

**Crisis Intervention  
Team Program**

# *Resources*



**nami** | New Hampshire  
National Alliance on Mental Illness

# New Hampshire Mental Health Regions



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

## NH Mental Health Regions

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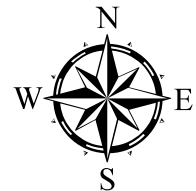
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0 5 10 20 30

Miles

Scale: 1:1,150,000



Prepared by:  
NH Department of Safety  
Division of Emergency Services  
Mapping Section

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

**REGION 1: *Northern Human Services***

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

**GENERAL INQUIRIES: (603) 447-3347**

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

**REGION 2: *West Central Behavioral Health***

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

**GENERAL INQUIRIES: (603) 448-0126**

**EMERGENCY SERVICES: (800) 564-2578**

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

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

**GENERAL INQUIRIES: (603) 524-1100**

**EMERGENCY SERVICES: (603) 524-1100**

**REGION 4: *Riverbend Community Mental Health, Inc***

3 N State Street, PO Box 2032, Concord, NH 03301-2032 (603) 226-7505

**GENERAL INQUIRIES: (603) 228-1551**

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

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

**REGION 5: *Monadnock Family Services***

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

**GENERAL INQUIRIES: (603) 357-4400**

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

**REGION 6: *Greater Nashua Mental Health***

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

**GENERAL INQUIRIES: (603) 889-6147**

**EMERGENCY SERVICES: (800) 762-8191**

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

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

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

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

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

**GENERAL INQUIRIES: (603) 668-4111**

**EMERGENCY SERVICES: (603) 668-4111**

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

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

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

**GENERAL INQUIRIES: (603) 431-6703**

**EMERGENCY SERVICES:**

EXETER	(603) 772-2710
PORTSMOUTH	(603) 431-6703

**REGION 9: *Community Partners of Strafford County***

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

**GENERAL INQUIRIES: (603) 516-9300**

**EMERGENCY SERVICES: (603) 516-9300**

**REGION 10: *Center for Life Management***

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

**GENERAL INQUIRIES: (603) 434-1577**

**EMERGENCY SERVICES: (603) 434-1577**

# New Hampshire Mental Health System

## Cities & Towns by Geographic Region

### ***Region I***

Albany  
Bartlett  
Bath  
Benton  
Berlin  
Bethlehem  
Brookfield  
Carroll  
Chatham  
Clarksville  
Colebrook  
Columbia  
Conway  
Dalton  
Dixville  
Dummer  
Easton  
Effingham  
Errol  
Franconia  
Freedom  
Gorham  
Hart's Location  
Haverhill  
Intervale  
Jackson  
Jefferson  
Lancaster  
Landaff  
Lincoln  
Lisbon  
Littleton  
Lyman  
Madison  
Milan  
Monroe  
Moultonborough  
Northumberland  
Ossipee  
Piermont  
Pittsburg  
Randolph  
Sandwich  
Shelbourne  
Stark  
Stewartstown  
Stratford  
Sugar Hill  
Tamworth  
Tuftonboro  
Wakefield  
Warren  
Waterville  
Wentworth Location  
Whitefield  
Wolfeboro  
Woodstock

### ***Region II***

Acworth  
Canaan  
Charlestown  
Claremont  
Cornish  
Croydon  
Dorchester  
Enfield  
Goshen  
Grafton  
Grantham  
Hanover  
Langdon  
Lebanon  
Lempster  
Lyme  
Newport  
Orange  
Orford  
Plainfield  
Springfield  
Sunapee  
Unity  
Washington  
West Lebanon

### ***Region III***

Alexandria  
Alton  
Ashland  
Barnstead  
Belmont  
Bridgewater  
Bristol  
Campton  
Center Harbor  
Ellsworth  
Gilford  
Gilmanton  
Groton  
Hebron  
Holderness  
Laconia  
Meredith  
New Hampton  
Plymouth  
Rumney  
Sanbornton  
Thornton  
Tilton  
Wentworth

### ***Region IV***

Allenstown  
Andover  
Boscawen  
Bow  
Bradford  
Canterbury  
Chichester  
Concord  
Danbury  
Deering  
Dunbarton  
Epsom  
Franklin  
Henniker  
Hill  
Hillsboro  
Hopkinton  
Loudon  
New London  
Newbury  
Northfield  
Pembroke  
Penacook  
Pittsfield  
Salisbury  
Sutton  
Warner  
Weare  
Webster  
Wilnot  
Windsor

### ***Region V***

Alstead  
Antrim  
Bennington  
Chesterfield  
Dublin  
Fitzwilliam  
Francestown  
Gilsom  
Greenville  
Hancock  
Harrisville  
Hinsdale  
Jaffrey  
Keene  
Lyndeborough  
Marlborough  
Marlow  
Nelson  
New Ipswich  
Peterborough  
Richmond  
Rindge  
Roxbury  
Sharon  
Spofford  
Stoddard  
Sullivan  
Surry  
Swanzey  
Temple  
Troy  
Walpole  
Westmoreland  
Wilton  
Winchester

### ***Region VI***

Amherst  
Brookline  
Hollis  
Hudson  
Litchfield  
Mason  
Merrimack  
Milford  
Mont Vernon  
Nashua

### ***Region VII***

Auburn  
Bedford  
Candia  
Goffstown  
Hooksett  
Londonderry  
Manchester  
New Boston

### ***Region VIII***

Brentwood  
Deerfield  
East Kingston  
Epping  
Exeter  
Fremont  
Greenland  
Hampton  
Hampton Falls  
Kensington  
Kingston  
New Castle  
Newfields  
Newington  
Newmarket  
North Hampton  
Northwood  
Nottingham  
Portsmouth  
Raymond  
Rye  
Seabrook  
South Hampton  
Stratham

### ***Region IX***

Barrington  
Dover  
Durham  
Farmington  
Lee  
Madbury  
Middleton  
Milton  
New Durham  
Rochester  
Rollinsford  
Somersworth  
Strafford

### ***Region X***

Atkinson  
Chester  
Danville  
Derry  
Hampstead  
Newton  
Pelham  
Plaistow  
Salem  
Sandown  
Windham

## **Community Mental Health Centers**

Services provided by CMHCs include: 24-hour Emergency Services, Assessment and Evaluation, Individual and Group Therapy, Case Management, Community Based Rehabilitation Services, Psychiatric Services, and Community Disaster Mental Health Support. All CMHCs have specialized programs for older adults, children, and families. The Community Mental Health Centers also provide services and referrals for short-term counseling and support. Please call the general inquiries phone number to get connected to services.

<https://www.dhhs.nh.gov/dcbcs/bbh/centers.htm>

## **Emergency Services**

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

## **Mobile Crisis Response Teams**

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

## **Peer Support Agencies**

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Peer support consists of supportive interactions based on shared experience among people and are intended to assist people to understand their potential to achieve their personal goals. Peer support agencies accomplish this by providing choice, using non-medical approaches to help, sharing decision making, encouraging informed decision making about all aspects of people's lives, challenging perceived self-limitations, etc. Services include, but are not limited to: face-to-face and telephone peer support; outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

<https://www.dhhs.nh.gov/dcbcs/bbh/peer.htm>

## **NAMI New Hampshire**

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness.

Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness.

**Information & Resources line (800) 242-6264**

<http://www.naminh.org>



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# Town or City Welfare in New Hampshire

## What is town/city welfare?

New Hampshire law says that every town and city in the state must have a welfare program to help people who are poor and who need help. Read the law [New Hampshire RSA 165](#) .

