

Important Contacts for Youth, Adults and Families



nh healthy families

- Emergency: **9-1-1**
- National Suicide Prevention Hotline: **1-800-273-TALK (8255)** • [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
- Crisis Text Line: **Text 741741** • www.crisistextline.org
- Headrest: **24/7 Local Crisis Hotline 1-603-448-4400** • **Teenline 1-800-639-6095**
www.headrest.org
- Addiction Crisis Hotline, Doorway: **2-1-1** • thedorway.nh.gov/home
- Domestic Violence Hotline: **1-866-644-3574** • www.nhcadv.org
- NH Healthy Families: **1-866-769-3085** • www.nhhealthyfamilies.com

Additional Resources

New Hampshire Specific Resources

Headrest Inc.

Professionally trained and supervised counselors offer callers telephone support and help them to explore options that allow them to think through their next steps. Hotline Counselors also provide referrals for support groups, clinicians, mental health clinics, other hotlines and a host of other community programs and services.

Toll Free Teenline: 1-800-639-6095

The Samaritans, Inc

Designed to reduce emotional distress, despair, or feelings of isolation through community education and outreach programs in the Monadnock Region as well as support those in crisis while maintaining confidentiality and anonymity.

Toll Free in NH: 1-866-457-2910

211

New Hampshire's first statewide, comprehensive, information and referral service. Be connected, at no cost, with trained Information and Referral Specialists who can provide health and human service information needed to get help, give help or discover options.

New Hampshire residents dial 211

NAMI NH

Callers are connected with, or can leave a message for, a trained NAMI NH staff. These individuals can help answer questions and provide specific information on NAMI NH

programs and supports. They can also provide contact information for local community and national resources. Please note: This is not a hotline or a crisis service, but is a phone line for families and individuals affected by mental illness/emotional disorders.

Email: info@naminh.org • Telephone: 1-800-242-6264

American Foundation for Suicide Prevention New Hampshire

Focused on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public, raising funds for suicide research and programs, and reaching out to those who have lost someone to suicide.

Email: ssimpson@afsp.org • Telephone: 603-318-6517

Life Under Construction

A social networking site on FACEBOOK facilitated by a young adult. This site provides information, support and resources to assist teens and youth with emotional disorders/mental illness transition successfully into adulthood. You'll also find information about how teens and young adults can get involved and connect with leadership opportunities that can influence policies in mental health, education and other related areas.

Communities for Alcohol and Drug-Free Youth (CADY)

Comprehensive, outcome-based substance abuse prevention via extensive collaborations, implementation of environmental prevention strategies, and development of award-winning, youth empowerment programming.

Email: info@cadyinc.org • Telephone: 603-536-9793

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1-866-769-3085

TDD/TTY: 1-855-742-0123

Community Mental Health Centers (by region)

The Community Mental Health Centers (CMHCs) are located in 10 regions of New Hampshire. They are private not-for-profit agencies that have contracted with the NH Department of Health and Human Services, Bureau of Behavioral Health (BBH), to provide publicly funded mental health services to individuals and families who meet certain criteria for services.

Conway (Region 1)

Northern Human Services
603-447-3347
Emergency Only: 603-356-5461
5 North Country Locations:

- Colebrook
- Littleton
- Berlin
- Conway
- Wolfeboro

Lebanon (Region 2)

West Central Behavioral Health (WCBH)
Consumer Intake Line: 603-542-5128
Emergency Only: 1-800-564-2578

Laconia (Region 3)

Lakes Regional Mental Health
603-524-1100
Email: info@lrmhc.org
Emergency Only: 603-528-0305

Concord (Region 4)

Riverbend Community Mental Health
603-228-1600
Email: inquiries@riverbendcmhc.org
Riverbend Mobile Crisis: 1-844-7-HELP4U (1-844-743-5748)

Keene (Region 5)

Monadnock Family Services
603-357-4400
Emergency Only: 1-800-852-3323

Nashua (Region 6)

Greater Nashua Mental Health Center
603-889-6147
Emergency Only: 1-800-762-8191

Manchester (Region 7)

Mental Health Center of Greater Manchester
603-668-4111
Emergency Services: 1-800-688-3544

Portsmouth (Region 8)

Seacoast Mental Health Center
603-431-6703
Emergency Services: Call either 603-431-6703 or 603-772-2710

Dover (Region 9)

Community Partners
603-516-9300
Email: info@communitypartners.org
Emergency Only: 603-516-9300

Salem (Region 10)

Center for Life Management
603-434-1577
Email: info@clmnh.org
Emergency After Hours: 603-432-2253

New Hampshire Regional Public Health Networks There are 13 Regional Public Health Networks (RPHNs) involving broad public health interests. The RPHNs were established to ensure coordinated and comprehensive delivery of essential public health services. These RPHNs convene, coordinate, and facilitate an ongoing network of partners to address regional public health needs.

National Resources

National Suicide Prevention Lifeline

Speak to someone if you or a loved one is considering harming themselves or experiencing emotional distress **Call 1-800-273-8255**

Crisis Text Line

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Text HOME to 741741 from anywhere in the United States, anytime.

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

Toll-Free: 1-888-333-AFSP (2377)

General Inquiries: info@afsp.org