confidentiality complaints to find out if there is discrimination or a violation of laws and takes action to correct problems.

US DHHS Office of Civil Rights  
Government Center  
JF Kennedy Federal Building, Room 1875  
Boston, MA 02203  
Phone: 1-(617)-565-1340  
Voice/TTY: 1-(617)-565-1343  
Main DC office website: <http://www.hhs.gov/ocr/>

## **Vocational and Independent Living**

### **National Council on Independent Living (NCIL)**

NCIL is a membership organization that advances the independent living philosophy and advocates for the human rights of, and services for, people with disabilities to further their full integration and participation in society.

1710 Rhode Island Avenue Northwest / Fifth Floor

Washington, D.C. 20036  
Phone: 202.207.0334  
202.207.0340 (TTY)  
Website: [www.ncil.org](http://www.ncil.org)

### **National Center on Workforce and Disability (NCWD)**

NCWD provides training, technical assistance, policy analysis, and information to

improve access for all in the workforce development system.

Institute for Community Inclusion  
University of Massachusetts Boston  
100 Morrissey Blvd.  
Boston, MA 02125  
(888) 886-9898 (Voice and TTY)  
Website: [www.onestops.info](http://www.onestops.info)