For more information, please go to this link <https://www.nhlegalaid.org/print/286>

## What kind of help can a town give?

If you need financial help, contact your town or city hall and ask for the welfare official. If the welfare official is not available, ask for the town or city manager.

Towns and cities must give financial help for basic needs like shelter, rent, mortgage payments, heat, lights, gas, water, food, necessary clothing, transportation and prescriptions.

It does not matter how long you have lived in a town for you to qualify for help. The town may not tell you to "go back to where you came from." The town may not tell you to go apply to a different town. It is against the law.

Welfare must also help with "maintenance" items such as paper products, household supplies, diapers, etc.

Welfare may pay for basic telephone service if you need it for health and safety reasons.

Welfare should pay a security deposit if you need it to get housing.

Welfare should pay for medical costs if there is no other way you can get medical services that are absolutely necessary. Welfare should pay for treatments that your doctor says you cannot wait to have.

Welfare should help with mortgage and other payments necessary to stop a foreclosure if you live in your own house and you qualify for help.

The town may decide that a certain expense, such as a car payment, is not necessary. This may happen when a reasonable cheaper choice is available, like taking a bus. Even if the welfare officer disagrees with how you have spent your money, you should get help now with instructions to change your situation. For example, you may be asked to apply for public or subsidized housing if your rent is high.

The town may not refuse to help you now because of:

- the number of times you applied, or
- the number of times they helped you, or
- the amount they gave you.

The town may not refuse to help you just because your relatives do not give the town information or support. They can refuse you, if you received assistance before and you broke a

rule such as not following what they asked you to do. The town must have given you the rules in writing. For example, you did not look for a job and job-search was one of the rules. If you broke one of the written rules and were properly warned, the town may be able to refuse to help you. You should be allowed to apply and get a Notice of Decision.

It is against the law for a town to refuse to help you because it does not have enough money in the budget. Towns can be creative in the way they help you. They do not always have to give you cash. The town may not “cap” or limit the amount of help it will give you. The amount of help a town gives is different for each person. But it must always be enough to meet basic needs



# NH DHHS DIVISION OF FAMILY ASSISTANCE (DFA) DISTRICT OFFICE CATCHMENT AREA

## Where to Apply

DFA Locations	Towns Served
<b>Berlin</b> 650 Main Street, Suite 200 Berlin; 03570-2431 Phone: 752-7800 or 1-800-972-6111	Berlin, Clarksville, Colebrook, Columbia, Dixville, Dummer, Errol, Gorham, Groveton, Milan, Millsfield, N. Stratford, Northumberland, Percy, Pittsburgh, Randolph, Shelburne, Stark, Stewartstown, Stratford, Wentworth's Location, W. Stewartstown
<b>Claremont</b> 17 Water Street, Ste. 301 Claremont; 03743-2280 Phone: 542-9544 or 1-800-982-1001	Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Enfield, George's Mills, Goshen, Grafton, Grantham, Guild, Hanover, Langdon, Lebanon, Lempster, Lyme, Meriden, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington, West Lebanon
<b>Concord</b> 40 Terrill Park Drive Concord; 03301-9955 Phone: 271-6201 or 1-800-322-9191	Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Elkins, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot
<b>Conway</b> 73 Hobbs Street Conway; 03818-6188 Phone: 447-3841 or 1-800-552-4628	Albany, Bartlett, Brookfield, Chatham, Chocorua, Conway, Eaton, Effingham, Freedom, Glen, Hale's Location, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Melvin Village, Moultonborough, N. Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonboro, Wakefield, Wolfeboro
<b>Keene</b> 111 Key Road Keene; 03431 Phone: 357-3510 or 1-800-624-9700	Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Drewville, Dublin, Fitzwilliam, Francestown, Gilsum, Greenfield, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Spoffard, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester, Windsor
<b>Laconia</b> 65 Beacon Street West Laconia; 03246-9988 Phone: 524-4485 or 1-800-322-2121	Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Dorchester, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Lakeport, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Silver Lake, Thornton, Tilton, Waterville Valley, Wentworth, Winnisquam

# NH DHHS DIVISION OF FAMILY ASSISTANCE (DFA) DISTRICT OFFICE CATCHMENT AREA

## Where to Apply

DFA Locations	Towns Served
<b>Littleton</b> 80 North Littleton Road Littleton; 03561-3841 Phone: 444-6786 or 1-800-552-8959	Bath, Benton, Bethlehem, Carroll, Dalton, Easton, Franconia, Glenclyff, Haverhill, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Pike, Sugar Hill, Twin Mountain, Warren, Whitefield, Woodstock, Woodsville
<b>Manchester</b> 1050 Perimeter Road Suite 501 Manchester; 03102-3762 Phone: 668-2330 or 1-800-852-7493	Auburn, Bedford, Chester, Goffstown, Manchester, New Boston, Weare
<b>Rochester</b> 150 Wakefield St., Ste 22 Rochester; 03867-1309 Phone: 332-9120 or 1-800-862-5300	Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union
<b>Seacoast</b> 19 Rye Street Portsmouth; 03801 Phone: 433-8300 or 1-800-821-0326	Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham
<b>Southern</b> 26 Whipple Street Nashua; 03060-9311 Phone: 883-7726 or 1-800-852-0632	Amherst, Atkinson, Brookline, Danville, Derry, Greenville, Hampstead, Hollis, Hudson, Litchfield, Londonderry, Mason, Merrimack, Milford, Mont Vernon, Nashua, Newton, Pelham, Plaistow, Salem, Sandown, Wilton, Windham



# FAMILY SUPPORT MEETING for RECOVERY

**Too many families  
suffer in silence...**

**RECOVERY - IS - POSSIBLE**  
**free•structured•peer to peer**  
**•non-clinical•environment•**

## **Seacoast Family Support Group**

Austin 17 House, Brentwood NH  
1st & 3rd Tuesday of the month  
6:30-8pm  
Linda 978-578-4227  
Ann 603-731-4227

## **Farmington Circle of Hope**

Meeting digitally  
1st Wednesday of the month  
7-8:30 pm  
Lynn 603-817-6174  
Karen 603-755-1345  
circleofhope603@yahoo.com  
hopeforfamilies123@gmail.com

## **Keene Hope and Help**

Keene Serenity Center 34 Mechanic St  
Keene NH  
Wednesdays at 6:30 pm  
Becky 603-860-0221

## **Manchester FASTER**

Waypoint 464 Chestnut St  
Manchester NH  
Tuesdays at 6 pm  
Susan or Patrick 603-668-4859  
OR 603-860-9809

## **Nashua FASTER**

Meeting Digitally  
1st & 3rd Tuesday of month  
6-7:30 pm  
Sue 603-351-8356  
Rose 603-533-8813

## **Families Hoping and Coping**

Safe Harbor, Portsmouth NH  
1st & 3rd Wednesday of month  
7-8:30 pm  
Elaine 603-315-9177  
Tim 603-703-3948

## **Rochester Circle of Hope**

Meeting Digitally  
2nd & 4th Tuesday of month  
7-8:30 pm  
Renee or Ralph 603-617-9963

## **SMART Recovery Friends & Family**

Meeting digitally  
Wednesday 6-7 pm  
navigatingrecovery.org  
Trish Weatherbee  
webehe@metrocast.net

This program is funded by the NH DHHS'  
Division of Behavioral Health, Bureau of  
Drug and Alcohol Services.

