



## Mental & Behavioral Health Resource Guide

### Rockingham County Resources

**Greater Seacoast Community Health - Families First** Portsmouth **Call 603-422-8208**, **Goodwin Community Health** Somersworth **Call 603-749-2346**, **Lilac City Pediatrics** Somersworth & Portsmouth **Call 603-749-2346**, or visit [getcommunityhealth.org](http://getcommunityhealth.org).

**Seacoast Mental Health Center** Portsmouth **Call 603-431-6703**, Exeter **Call 603-772-2710** or visit [smhc-nh.org](http://smhc-nh.org).

**Center for Life Management** Derry and Salem **603-434-1577**, for 24/7 acute care services **Call 603-434-1577** option 1, or visit [centerforlifemanagement.org](http://centerforlifemanagement.org).

**Southern NH Services** Manchester **Call 603-668-8010** or visit [snhs.org](http://snhs.org). A community action program helping families with health, housing, employment-related assistance and more in Hillsborough and Rockingham Counties.

**Austin 17 House** Brentwood **Call 603-770-6374** or visit [austin17house.org](http://austin17house.org). A youth & family community center.

**The Upper Room** Derry **Call 603-437-8477** or visit [urteachers.org](http://urteachers.org). The Upper Room is a family resource center.

**Seacoast Outright** Portsmouth **Call 603-552-5824** or visit [seacoastoutright.org](http://seacoastoutright.org). A resource for LGBTQ+ youth.

**The Derry Friendship Center** Derry **Call 603-432-9794** or visit [thederryfriendshipcenter.org](http://thederryfriendshipcenter.org). The Friendship Center aims to reduce the stigma associated with substance use and provide a safe space for peer based support.

**Haven** Portsmouth & Epping **Call 603-994-7233 (24 hour confidential support)** or **Call 603-436-4107** or visit [havennh.org](http://havennh.org). Support for all people affected by domestic and sexual violence.

### NH Statewide Resources

**NH 211** **Call 211** or visit [211nh.org](http://211nh.org). 211 NH provides the residents of NH with easy and accurate access to health and human services to meet their needs daily and in times of crisis.

**NH Rapid Response Access Point (NHRRAP)** **Call** or **text 833-710-6477** or visit [nh988.com](http://nh988.com). The NHRRAP provides individuals in the state of New Hampshire with immediate, **24/7** access to mental health and/or substance use crisis support. The Access Point can resolve your immediate crisis via phone, text, or chat.

**ServiceLink** **Call 1-866-634-9412** or visit [dhhs.nh.gov/programs-services/adult-aging-care/servicelink](http://dhhs.nh.gov/programs-services/adult-aging-care/servicelink). ServiceLink provides information, support and referrals to individuals of all ages, income levels and abilities and administers programs and services such as Information and Referral Services, Person-Centered Options Counseling, NH Family Caregiver Program, State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).

**Referral, Education, Assistance and Prevention Program (REAP)** **Call 866-634-9412** or visit [dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/reap\\_brochure.pdf](http://dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/reap_brochure.pdf). REAP is a community-based, short term support program and is available to all older adults (60+ and their caregivers) in New Hampshire.

**National Alliance on Mental Illness New Hampshire (NAMI NH)** **Call 1-800-242-6264** or visit [naminh.org](http://naminh.org). NAMI NH works to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide.



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## Nationwide Resources

**National Suicide Prevention Lifeline** Call **988** for immediate help, 24/7. Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Or visit [988lifeline.org](https://www.988lifeline.org).

**Veterans Crisis Line: Suicide Prevention Hotline, Text and Chat** Veterans and their loved ones can call **988** and press **1**. Chat online at [veteranscrisisline.net/get-help-now/chat](https://veteranscrisisline.net/get-help-now/chat) or text **838255** to receive confidential support 24/7. Support for deaf and hard of hearing individuals is available.

**The National Maternal Mental Health Hotline** Call **1-833-852-6262** or visit [mchb.hrsa.gov/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/national-maternal-mental-health-hotline). The Hotline provides 24/7, free, confidential support before, during, & after pregnancy.

**Trans Lifeline Hotline** Call **1-877-565-8860** or visit [translifeline.org/hotline](https://translifeline.org/hotline). The Hotline is a peer support phone service run by trans people for trans and questioning peers.

**Disaster Distress Helpline (DDH)** Call or text **1-800-985-5990** or visit [samhsa.gov](https://samhsa.gov). DDH is a national hotline providing year-round disaster crisis counseling. This multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

**The Trevor Project** Call **1-866-488-7386** or text **678-678** or visit [thetrevorproject.org](https://thetrevorproject.org). Reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else. Connect to a crisis counselor 24/7, from anywhere in the U.S.

**The LGBT National Help Center** Call **1-888-843-4564** or visit [lgbthotline.org](https://lgbthotline.org). The support volunteers identify as part of the LGBTQIA+ family, and are here to serve by providing free and confidential support and information.

**Al-Anon** Call **1-888-425-2666** or visit [al-anon.org](https://al-anon.org). Al-Anon members are people who are worried about someone with a drinking problem.

**Alcoholics Anonymous** Visit [aa.org](https://aa.org). AA has a simple program for people who have a problem with alcohol.

For additional resources visit: [extension.unh.edu/mental-health-resources](https://extension.unh.edu/mental-health-resources)

*This resource was developed in part under grant #1H79SM08467101 from the FY2021 Substance Abuse and Mental Health Services Administration Mental Health Awareness Training Grant.*

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