### New Hampshire Mental Health Services

**Intake, Emergency Services, & Mobile Crisis Response Teams**

<table>
<thead>
<tr>
<th>REGION 1: Northern Human Services</th>
<th>87 Washington Street, Conway, NH 03818</th>
<th>(603) 447-3347</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 447-3347</td>
<td></td>
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<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>Daytime #</td>
<td>After Hours #</td>
</tr>
<tr>
<td>BERLIN</td>
<td>(603) 752-7404</td>
<td>(603) 752-7404</td>
</tr>
<tr>
<td>COLEBROOK</td>
<td>(603) 237-4955</td>
<td>(603) 237-4955</td>
</tr>
<tr>
<td>CONWAY</td>
<td>(603) 447-2111</td>
<td>(603) 356-5461 (Memorial Hospital. Ask for Emergency Services)</td>
</tr>
<tr>
<td>LITTLETON</td>
<td>(603) 444-5358</td>
<td>(603) 444-5358</td>
</tr>
<tr>
<td>WOLFEBORO</td>
<td>(603) 569-1884</td>
<td>(603) 569-7500 (Huggins Hospital. Ask for Emergency Services)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REGION 2: West Central Behavioral Health</th>
<th>9 Hanover Street, Suite 2, Lebanon, NH 03766</th>
<th>(603) 448-0126</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 448-0126</td>
<td></td>
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<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>(800) 564-2578</td>
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<thead>
<tr>
<th>REGION 3: Lakes Region Mental Health Center, Inc.</th>
<th>40 Beacon Street East, Laconia, NH 03246</th>
<th>(603) 524-1100</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 524-1100</td>
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<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>(603) 524-1100</td>
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<thead>
<tr>
<th>REGION 4: Riverbend Community Mental Health, Inc</th>
<th>3 N State Street, PO Box 2032, Concord, NH 03301-2032</th>
<th>(603) 226-7505</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 228-1551</td>
<td></td>
</tr>
<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>(844) 743-5748 or (844-7-HELP 4 U)</td>
<td></td>
</tr>
<tr>
<td><strong>MOBILE CRISIS RESPONSE (24/7):</strong></td>
<td>(844) 743-5748 or (844-7-HELP 4 U)</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REGION 5: Monadnock Family Services</th>
<th>64 Main Street, Suite 301, Keene, NH 03431</th>
<th>(603) 357-4400</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 357-4400</td>
<td></td>
</tr>
<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>(603) 357-5270</td>
<td>After Hours: (603) 357-4400</td>
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</table>

<table>
<thead>
<tr>
<th>REGION 6: Greater Nashua Mental Health</th>
<th>100 West Pearl Street, Nashua, NH 03060</th>
<th>(603) 889-6147</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 889-6147</td>
<td></td>
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<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>(800) 762-8191</td>
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<table>
<thead>
<tr>
<th>REGION 6: Harbor Homes, Inc. Mobile Crisis Response Team</th>
<th>45 High Street, Nashua, NH 03060</th>
<th>(603) 881-8436</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MOBILE CRISIS RESPONSE (24/7):</strong></td>
<td>(603) 816-1010</td>
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</table>

<table>
<thead>
<tr>
<th>REGION 7: The Mental Health Center of Greater Manchester</th>
<th>401 Cypress Street, Manchester, NH 03103</th>
<th>(603) 668-4111</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 668-4111</td>
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</tr>
<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>(603) 668-4111</td>
<td><strong>MOBILE CRISIS RESPONSE (24/7):</strong></td>
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</table>

<table>
<thead>
<tr>
<th>REGION 8: Seacoast Mental Health Center, Inc.</th>
<th>1145 Sagamore Ave., Portsmouth, NH 03801</th>
<th>(603) 431-6703</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 431-6703</td>
<td></td>
</tr>
<tr>
<td><strong>EMERGENCY SERVICES:</strong></td>
<td>EXETER</td>
<td>(603) 772-2710</td>
</tr>
<tr>
<td>PORTSMOUTH</td>
<td>(603) 431-6703</td>
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</tr>
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</table>

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<thead>
<tr>
<th>REGION 9: Community Partners of Strafford County</th>
<th>113 Crosby Road, Suite 1, Dover, NH 03820</th>
<th>(603) 516-9300</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL INQUIRIES:</strong></td>
<td>(603) 516-9300</td>
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<tr>
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<td>(603) 516-9300</td>
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<thead>
<tr>
<th>REGION 10: Center for Life Management</th>
<th>10 Tsienmeto Road, Derry, NH 03038</th>
<th>(603) 434-1577</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Wolfeboro</td>
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<tr>
<td>Woodstock</td>
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New Hampshire Mental Health System
Cities & Towns by Geographic Region
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
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