**NHBDAS**  
NEW HAMPSHIRE  
DIVISION OF BEHAVIORAL HEALTH  
BUREAU OF DRUG AND ALCOHOL SERVICES  
Promoting Prevention and Recovery



### **Transformation of Peace Seekers**

Meeting digitally  
1st & 3rd Wednesday of month  
6 pm  
Annie 603-991-4388  
Sue 603-259-2593  
searle721@gmail.com  
howland\_sue@yahoo.com

### **Parenting a Second Time Around**

Meeting digitally  
1st & 3rd Thursday of month  
5:30-7 pm  
Alicia (603)723-6026  
alicia.babbitt@frc123.onmicrosoft.com

### **Journey without Judgement**

Revive Recovery, 263 Main St  
Nashua, NH  
Every other Tuesday  
5-7pm  
darlene.dadley@reviverecovery.org

### **Shed Some Light**

The Shed 70 Route 16 B  
Center Ossipee, NH  
2nd & 4th Monday of month  
7 pm - 8 pm  
Vanessa 603-651-1441 x4  
Vanessa@whitehorseac.com  
Eric@whitehorseac.com

### **Caregiver Support**

117 Main St, Berlin, NH  
2nd & 4th Thursday of month  
5:30-7 pm  
Alicia (603)723-6026  
alicia.babbitt@frc123.onmicrosoft.com

# Resources

[The Doorway-NH](#) – A hub and spoke system which involves nine regional “Hubs ” that will serve as the single point of entry to connect individuals with alcohol and/or other drug problems with local providers—the “Spokes ”—for treatment and recovery support service.

[Naloxone Kits in NH](#) – Naloxone kits may be purchased at a pharmacy that is operating with a standing order (universal perscription). Naloxone kits are available for free from [recovery community organizations \(RCO\)](#), or from your [regional Doorway](#).

[AnyoneAnytimeNH.org](#) – Campaign designed to educate the public and professionals about addiction, emergency overdose medication and accessibility to support services for those experiencing opioid addiction.

[NH Area Assembly of Alcoholics Anonymous](#) – Website providing meeting lists, resources and events and activities.

[Granite State Area Narcotics Anonymous](#) – Website providing daily meeting lists, addict callback support, as well as information on area events and activities.

[Green Mountain Area of Narcotics Anonymous](#) – Website providing meeting lists, resources and events and activities.

[In the Rooms](#) – Online recovery support group for individuals in recovery, family members and friends.

[SMART Recovery](#) – Website providing meeting lists for available in-person and online meetings and other resources to support addiction recovery.

[Celebrate Recovery](#) – Website providing meeting lists and other resources for available Christ-centered recovery programs to support addiction recovery.

[Family Support Groups](#) – Listing of NH area family support groups for parents of children, teens and young adults with substance use issues.

[NH Regional Public Health Networks](#) – Contact your local Substance Misuse Prevention Coordinator to learn more about available alcohol and drug resources in your community.

[NH Department of Health and Human Services, Bureau of Drug and Alcohol Services Resource Guide](#) – List of services available through the state contracted treatment system that are available on a sliding fee scale.

[Addiction Resource Center \(ARC\) Portal](#) – This resource offers people concerned about their own substance use or a loved one's substance use to take a self-assessment, develop an action plan and locate local SUD treatment services.

[NIAAA Alcohol Treatment Navigator](#) – This resource reviews the different elements to consider when searching for treatment services. The navigator is not intended to be a directory of resources.

[Health Insurance Marketplace](#) – Learn more and enroll for health insurance through the Insurance Marketplace or the New Hampshire Health Protection Program which offers a new substance use disorder benefit.

[Medicine Disposal Information for New Hampshire](#) – How to safely dispose of unused and expired medications. Information via the NH Department of Environmental Services.

[Mental Health Mobile Crisis Lines](#) – Mental Health Mobile Crisis Lines offer 24/7 phone support and resources to callers. Mobile services are available on a case by case basis for some emergency mental health situations.

[NH Department of Health & Human Services', Bureau of Drug and Alcohol Services \(BDAS\)](#) – BDAS' mission is to join individuals, families and communities in reducing alcohol and other drug problems thereby increasing opportunities for citizens to achieve health and independence. The bureau supports the full continuum of care (prevention, intervention, treatment and recovery) and provides emerging research and statistics.

[DrugfreeNH.org](#) – Website providing information on prevention efforts, effects of alcohol and other drugs and guidance on recovery and treatment.

[Check the Stats NH](#) – Media campaign providing statistics from national and state drug and alcohol use surveys and provides parents and caregivers with information and tools needed to help keep teens safe.

[CountyOffice.org](#) – Database of local county and state government offices in the U.S., including social security offices, courts, fire departments, hospitals, etc..

[NH Center for Excellence](#) – A resource that provides technical assistance, disseminates data and information, and promotes knowledge transfer in support of communities, practitioners, policymakers, and other stakeholders working to address alcohol and other drug misuse and related consequences in NH.

[The Substance Abuse and Mental Health Services Administration](#) – Agency within the U.S. Department of Health and Human Services whose mission is to reduce the impact of substance abuse and mental illness on America's communities. This site offers public health information and resources.

## Out-of-State Resources

Massachusetts Substance Abuse Information and Education Helpline –  
<http://helpline-online.com/> or call 1-800-327-5050

Vermont Substance Abuse Treatment Centers –  
[http://healthvermont.gov/adap/treatment/treatment\\_county.aspx](http://healthvermont.gov/adap/treatment/treatment_county.aspx)

Maine Association of Substance Abuse Programs Online Directory –  
<http://www.masap.org/site/treatment.asp>

Maine Statewide 24-hour Crisis Hotline – 1-888-568-1112



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Grief Recovery After a Substance Passing

The GRASP Community

**Anyone who has lost a loved one through substance use knows that society treats this loss differently than a death from any other cause.** There is the belief that the one who died must have somehow been a bad person. And for those of us left behind, that we too must have somehow been a bad person. We must have been a bad parent, a bad spouse, a bad partner, a bad sibling, a bad friend, or the person we love wouldn't have died. But we are not bad people. The one we lost was not a bad person. There is no blame here. For them or for you. They did their best. They struggled with their disease but, ultimately, this disease took their life. And however you tried to save them, you did your best. Because that's what love does.

**Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.** Too many times we suffer not only the death of the person we love, but we become isolated in our grief. We feel, and too many times it is true, that no one understands our pain. But at GRASP, we do. We have suffered this same kind of loss and we have found the love and connection that only those who have lived this loss can give another. And while the pain of this loss will always be with us, we have found through GRASP that we don't have to walk the road that is our pain alone. We walk it together; hand in hand and heart to heart.

**Please come, join us. And become a part of the healing community that is GRASP.**

**Portsmouth GRASP Chapter**

**Contact Person:** Nicole Fortune

**Email Address:** nicolefgrasp123@gmail.com

**Primary Phone Number:** (603) 969-0349

**Location:** Portsmouth New Hampshire 03801

*Please contact facilitator for exact location.*

*Pre-registration is required for new attendees! Please contact chapter facilitator to register.*

**Meeting Specifics**

**Meeting Days/dates:** Every Saturday of Each Month

**Meeting Times:** 12:45 pm-2:00 pm

**Upper Valley GRASP Chapter**

**Contact Person:** Chrissy Scott-Smith

**Email Address:** grasppuppervalley@gmail.com

**Primary Phone Number:** (603) 359-7625

**Location:** West Lebanon, New Hampshire

*Please contact facilitator for exact location.*

*Pre-registration is required for new attendees! Please contact chapter facilitator to register.*

**Meeting Specifics**

**Meeting Days/dates:** Third Thursday of Each Month

**Meeting Times:** 6:00-7:30 pm

**Dover GRASP Chapter**

**Contact Person:** Heather Blumenfeld

**Email Address:** heatherblume@aol.com

**Primary Phone Number:** (207) 752-6549

**Location:** Dover, New Hampshire

*Please contact facilitator for exact location.*

*Pre-registration is required for new attendees! Please contact chapter facilitator to register.*

**Meeting Specifics**

**Meeting Days/dates:** First and Third Thursday

**Meeting Times:** 6:00-7:30 pm

**Manchester GRASP Chapter**

**Contact Person:** Grace Freije

**Email Address:** gfreije124@gmail.com

**Primary Phone Number:** (603) 533-7978

**Meeting Location:** Manchester, New Hampshire

*Please contact facilitator for exact location.*

*Pre-registration is required for new attendees! Please contact chapter facilitator to register.*

**Meeting Specifics**

**Meeting Days/dates:** First Monday of Each Month

**Meeting Times:** 6:00-7:30 pm

Are you or is someone you know  
pregnant and worried about  
drugs and alcohol.

