

**New Hampshire Peer Support Agencies
Service Update 3/31/20**

| Region | Agency | Website | 3.31.20 Status on Services | Crisis Respite Center |
|----------------------------------|--|--|---|------------------------------|
| North Country | The Alternative Life Center, Conway | https://www.alccenters.org/ | Conway Peer Support will be reducing its hours from forty-four (44) to thirty (30). They will be increasing outreach via phone support. Call 603-447-1765 for more information and information on support groups. Warmline Hours 3pm-9pm: 866-447-1765 | |
| | The Haven, Colebrook | | The Haven in Colebrook are not changing their hours and will also be available for phone support as well. Please call 603-237-4353 for more information. Warmline Hours 3pm-9pm: 866-447-1765 | |
| | Littleton Peer Support, Littleton | | Littleton Peer Support Center are not changing their hours and will be increasing their phone outreach support via calls and texts. Please call 603-444-5344 for more information. Warmline Hours 3pm-9pm: 866-447-1765 | |
| | Serenity Steps, Berlin | | Serenity Steps in Berlin will be reducing its hours from forty-four (44) to thirty (30). They will be increasing outreach via phone support. Their number is 603-752-8111 for more information and information on their Skype support groups. Warmline Hours 3pm-9pm: 866-447-1765 | |
| Upper Valley & River Valley Area | Stepping Stone Drop-In Center, Claremont | www.steppingstonenextstep.org | Next Step, Stepping Stone, and Peer Respite are closed until 5/4. | Closed until at least 5/4/20 |
| | Stepping Stone, Claremont | | Beginning 3/30, daytime phone support will be Mon-Fri 9 AM-3 PM. Warmline is available Sun, Mon, Wed 4-9 PM; Tue, Thu, Fri, Sat 4-8 PM at 888-582-0920; Claremont Area: 603-543-1388 | |
| | Next Step, Lebanon | | Beginning 4/4, Facebook and zoom groups will be available. Check our website for details. | |
| Lakes Region | CornerBridge, Laconia | www.nhcornerbridge.info | Outreach calls 10am-4pm Monday-Friday Please feel free to call between those hours if you are in need of support or to talk. Warmline is always provided 7 days a week from 5 to 10pm call 1-800-306-4334 Remote session via Zoom 1:30pm-2:45pm Monday-Friday (Zoom information is: https://zoom.us/j/2363669283 Meeting ID: 236-366-9283) Warmline is always provided 7 days a week from 5 to 10pm call 1-800-306-4334 | |
| | Pemi Valley Outreach, Plymouth | | Outreach calls 11am to 2pm Monday through Friday. Please call Cindy at 412-7050 to reach out. Warmline is always provided 7 days a week from 5 to 10pm call 1-800-306-4334 | |
| Central Region | Concord Peer Support, Concord | | Outreach calls 10am-4pm Monday-Friday; Remote session via Zoom will begin late in the week of April 6th. Exact date to be determined. (Zoom information is: https://zoom.us/j/2363669283 Meeting ID: 236-366-9283) Warmline is always provided 7 days a week from 5 to 10pm call 1-800-306-4334 | |
| Monadnock Region | Monadnock Area Peer Support Agency, Keene | http://www.monadnockpsa.org/ | Telephone support by calling 603-352-5093 from 9 am-9 pm Monday-Friday (Warm Line operates from 4 pm- 9 pm). <ul style="list-style-type: none"> • Chat support through our Facebook page from 9 am- 4 pm Monday- Friday • Facebook support group for community members to support one another (Search: Monadnock Peer Support Community Group). • Virtual offerings of groups, Check In, and Check Out through Zoom conference call services (https://www.monadnockpsa.org/online-groups and Facebook for instructions). • Monadnock Youth Peer Support groups for high school students through conference call services (please contact jgrophear@monadnockpsa.org and kcarrien@monadnockpsa.org for information). | Closed until at least 5/4/20 |
| Southern NH Area | H.E.A.R.T.S. Peer Support Center of Greater Nashua | http://www.heartspsa.org/ | Telephone support by calling 603-882-8400 from 8 am - 4 pm from the Peer Center phone line & at 603-864-8769 from 8 am- 8 pm from the Respite Center phone line. <ul style="list-style-type: none"> • Chat support through our Facebook page from 8 am- 4 pm Monday- Sunday • Facebook support group for community members to support one another (Search: H.E.A.R.T.S. Peer Support Center and Peer Respite Center). <p>8:30 am: coffee social (check in); talk over coffee and breakfast; discuss goals for the day; highlight from previous night 11 pm: Lunch discussions: Check in over lunch; maybe staff could go live, eat lunch & chat; Ice breaker or a topic to engage 1 pm: Exercise or YouTube video to get moving and active even a YouTube playlist to dance to; check in on how people are staying active; maybe even a live walk through mine falls 3pm: What are you going to do for yourself tonight • Virtual offerings of groups, Check In, and Check Out through Zoom conference call services (https://us04web.zoom.us/j/8675394429 ID # 8675394429) 10 am: (WRAP) Wellness Recovery Action Plan Discussion 2 pm: (IPS) Intentional Peer Support Discussion 6 pm: Reflection on the Day Discussion</p> | Closed until at least 5/4/20 |