<table>
<thead>
<tr>
<th>DFA Locations</th>
<th>Towns Served</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Berlin</strong></td>
<td>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</td>
</tr>
</tbody>
</table>
| 650 Main Street, Suite 200  
Berlin; 03570-2431  
Phone: 752-7800 or 1-800-972-6111 |                                                                                   |
| **Claremont**     | 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 |
| 17 Water Street, Ste. 301  
Claremont; 03743-2280  
Phone: 542-9544 or 1-800-982-1001 |                                                                                   |
| 40 Terrill Park Drive  
Concord; 03301-9955  
Phone: 271-6201 or 1-800-322-9191 |                                                                                   |
| **Conway**        | 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 |
| 73 Hobbs Street  
Conway; 03818-6188  
Phone: 447-3841 or 1-800-552-4628 |                                                                                   |
| **Keene**         | Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Drewville, Dublin, Fitzwilliam, Franchestown, Gilsum, Greenfield, 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, Winchester, Windsor |
| 111 Key Road  
Keene; 03431  
Phone: 357-3510 or 1-800-624-9700 |                                                                                   |
| **Laconia**       | 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 |
| 65 Beacon Street West  
Laconia; 03246-9988  
Phone: 524-4485 or 1-800-322-2121 |                                                                                   |
# NH DHHS DIVISION OF FAMILY ASSISTANCE (DFA)
## DISTRICT OFFICE CATCHMENT AREA

### Where to Apply

<table>
<thead>
<tr>
<th>DFA Locations</th>
<th>Towns Served</th>
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</thead>
<tbody>
<tr>
<td>80 North Littleton Road</td>
<td></td>
</tr>
<tr>
<td>Littleton; 03561-3841</td>
<td></td>
</tr>
<tr>
<td>Phone: 444-6786 or 1-800-552-8959</td>
<td></td>
</tr>
<tr>
<td><strong>Manchester</strong></td>
<td>Auburn, Bedford, Chester, Goffstown, Manchester, New Boston, Weare</td>
</tr>
<tr>
<td>1050 Perimeter Road</td>
<td></td>
</tr>
<tr>
<td>Suite 501</td>
<td></td>
</tr>
<tr>
<td>Manchester; 03102-3762</td>
<td></td>
</tr>
<tr>
<td>Phone: 668-2330 or 1-800-852-7493</td>
<td></td>
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<tr>
<td><strong>Rochester</strong></td>
<td>Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union</td>
</tr>
<tr>
<td>150 Wakefield St., Ste 22</td>
<td></td>
</tr>
<tr>
<td>Rochester; 03867-1309</td>
<td></td>
</tr>
<tr>
<td>Phone: 332-9120 or 1-800-862-5300</td>
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<tr>
<td><strong>Seacoast</strong></td>
<td>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</td>
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<tr>
<td>19 Rye Street</td>
<td></td>
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<tr>
<td>Portsmouth; 03801</td>
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<tr>
<td>Phone: 433-8300 or 1-800-821-0326</td>
<td></td>
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<tr>
<td><strong>Southern</strong></td>
<td>Amherst, Atkinson, Brookline, Danville, Derry, Greenville, Hampstead, Hollis, Hudson, Litchfield, Londonderry, Mason, Merrimack, Milford, Mont Vernon, Nashua, Newton, Pelham, Plaistow, Salem, Sandown, Wilton, Windham</td>
</tr>
<tr>
<td>26 Whipple Street</td>
<td></td>
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<tr>
<td>Nashua; 03060-9311</td>
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<tr>
<td>Phone: 883-7726 or 1-800-852-0632</td>
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</table>
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.
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.babbit@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.babbit@frc123.onmicrosoft.com

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

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
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: graspuppervalley@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!
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

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!

Funded by the Department of Health and Human Services, Bureau of Drug and Alcohol Services
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-wracking 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 Methadose 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.
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.

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

1-866-634-9412

To 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

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.
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!

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!

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

Learn more online at: dhhs.nh.gov/dcbcs/ bdas/reap.htm

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

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.

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

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.
**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.

**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 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.

**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 pursing 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.

**Care Coordination Program (NH)**
Contact CCP-NH 24/7  
1-888-989-9924  www.ccphin.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. CCPN’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.

**Child and Youth Program**
Jennifer Hollidge - Lead Child and Youth Program Coordinator  
603-715-3481  jennifer.l.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.

**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!

**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.
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.org

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.
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.
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.
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.

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

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 [Coelebrook office]
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

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

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

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

Monadnock Center for Violence Prevention
12 Court Street
Keene, NH 03431-3402
1-888-511-6287 [crisis line]
603-352-3782 [Keene office]
603-209-4015 [Peterborough]
www.mcvp.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

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

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.voicesagainstviolence.net

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

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

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