**WE CAN HELP!**



HELP IS

AVAILABLE

# **You're not alone.**

## **Take the first step. Let us help you with:**

- Referrals to drug and alcohol treatment
- Transportation, childcare, prenatal care, and pediatric care
- Referrals to health care

## **Services offered are:**

- Safe and confidential
- Supportive and family-oriented

For information on where to receive help today, visit:

[dhhs.nh.gov/dcbcs/bdas/pregnant-suds.htm](https://dhhs.nh.gov/dcbcs/bdas/pregnant-suds.htm)



**State-funded  
providers offer sliding fee scale based on income  
(low or no cost).**

## **Get the support you need!**

- **Take the first step for you and your baby.**
- **Learn how to live without drugs or alcohol.**
- **Meet other women dealing with the same issues.**
- **Understand how trauma can affect your life and learn new skills to cope.**
- **It's never too late to begin!**

If you or your loved one are pregnant and overcoming a substance use disorder, you can find help at a New Hampshire rehab center for pregnant women. With individualized treatment plans tailored to treat people who are pregnant, you can get treated for an addiction and mental health through addiction treatments and therapy.

Drug and alcohol treatment options for pregnant women include residential treatment and varying levels of outpatient care.

### **List Of New Hampshire Addiction Treatment Centers For Pregnant Women**

Women who are pregnant can find a number of private and state-funded rehab programs in the state of New Hampshire.

**We've chosen the drug treatment centers below based on:**

- support from the state government
- positive client testimonials
- high Google ratings
- evidence-based treatment
- other important selection criteria

### **The following criteria was used to select treatment centers:**

#### **• 1. Accreditation**

Maintaining accreditation from organizations such as the Joint Commission (JCAHO) and the Commission On Accreditation Of Rehabilitation Facilities (CARF).

#### **• 2. Certifications/Memberships**

Having membership in the National Association of Addiction Treatment Providers (NAATP) and LegitScript certification.

#### **• 3. Licensed Staff**

A team of licensed, experienced, trained professionals dedicated to treating substance abuse with a high level of care.

#### **• 4. Reputation**

Having positive reviews across Google, Facebook, Yelp, and other online review platforms as well as client testimonials.

#### **• 5. Treatment Modalities**

Effective treatment methods include evidence-based, alternative, and holistic healing methods across a range of rehab programs.

## **1. Harbor Care Cynthia Day Family Center for Women And Children, Nashua, New Hampshire**

Substance abuse treatment in Nashua, NH is available for pregnant, parenting, and postpartum women and their young children at the Cynthia Day Family Center for Women and Children.

**Here, pregnant women can choose between inpatient and outpatient treatments such as:**

- medication-assisted treatment (MAT) for opioid addiction among pregnant women
- specialized treatment for methamphetamine use disorders
- individual therapy
- group counseling
- relapse prevention groups
- individual parenting support, education, and skill-building
- “nurturing parenting” groups
- family therapy and peer support

Pregnant women can also find employment assistance, primary and mental health care for themselves and their children, child care during treatment, and more.

**Harbor Care** features high Google ratings and positive client testimonials.

**Location and contact information:**

45 High St. Nashua, NH 03060

(603) 821-7788

**Find the right treatment program for pregnant women today.**

Call to be connected with a treatment specialist. 100% Free and Confidential.

(844) 597-0006

## **2. Hope On Haven Hill, Somersworth, New Hampshire**

This is a drug abuse treatment center in Somersworth, NH that specializes in treating pregnant and parenting women with children.

**The mental health center has:**

- a residential program
- an outpatient program (OP)
- an intensive outpatient program (IOP)

Women can also find recovery housing here. Each of these services is supported by positive client testimonials and funding from the state.

**Location and contact information:**

158 US Route 108

Suite D

Somersworth, NH 03878

(603) 841-5353



### **3. Memorial Hospital: A New Life, North Conway, New Hampshire**

Memorial Hospital has a drug and alcohol addiction treatment program for pregnant women called A New Life.

**The weekly treatment program involves:**

- education on topics related to pregnancy, well-being, and infant care
- group substance misuse counseling session
- social work support services, including housing and transportation
- prenatal care visits
- physician visits for opioid dependence
- health care coordination
- mental health therapy
- referrals to community support services

This rehab program for pregnant women has evidence-based treatment and positive reviews.

**Location and contact information:**

3073 White Mountain Hwy.  
North Conway, NH 03860  
(603) 356-5461

### **4. Southeastern New Hampshire Alcohol And Drug Abuse Services, Dover, New Hampshire**

This Dover, NH substance abuse treatment center offers a women's intensive outpatient program called Focus on Recovery (FOR).

**Focus on Recovery treats pregnant women and provides treatment services such as:**

- individual and group psychotherapy
- psycho-educational lectures
- recovery-related assignments
- an intensive relapse prevention track
- peer support
- aftercare planning

The drug and alcohol rehab center has state funding and evidence-based treatment options.

**Location and contact information:**

272 County Farm Rd.  
Dover, NH 03820  
(603) 516-8160

## **Risks Of Drug Addiction For Pregnant Women**

It can be nerve-racking considering going to treatment as a pregnant woman, but the risks of carrying a child while abusing drugs or alcohol can be much greater.

**Some of the risks of drug addiction for pregnant women include:**

- low birth weight
- sudden infant death syndrome
- withdrawal symptoms for the baby after birth, including nausea, shaking, and excessive crying
- early delivery

Fortunately, there are behavioral health treatment providers who can help women to overcome addiction and prevent these issues from happening to their infants.

## **Is Addiction Treatment For Pregnant Women Safe?**

It is safe for women to get treated for a substance use disorder. These are supportive communities in New Hampshire equipped with primary and mental health care services to ensure your health.

For women who need medical detoxification services for more serious substance use disorders, it's best to detox in the medical care of a treatment center, as detoxing at home can be dangerous.

It is possible to see Methadone withdrawal in newborns, but this is an expected and treatable outcome for newborn babies that can be managed by your treatment provider.

## **Treatment Services At Addiction Treatment Centers For Pregnant Women**

In New Hampshire, women can find MAT services with Suboxone and methadone, residential treatment, and outpatient treatment programs for substance abuse recovery.

Many of these programs will utilize a range of support services to treat the whole person, keeping family and the baby's health as top priorities during treatment.

### **Peer Support Groups**

Many rehab programs for pregnant women offer peer support groups for women to connect with one another.

This might include groups for pregnant women, women with children, trauma-focused groups, co-occurring disorder groups, and more.