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| Hillsborough County Area | On The Road To Wellness, Manchester | | <p>"Live" Monday thru Friday with a Daily Check-in at 10:00am via Zoom (you can choose by video or phone), a Private Facebook group at 11:00am, and an afternoon group on Zoom at 1:00pm. Here are some more details:</p> <ul style="list-style-type: none"> -Facebook Group <p>This is the best way to stay in contact! Join our Private Facebook Group "OTRTW Peer Support" for live streamed groups each day with fun content and stay engaged with other members and staff! Go to https://www.facebook.com/groups/OTRTW When there, select JOIN, answer three questions, and submit. You'll be added to the group in a minute.</p> <ul style="list-style-type: none"> -Zoom Groups <p>Check the Calendar for the Zoom Group you want to participate in. You can jump in at any time using any of these methods (you can participate with by phone or video .. your choice) Computer: Go to https://zoom.us/join with Meeting ID 603 623 4523 Zoom App on Your Device: Select Join and enter Meeting ID 603 623 4523 By Telephone: Call 1-646-558-8656 When asked, enter Meeting ID 603 623 4523#</p> <ul style="list-style-type: none"> -Call the Center to Chat <p>We're still providing peer support over the phone! Just give us a call at 603-552-3177 (Derry) or 603-623-4523 (Manchester) if you need someone to talk to (Monday thru Friday, 8:30-4:30)</p> <ul style="list-style-type: none"> -Sign up for our Email Chain <p>One of the quickest ways to stay in touch and up to date! If you'd like to get updates, share your thoughts, etc. just send us an email at peersupport@otrtw.org with "Sign Me Up" in the subject line.</p> <ul style="list-style-type: none"> -Peer Support Packages: <p>If you plan on joining our "live" groups, call the Centers and ask for a Peer Support Package! We've be put together materials for you and will deliver them to you (crafts included)!</p> <ul style="list-style-type: none"> -Pen Pals: <p>We've set up a pen-pal program if you'd like to be paired with another member to write letters to. Want to get involved? Call the Center for more info ... and we'll deliver cards and stamps to you!</p> | |
| Southeastern Area | On The Road To Wellness, Derry | http://www.otrtw.org | <p>The Warmline 603-427-6966 is staffed Mon-Fri 8:30AM - 10:00PM and Sat and Sun 5PM-10PM by trained peers. Our services are free and no referral needed.</p> <p>Teleconference/Phone Groups: Morning check-in Monday-Friday 10:00AM Positive Thinking Wednesdays 12:00PM Anxiety Group Tuesdays and Thursdays at 1:00PM Afternoon check-in Monday-Friday 3:00PM</p> <p>Teleconference access information: Please join my meeting from your computer, tablet or smartphone. https://www.gotomeet.me/GregBurdwood/staff-meeting You can also dial in using your phone: 1-646-749-3112 Access Code: 751-403-101#</p> <p>New to GoToMeeting? Get the app now and be ready when your first meeting starts: https://global.gotomeeting.com/install/751403101</p> | |
| Seacoast Area | Connections Peer Support Center | http://connectionspeersupport.org/ | <p>Onsite services closed until further notice, call 603-507-9288 or 603-948-1036 M – F, 8:00 – 5:00</p> | |
| Strafford County Area | Tri-City Consumers' Action Co-operative | http://www.tricitycoop.org/ | | |