

While in-person meetings of NAMI NH support groups are currently suspended, NAMI Nashua has moved to online meetings. Please contact the facilitators to learn more. [email](#), Norma MacKinley-Smith 603.882.6771 or Pam Burns 603.345.5304.

RESOURCES AND SUPPORT:

Emergency Resources

- [Mobile Crisis Response](#) 24/7 Emergency and Mobile Crisis Response services are available to anyone living within the service area of Greater Nashua Mental Health, including persons who are not current clients. 1-800-762-8191. Calls to our tollfree number are answered by a clinician who is able to help immediately. If you require a face-to-face meeting, a team of mental health professionals will be deployed and can meet you within an hour.
- [Nashua Police](#)
0 Panther Dr
Nashua NH 03062
Emergency Number-911 or non-emergency Number (603) 594-3500
- [New Hampshire Hospital](#)
New Hampshire Hospital (NHH) provides comprehensive compassionate inpatient psychiatric services to people in need of services in the state of New Hampshire (603) 271-5300 or (800) 852-3345, ext. 5300
- [SO NH Medical Center ACCESS](#) (Acute Community Crisis Evaluation Service System) ACCESS provides crisis evaluations, 24 hours a day, 7 days a week. After an evaluation, a referral will be made to the most appropriate services, including outpatient services, partial or inpatient hospitalization. (603) 577-2728 24 hours a day/ 7 days a week
- [Greater Nashua Mental Health](#) works with the community to meet the mental health needs of its residents by providing evaluation, treatment, resource development and education. Call (603) 889-6147 during business hours, and 1-800-762-8191 after hours. Walk in services are available on a limited basis.

Legal Help

- [Community Connections Mental Health Court](#)
This collaborative project with the Nashua District Court, local police departments, corrections personnel, consumer advocates, prosecutors and public defenders offers an alternative to incarceration for non-violent offenders with mental illness. The project offers an alternative to incarceration by providing recovery-based treatment to enhance the quality of the individual's life, reduce recidivism and improve community safety. For more information, please contact Jill O'Neill at 603-889-6147 Ext. 3148
- [Disability Rights Center](#)
The DRC provides information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems
64 N Main Street, Suite 2,
Concord, NH 03301-4913
(603) 228-0432 or 1-800-834-1721
- [NH Legal Assistance](#)
New Hampshire Legal Services is a community of agencies dedicated to the ideal of

equal access to justice. Working together, we provide a range of services to low income people across the state.

117 No. State Street

Concord, NH 03301

(603) 223-9750 or 1-800-921-1115

Support Resources

- [NAMI Connection Recovery Support Group](#)
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.
Meet: 1st and 3rd Tuesday of the month
Time: 6:30pm to 8:00pm
Where: John Mason Institute 20 Trafalgar Sq, 6th floor conference room, Nashua, NH 03063
Contact: Scott 603-340-6497
- [DBSA Nashua](#)
DBSA Nashua is a peer support group for everyone with mental health disorders. We come together to give and receive the support, caring, understanding and acceptance we deserve and that can only come from our peers.
100 West Pearl Street
Nashua, NH 03060
Phone: (603) 888-2141
Contact: Tom Doucette
Meets every Thursday 7-9 pm
- Greater Nashua Area Grieving Survivors of Suicide
Grieving Survivors of Suicide is a place to meet and share with others who are suffering a loss to suicide.
Home, Health, and Hospice Office -7 Executive Park Drive, Merrimack, NH
Day/Time: 1st Wednesday of each month, 6:30pm – 8:00 pm
Facilitated by: Peer
Contact: Linda Vollmer at (603) 801-6856 lindavollmer2995@gmail.com or Gail McMorro-Donahue (603) 930-3640 gaildona@mac.com
- [H.E.A.R.T.S.](#) (Hope, Empowerment, Advocacy, Recovery, Towards Support)
Non-profit peer support center. Our mission, as peers, is to support one another as people who are challenged by the daily effects of living with, coping with, and recovering from mental health issues. Everyone will be encouraged to develop relationships that will enable and empower each other to learn, to grow, and to understand each other's world view."
5 Pine St. Ext. Unit 1G, Nashua, NH 03061
Phone: (603) 882-8400
Contact – Ken Lewis or Tom Doucette
- [National Suicide Prevention Lifeline](#)
The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention. Phone Support – 24/7 – 1-800-273-8255
- [NH Hospital](#)
New Hampshire Hospital (NHH) provides comprehensive compassionate inpatient

psychiatric services to people in need of services in the state of New Hampshire.
(603) 271-5300 or (800) 852-3345, ext. 5300

- [Southern NH Medical Center West Campus](#)
Inpatient Behavioral Health
29 Northwest Boulevard,
Nashua, NH 03063
Telephone: (603) 577-5720

Social Support

- [Connect-Suicide Prevention Program](#)
Connect provides customized training and interaction with experts in the field of suicide prevention and postvention.
(603) 225-5359 or 1-800-242-6264
- [GSIL \(Granite State Independent Living\)](#)
21 Chenell Drive
Concord, NH 03301
(603) 228-9680 or 1-800-826-3700
Granite State Independent Living (GSIL) is a statewide nonprofit organization whose mission is to promote life with independence for people with disabilities and those experiencing the natural process of aging through advocacy, information, education and support.
- [Nashua Public Health & Community Services Division](#)
To promote, protect and preserve the health and well-being of the Greater Nashua Region through leadership and community collaboration
18 Mulberry Street
Nashua, NH 03060
(603) 589-4560
- [ServiceLink Aging and Disability Resource Center](#)
Access resources you need to make informed choices and live independently in your community. Make connections to those resources. Explore your future care and evaluate your long-term care options, including the pros and cons of specific choices. Become involved through various volunteer opportunities. Develop a healthier lifestyle. Understand Medicare and Medicaid
70 Temple Street
Nashua, NH 03060-3990
(603) 598-4709 or 1-800-634-9412
- [United Way Social Services](#)
Dial 2-1-1 or 1-866-444-4211
2-1-1 is an easy to remember telephone number that, where available, connects people with important community services and volunteer opportunities.