## **Educational Courses**

In New Hampshire, you'll also find multiple educational courses. These classes and educational opportunities may be embedded into the program or outsourced.

**Areas of focus include:**

- mental health education
- primary health education for both mother and child
- parenting courses
- family relationship education
- drug and alcohol addiction education
- life-skills development

## **Prenatal Care**

Women who are pregnant can have confidence in knowing that they can find addiction treatment in conjunction with proper prenatal care.

Many treatment providers provide in-house primary care services or connect pregnant women with outside sources for prenatal health care.

## **Answering FAQs About Substance Abuse Treatment For Pregnant Women**

To help you narrow your search for the right recovery center for pregnant women in New Hampshire, we've answered several top-asked questions about treatment.

### **? What Is The Average Cost Of A Rehabilitation Program For Pregnant Women In New Hampshire?**

✓ The cost of your program will vary based on your funding source and the rehab center. Without insurance or state funding, your program may cost between \$3,000 and \$10,000. Many treatment providers offer state funding and low-cost programs for pregnant women.

### **? Do New Hampshire Rehab Centers Accept Health Insurance?**

✓ Private health insurance and New Hampshire Medicaid can be used at many rehab facilities.

### **? What Are The Benefits Of Rehab Programs For Pregnant Women In New Hampshire?**

✓ Benefits include targeted care for pregnant women, women-only living arrangements, child care, prenatal care, and a discussion of issues related specifically to pregnant women.

### **? Do Rehab Programs For Pregnant Women In New Hampshire Allow Children?**

✓ Some treatment providers allow children, while others do not.

If you are pregnant and have young children, you may be able to bring them to treatment with you depending on the rehab center.

## **Find A Drug Rehab Center For Pregnant Women Today**

People who are pregnant have substance abuse recovery options at New Hampshire rehab facilities for pregnant women.

We're here to assist in any way we can. Call our helpline to talk to one of our resource specialists about treatment options such as inpatient and outpatient care.

***Published on January 11, 2022***

*Written by the Addiction Resource Editorial Staff*

*This page does not provide medical advice.*

[illegible]

## What is the...

Referral  
Education  
Assistance &  
Prevention program?

It is a prevention program available to all older adults in New Hampshire.

The program is designed to help you take control of your life, to live a happy, healthy, and independent lifestyle.

**REAP** provides education to help you better understand and deal with the many life changes you might encounter.

### Eligibility

- NH residents 60 years old or older,
- residents of a NH Senior Housing site, or
- caregivers or family members of an older adult living in NH

Call 1-866-634-9412 if you have questions about eligibility.

Exceptions: Permanent residents of long term care facilities and active clients of a NH Community Mental Health Center are not eligible for the REAP program.

For **REAP** and other community resources in your area, call ServiceLink toll free at:

**1-866-634-9412**

**T**o connect with a **REAP** counselor or to learn about upcoming educational programs in your area, contact your local Community Mental Health Center:

**Belknap & So. Grafton**  
Genesis Behavioral Health  
(603) 524-1100

**Carroll, Coos & Northern Grafton Co.**  
Northern Human Services  
(603) 444-5258

**Cheshire County**  
Monadnock Family  
(603) 357-5270

**Derry / Salem Area**  
CLM Behavioral Health Systems  
(603) 434-1577

**Merrimack County**  
Riverbend Community Mental Health Center  
(603) 225-0123

**Manchester Area**  
The Mental Health Center  
(603) 668-4111 ext. 4599

**Nashua Area**  
The Mental Health Center of Greater Nashua  
(603) 889-6147

**Portsmouth / Exeter Area**  
Seacoast Mental Health Center  
(603) 431-6703 (Portsmouth)  
(603) 772-2710 (Exeter)

**Strafford County**  
Community Partners  
(603) 516-9300

**Sullivan & Lower Grafton**  
West Central Behavioral Health Services  
(603) 863-1785

### REAP is supported by:

NH DHHS Bureau of Drug and Alcohol Services  
New Hampshire Housing  
NH DHHS Bureau of Elderly and Adult Services  
NH DHHS Bureau of Behavioral Health  
NH's 10 Community Mental Health Centers



New Hampshire Housing  
Helping You Thrive

NH DEPT. OF HEALTH AND HUMAN SERVICES  
**NHBDAS**  
BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

# REAP Program

Referral, Education, Assistance and Prevention program for older adults in NH

## REAP the Benefits of



## Healthy Living Today

Call ServiceLink and ask  
for a REAP Counselor!  
**1-866-634-9412**

## Support

### Are you...

- Having difficulty dealing with a loss or multiple losses in your life?
- Having trouble sleeping or sleeping too much?
- Having trouble with managing multiple prescriptions?
- Feeling tired all the time?
- Turning to alcohol or drugs?

**Don't risk your independence!**



Learn more online at:  
[dhhs.nh.gov/dcbcs/bdas/reap.htm](https://dhhs.nh.gov/dcbcs/bdas/reap.htm)

## Prevention

### Referral

**REAP** counselors are available by phone or by appointment to provide you or your loved ones with information and resources on how to deal with life changes including loss, grief, and other personal concerns.

### Home-Visits

**REAP** counselors will speak with you in your home or by phone.

### Education

**REAP** counselors offer education sessions that are informative and **FUN!**



## Help

### REAP Counselors

Our trained, compassionate counselors can talk with you about your concerns:

- Stress
- Relationships
- Grief
- Emotional wellbeing
- Substance use
- Family dynamics and
- Quality of life

Call now! It's never too late to start feeling better!

**REAP** is:

- **FREE**
- Confidential and
- In your home



Call ServiceLink and ask  
for a **REAP** counselor today!  
**1-866-634-9412**



### **Yellow Ribbon Reintegration Program (YRRP)**

SSG Matthew Komisarek - Yellow Ribbon Coordinator  
603-225-1285    matthew.j.komisarek.mil@army.mil

The YRRP is a DoD wide effort to promote the well-being of National Guard and Reserve members, their families and communities. The YRRP provides deployment cycle support to Soldiers and their families via Yellow Ribbon events. These events provide information and resources, assist with understanding/access to their benefits and becoming familiar with resource providers in their communities.

### **Office of the State Surgeon**

MAJ Craig Sanderson - Director of Medical Readiness  
603-227-1457    craig.w.sanderson.mil@army.mil

The State Surgeon serves as a special staff officer and principal medical advisor to the NHNG leadership and staff on all medical readiness issues.

The State Surgeon's Office establishes medical policies and programs designed to promote and manage medical readiness, including:

- Command Health & Readiness Programs
- Clinical Case Management
- Medical education, sustainment, and proficiency training
- Credentialing and privileging of health care professionals
- Policy development and implementation
- Medical readiness fiscal resource management
- Medical personnel actions



### **Soldier Wellness and Individual Fitness Training (SWIFT)**

Heather Taylor, Dietician, RDN, LDN  
603-227-1519    heather.s.taylor3.ctr@army.mil  
Kiana DelViscovo, CFSC  
603-227-5175    kiana.delviscovo.ctr@army.mil

The SWIFT program provides Guardsmen and their families individualized dietary and fitness programs with the goal of creating a holistic and healthy force. They can provide unit training and education.

SWIFT team members create and provide digital and in person programming to include lunch and learn web series and fitness how to videos.

### **Survivor Outreach Services (SOS)**

Stephanie Ouellette - Survivor Outreach Services Coordinator  
603-227-5130    stephanie.m.ouellette.ctr@mail.mil

SOS is an Army-wide program designed to provide dedicated and comprehensive support to Survivors of deceased Soldiers. This program is designed to ensure the Army fulfills its covenant with Survivors through sustainment of a comprehensive multi-agency program that improves Soldier and Family preparedness in the event of catastrophic loss. This program ensures survivors receive all benefits to which they are entitled.

