

# Resources for Adults Waiting in Emergency Departments

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

For additional information, visit:  
[NAMINH.org/EDBoarding](https://www.naminh.org/EDBoarding)

**NAMI NH INFORMATION &  
RESOURCE LINE  
1-800-242-6264 (PRESS 4)  
OR [INFO@NAMINH.ORG](mailto:INFO@NAMINH.ORG)**

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

## ONLINE FACEBOOK GROUPS

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

Get connected:  
[NAMINH.org/OnlineGroups](https://www.naminh.org/OnlineGroups)

# More Resources...

## SUPPORT GROUPS

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

Get connected:

[NAMI.NH.org/SupportGroups](https://www.namih.org/supportgroups)

## COMMUNITY MENTAL HEALTH CENTERS

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

Find your local  
Community Mental Health Center:

[NAMI.NH.org/CMHCs](https://www.namih.org/cmhc)

## PEER SUPPORT AGENCIES

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

Find your local Peer Support Agency:

[NAMI.NH.org/PSAs](https://www.namih.org/psas)

## NH RAPID RESPONSE

Should you or someone you know need mental health crisis care in NH, please call/text the NH Rapid Response Access Point at 1-833-710-7477 or visit

[NH988.com](https://www.nh988.com).