Resources for Adults Waiting in Emergency Departments

Are you or a family member/loved one waiting in a NH Emergency Department for an inpatient psychiatric bed? Please know you are not alone, and help is available. Following are resources and information to assist you with navigating this difficult time.

For additional information, visit: NAMINH.org/EDBoarding

NAMI NEW HAMPSHIRE INFORMATION & RESOURCE LINE
1-800-242-6264 (PRESS 4) OR INFO@NAMINH.ORG

NAMI New Hampshire can connect those impacted by long ED waits with information and support. Please don't hesitate to contact us to leave a confidential message.

ONLINE FACEBOOK GROUPS

- Family and Friends of Adult Loved Ones with Mental Illness
- Family and Friends of Loved Ones Experiencing Early Psychosis

Get connected: NAMINH.org/OnlineGroups
More Resources...

SUPPORT GROUPS

- **Family Support Groups** – for family members and friends of adults with mental illness.
- **NAMI Connection** – for individuals living with mental health conditions, led by trained facilitators with personal lived experience.
- **Early Psychosis** – bimonthly online group for adults whose loved ones are experiencing early psychosis.

Get connected:  
[NAMINH.org/SupportGroups](http://NAMINH.org/SupportGroups)

COMMUNITY MENTAL HEALTH CENTERS

CMHCs, located across NH, provide mental health services including 24-hour Emergency Services, Assessment and Evaluation, Individual and Group Therapy, Case Management, Community Based Rehabilitation Services, and Psychiatric Services.

Find your local Community Mental Health Center:  
[NAMINH.org/CMHCs](http://NAMINH.org/CMHCs)

PEER SUPPORT AGENCIES

Peer Support Agencies around the state provide hope, education and ongoing support to individuals with mental illness.

Find your local Peer Support Agency:  
[NAMINH.org/PSAs](http://NAMINH.org/PSAs)