The extension of support to families both before and after a crisis and encouragement for the families to remain an integral part of the Army family for as long as they desire.



### **Army Substance Abuse Program**

Mike Muldoon - Risk Reduction Coordinator  
603-227-5086    michael.p.muldoon.ctr@army.mil  
Bill Komisarek - Prevention Coordinator  
603-227-1571    william.j.komisarek.ctr@army.mil

The Substance Abuse Program deters substance abuse by providing multiple resources; prevention education and referral resources to ARNG Soldiers. Commanders with the tools to assess the security and military fitness of their unit, and comprehensive alcohol and drug abuse prevention and control policies, procedures, and responsibilities for Soldiers of all components. To be covered by the limited use policy, Soldiers must voluntarily self-refer themselves (BEFORE learning of a urinalysis test) to their Commander, a military Chaplain, the SAP office or an NCO or Officer in their Chain of Command.



## **STATE MILITARY RESERVATION BUILDING C**

### **Home of:**

**Office of the State Surgeon**

**SHARP**

**Suicide Prevention**

**Resilience Program**

**Yellow Ribbon Reintegration**

**Substance Abuse Program**

**Soldier Wellness & Individual**

**Fitness Training**

**Soldier and Family Readiness**

**Child & Youth Program**

**Employer Support of the Reserve & Guard**

**Director of Psychological Health**

**Chaplain**

**Military One Source**

**Survivor Outreach**

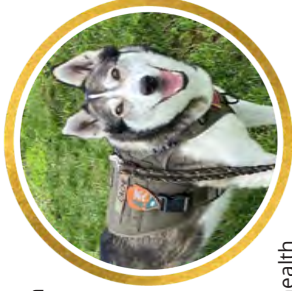
**Transition Assistance Advisor**

**Care Coordination Program - NH**



### **Psychological Health**

Troy Townsend, LICSW - Director of Psychological Health  
603-290-2338 troy.h.townsend.mil@army.mil  
Cashe - Registered Therapy Dog



The Director of Psychological Health helps Soldiers work through their adversity and sustain their military career. They provide mental health consultation to Soldiers, families and leaders. They can also assist with referrals to mental health professionals when necessary. It is time to contact your DPH when you have concerns about your mental health or that of a fellow soldier or family member. If you are feeling overwhelmed, stressed or notice changes in energy, sleep or appetite. Feeling hopeless or lacking desire to socially engage.

### **Soldier and Family Readiness**

1SG Andrew Grassie - State Family Program Director  
Resource and Referral 1-877-598-0666  
54th Troop Command & Subordinate units 603-225-1203  
197th Field Artillery Brigade and subordinate units 603-715-3106  
JFHQ, MEDDET, R&R, RSP and all others 603-227-5087

Soldier and Family Readiness assists by helping connect Soldiers and their families to internal or external resources to meet their needs. This program is the best place to start. Soldier and Family Readiness Specialists (SFRS) proactively reach out to units to brief Soldiers on the program and have the ability to guide and connect with resources to promote self reliance. SFRS also train unit Commanders and Soldier and Family Readiness Group (SFRG) volunteers.

### **Sexual Harassment/Assault Response and Prevention (SHARP)**

Michelle Warren - Sexual Assault Response Coordinator  
603-227-1582 michelle.m.warren2.mil@army.mil  
John Hoey - Victim Advocate Coordinator  
603-225-1388 john.b.hey.mil@army.mil

24 Hour Sexual Assault Response Line 603-856-6700  
603-227-1450

The Army SHARP program enhances readiness through the prevention of sexual assault, sexual harassment, and associated retaliatory behaviors while providing comprehensive response capabilities. Sexual Assault Response Coordinators (SARCs), Victim Advocate Coordinators (VACs), and Unit Victim Advocates (UVAs) assist Soldiers with sexual assault reports, providing a 24/7 response capability. These professionals also support commanders with prevention, training and awareness efforts.

### **Suicide Prevention Program**

Dale Garrow - Suicide Prevention Coordinator  
603-227-1450 dale.e.garrow.ctr@army.mil

The suicide prevention program is a three phase program that includes awareness and prevention, intervention and postvention. This program conducts mandatory training for units and soldiers as well as any requested training.

Engage training is based off the bystander model that combines suicide prevention and substance abuse. Applied Suicide Intervention Skills Training (ASIST) is a two day workshop that teaches suicide intervention first aid.

Postvention training covers the activities that need to be conducted after a suicide attempt or death.



**Care Coordination Program (NH)**  
Contact CCP-NH 24/7  
1-888-989-9924 www.ccpnh.com

The Care Coordination Program works with any Service Member (any branch/component) and/or loved ones of that Service Member as long as they live, drill, or work in NH. CCPNH's team of Care Coordinators and Personal Financial Counselors can meet anywhere to work on any goals such as budgeting/finances, housing, education, employment, mental/behavioral health, youth, legal, substance abuse, family conflict, deployment support and more. CCPN can connect Service Members/loved ones with resources before, during and after training or deployment.

### **Chaplain Support**

Chaplain (MAJ) William Mullins  
603-227-1560  
william.e.mullins.mil@army.mil

The Army chaplain is a qualified religious leader dedicated to serving Soldiers and families. Chaplains provide ministry to Soldiers and their families as they carry out unit missions. They provide counseling and crisis intervention. The chaplain serves as a confidential source for those who seek guidance during pivotal or stressful times in their life. This guidance is not restricted to religious or spiritual issues, but can involve any issue from relationships to financial difficulty or daily stress. Chaplains also conduct relationship training programs to enhance and build resilient families.

### **Transition Assistance**

Todd Kuhlhoff - Transition Assistance Advisor  
603-225-1309 todd.s.kuhlhoff.ctr@army.mil

The Transition Assistance program can provide the knowledge and resources to assist Soldiers in their journey from one status to another. Professional support is provided in a number of areas to include: State benefits, Disabled Veteran Benefits, Employment Assistance, Health Insurance, Life Insurance, and more!

### **Military OneSource**

<https://www.militaryonesource.mil/>

This program can help with navigating life in the military. From basic training to separation and all the steps in between.

Providing resources on topics such as; financial and legal, managing money and legal affairs are part of mission readiness.

This program provides strategies on consolidating and paying down debt, saving for retirement or college and more. They offer practical information and resources for pursuing education goals and achieving career aspirations. Check out their fresh, practical content on healthy living and more. Your connection to leisure and adventure activities on and off the installation, pointing you to destinations and providing information about discounts on travel and fun.



### **Child and Youth Program**

Jennifer Hollidge - Lead Child and Youth Program Coordinator  
603-715-3481 jennifer.1.hollidge.ctr@army.mil

The Child and Youth program provides information about programs and resources available to Military youth. They educate schools and the community on the unique experience of New Hampshire's military youth, builds community partnerships that support Military Youth and families through all phases of the deployment cycle. CYP provides programming, events, and a community for military youth, including a variety of free camps for youth, ages 9-13, and teens, ages 13-18, throughout the year. They also provide information and assistance with Fee Assistance, Our Military Kids grants, and other deployment specific resources.

### **Resilience Program**

SSG Matthew Komisarek - State Resilience Coordinator  
603-225-1285 matthew.j.komisarek.mil@army.mil

The ARNG Resilience Program aims to develop resilient Soldiers and families through a wide array of resources and effective programs built upon the five pillars of Comprehensive Soldier and Family Fitness: Emotional, Family, Physical, Social and Spiritual. This program trains Soldiers to become Master Resilience Trainers who return to their units and assist with mandatory training.

### **Employer Support of the Guard and Reserve (ESGR)**

Kerri Pacheco - Volunteer Support Technician  
603-225-1892 kerri.a.pacheco.ctr@army.mil  
www.esgr.mil www.NHESGR.com

ESGR is a Department of Defense program that develops and promotes supportive work environments for Service Members in the reserve component through outreach, recognition, and educational opportunities that increase awareness of applicable laws (USERRA). ESGR provides no cost, neutral mediation to Service Members and their civilian employers when issues arise.



*A consumer information  
brochure published by the*

## New Hampshire Insurance Department

21 South Fruit Street,  
Suite 14  
Concord, NH 03301

phone: (800) 852-3416  
fax: (603) 271-1406

TDD Access: Relay NH  
1-800-735-2964

# Prescription Assistance Programs

## *Quick Overview*

The N.H. Insurance Department has compiled a quick overview of various types of assistance available when researching or purchasing prescription drugs. In today's economy, bills for medications can be quite costly with or without insurance. There are assistance programs and research tools available to assist you in finding; the different prices of your medication, financial assistance for your medications, and medical information on your prescription. This is a guide to assist you in becoming a more informed consumer.

Eligibility to participate in the following programs is typically based on financial need.

## *Programs*

### **N.H. PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

**888-477-2669**

**<http://www.pparxnh.or>**

Partnership for Prescription Assistance -- PPARxNH is a program that connects qualified, low-income people with discount prescription drugs direct from the pharmaceutical manufacturer.

### **NH MEDICATION BRIDGE PROGRAM**

**603-225-0900**

**<http://www.healthynh.com/fhc/initiatives/access/medicationbridge.php>**

This program is sponsored by the Foundation for Healthy Communities and assists individuals with lower incomes who do not have insurance coverage for prescription drugs. Income limits may vary widely depending upon the medication and manufacturer.



The New Hampshire Insurance Department makes sure that insurers doing business in the state are financially sound, that insurance is available and appropriately priced, and consumers are treated fairly by doing the following:

- Licensing insurance companies and monitoring their financial stability
- Reviewing insurance forms and premium rates to be sure they comply with state law
- Licensing individual insurance producer/agents and brokers as well as insurance agencies
- Helping consumers with questions and problems
- Ensuring that insurance companies and producer/agents comply with state insurance laws
- Educating the public about insurance
- Advocating reforms that protect the insurance-buying public

New Hampshire  
Insurance  
Department

## Prescription Assistance Programs

### SERVICELINK RESOURCE CENTER

**1-866-634-9412**

**<http://www.nh.gov/servicelink/>**

A statewide network of community-based resources for seniors, adults with disabilities and their families. There is no cost related to use ServiceLink and it is available to anyone who needs assistance, advice or help with an issue relating to a senior or disabled adult living in the community.

### MEDICAID

**1-800-852-3345, ext 4344**

**<http://www.cms.hhs.gov/home/medicaid.asp>**

Medicaid is a state administered program and each state sets its own guidelines regarding eligibility and services. Read more about your state Medicaid program.

### RX OUTREACH

**1-800-769-3880**

**<http://rxoutreach.com/>**

RxOutreach is managed by Express Scripts Specialty Distribution Services, Inc. (ESSDS), a fully-licensed mail order pharmacy that is committed to making the use of prescription drugs safer and more affordable. Rx Outreach is not a prescription insurance program or an Internet pharmacy. ESSDS developed Rx Outreach to provide a safe, affordable, and easy way for people of all ages to get medicines they need. The program offers prescription medicines to uninsured individuals and families, as well as those who have limited prescription drug coverage.

New Hampshire  
Insurance  
Department

## Prescription Assistance Programs

### OTHER PRESCRIPTION ASSISTANCE PROGRAMS (PAP'S) OR DISCOUNT DRUG PROGRAMS

#### Research these carefully

These programs are typically sponsored by pharmaceutical companies and are designed to provide free or low-cost medication to low income, uninsured and underinsured populations. The majority of pharmaceutical companies have some form of a PAP for some or all medicines. Each company is responsible for establishing the enrollment criteria for its program.

To find out about specific Prescription Assistance Programs ask:

- Doctors
- Pharmacists
- Community Clinics
- Drug Companies
- Internet: see below for PAP's or discount drug programs available on the internet

**www.rxassist.org**

**Phone: 401-729-3284**

**Fax: 401-729-2955**

**Email: info@rxassist.org**

Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need all in one place.

**www.pparx.org**

**Phone: 1-888-477-2669**

Partnership for Prescription Assistance is led mainly by the Pharmaceutical Research and Manufacturers Association which is the drug industry's primary trade group.

**CAUTION: Discount Drug Program - Research Carefully.**

**www.needymeds.com**

**Phone: 1-978-281-6666**

Sponsored by a non-profit company of the same name. (It is a "dot com" as the site is supported by advertisements) The mission of NeedyMeds has been, since its inception, to make information about assistance programs available to low-income patients and their advocates at no cost. The website, NeedyMeds.com, is the face of the organization. Databases such as Patient Assistance Programs and Disease-Based Assistance, government programs and other types of assistance programs are the crux of the free information we offer online.













**CAUTION: Discount Drug Program - Research Carefully.**

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# State of New Hampshire Domestic and Sexual Violence Crisis Center Catchment Areas

## MAP KEY

-  RESPONSE
-  STARTING POINT
-  VOICES
-  WISE
-  NEW BEGINNINGS
-  TURNING POINTS
-  CCCNH
-  REACH Crisis Services at YWCA NH
-  MCVP
-  BRIDGES
-  HAVEN/SHARPP\*
-  Windham & Salem\*\*

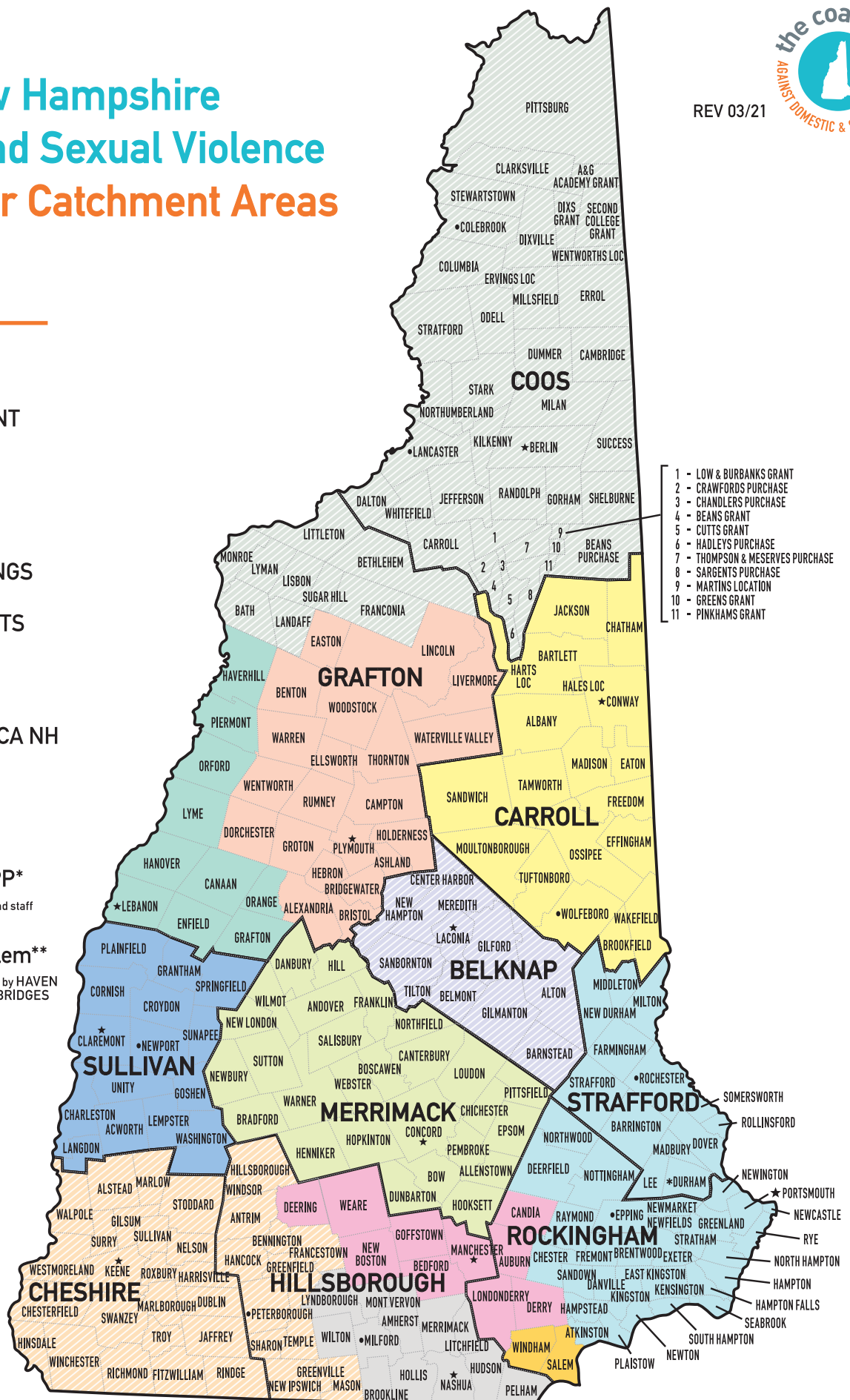
\*SHARPP serves the students, faculty and staff of the University of New Hampshire

\*\*Calls for Domestic Violence covered by HAVEN  
\*\*Calls for Sexual Assault covered by BRIDGES

- ★ MAIN OFFICE
- SATELLITE OFFICE

NOTE: Due to space restrictions, some smaller towns may not be shown on this map.

- 1 - LOW & BURBANKS GRANT
- 2 - CRAWFORDS PURCHASE
- 3 - CHANDLERS PURCHASE
- 4 - BEANS GRANT
- 5 - CUTTS GRANT
- 6 - HADLEYS PURCHASE
- 7 - THOMPSON & MESERVES PURCHASE
- 8 - SARGENTS PURCHASE
- 9 - MARTINS LOCATION
- 10 - GREENS GRANT
- 11 - PINKHAMS GRANT





## DOMESTIC VIOLENCE, SEXUAL ASSAULT & STALKING SUPPORT SERVICES IN NEW HAMPSHIRE

NH Statewide Domestic and Sexual Violence Hotline: 1-866-644-3574

NH Coalition Against Domestic and Sexual Violence  
PO Box 353, Concord, NH 03302-0353 - Office Phone: 603-224-8893 - Web Site: [www.nhcadsv.org](http://www.nhcadsv.org)

The NH Coalition is comprised of 12 member programs throughout the state that provide services to survivors of sexual assault, domestic violence, stalking and sexual harassment. You do not need to be in crisis to call. Services are free, confidential, and available to everyone regardless of gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity/expression, socio-economic status, race, national origin, immigration status or religious or political affiliation. The services include:

- Support and information, available in person and through a 24-hour hotline
- Accompaniment, support, and advocacy at local hospitals, courts, and police departments
- Access to emergency shelter
- Peer Support Groups
- Assistance with protective/restraining orders and referrals to legal services
- Information and referrals to community programs
- Community and professional outreach and education

### RESPONSE Domestic & Sexual Violence Support Center

54 Willow Street  
Berlin, NH 03570  
1-866-662-4220 (crisis line)  
603-752-5679 (Berlin office)  
603-788-8195 (Lancaster office)  
603-237-5384 (Colebrook office)  
[www.coosfamilyhealth.org/response](http://www.coosfamilyhealth.org/response)

### Turning Points Network

11 School Street  
Claremont, NH 03743  
1-800-639-3130 (crisis line)  
603-543-0155 (Claremont office)  
603-863-4053 (Newport office)  
[www.turningpointsnetwork.org](http://www.turningpointsnetwork.org)

### Crisis Center of Central New Hampshire (CCCNH)

PO Box 1344  
Concord, NH 03302-1344  
1-866-841-6229 (crisis line)  
603-225-7376 (office)  
[www.cccnh.org](http://www.cccnh.org)

### Starting Point: Services for Victims of Domestic & Sexual Violence

PO Box 1972  
Conway, NH 03818  
1-800-336-3795 (crisis line)  
603-447-2494 (Conway office)  
603-452-8014 (Wolfeboro office)  
[www.startingpointnh.org](http://www.startingpointnh.org)

### Sexual Harassment & Rape Prevention Program (SHARPP)

2 Pettee Brook (Wolff House)  
Durham, NH 03824  
1-888-271-SAFE (7233) (crisis line)  
603-862-3494 (office)  
[www.unh.edu/sharpp](http://www.unh.edu/sharpp)

### Monadnock Center for Violence Prevention

12 Court Street  
Keene, NH 03431-3402  
1-888-511-6287 (crisis line)  
603-352-3782 (crisis line)  
603-352-3782 (Keene office)  
603-209-4015 (Peterborough)  
[www.mcvprevention.org](http://www.mcvprevention.org)

### New Beginnings – Without Violence and Abuse

PO Box 622  
Laconia, NH 03247  
1-866-841-6247 (crisis line)  
603-528-6511 (office)  
[www.newbeginningsnh.org](http://www.newbeginningsnh.org)

### WISE

38 Bank Street  
Lebanon, NH 03766  
1-866-348-WISE (9473) (crisis line)  
603-448-5525 (local crisis line)  
603-448-5922 (office)  
[www.wiseuv.org](http://www.wiseuv.org)

### REACH Crisis Services at YWCA NH

72 Concord Street  
Manchester, NH 03101  
603-668-2299 (crisis line)  
603-625-5785 (Manchester office)  
[www.ywcanh.org/reach](http://www.ywcanh.org/reach)

### Bridges: Domestic & Sexual Violence Support

PO Box 217  
Nashua, NH 03061-0217  
603-883-3044 (crisis line)  
603-889-0858 (Nashua office)  
603-672-9833 (Milford office)  
[www.bridgesnh.org](http://www.bridgesnh.org)

### Voices Against Violence

PO Box 53  
Plymouth, NH 03264  
1-877-221-6176 (crisis line)  
603-536-1659 (local crisis line)  
603-536-5999 (public office)  
603-536-3423 (shelter office)  
[www.voicesagainstvviolence.net](http://www.voicesagainstvviolence.net)

### HAVEN

20 International Drive, Suite 300  
Portsmouth, NH 03801  
603-994-SAFE (7233) (crisis line)  
603-436-4107 (Portsmouth office)  
(Offices in Portsmouth, Rochester, Epping)  
[www.havennh.org](http://www.havennh.org)



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NH Statewide Domestic and Sexual Violence Hotline **1-866-644-3574**