

New Hampshire Mental Health Regions



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

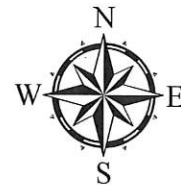
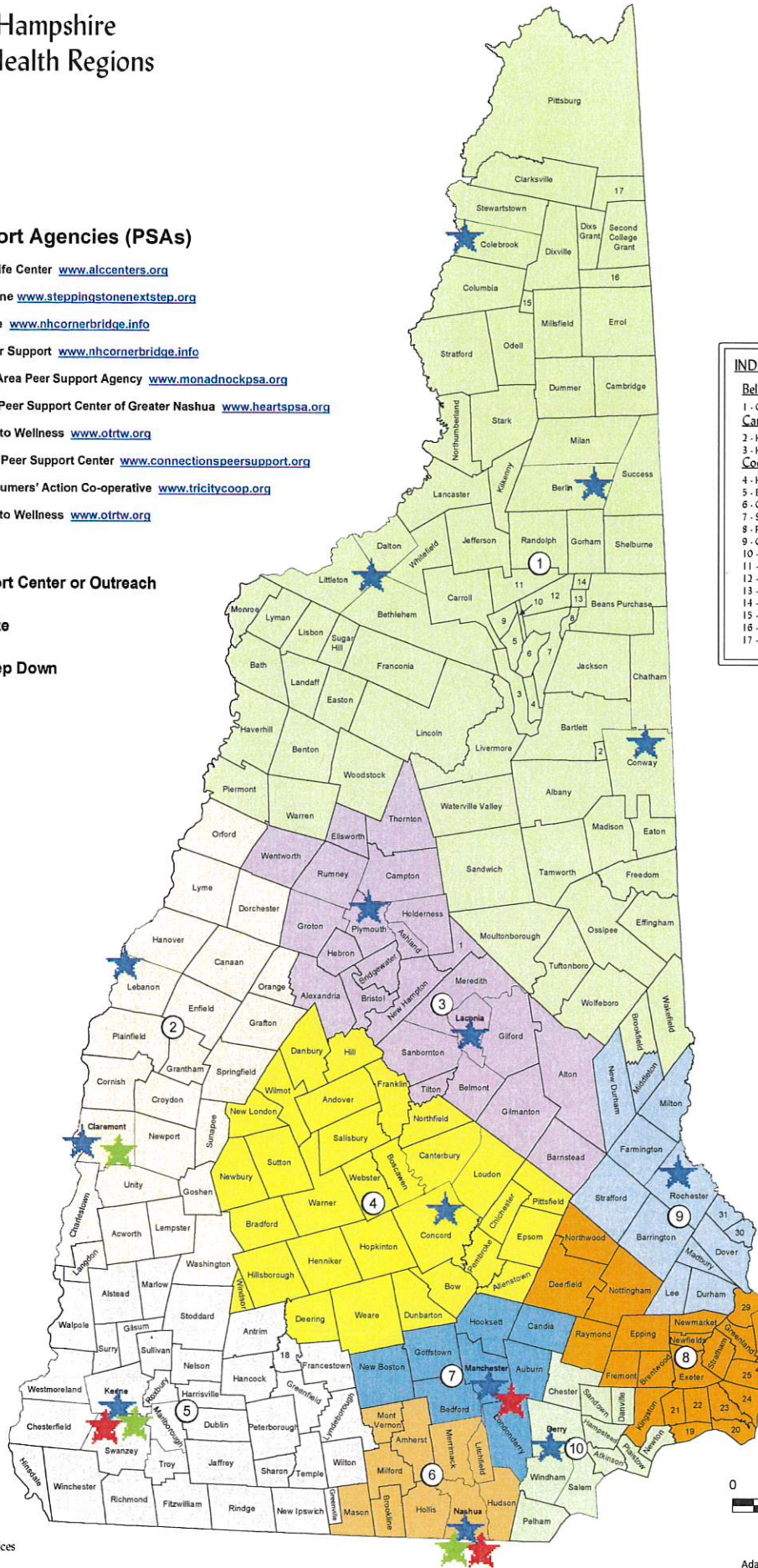
NH Peer Support Agencies (PSAs)

- 1 Alternative Life Center www.alccenters.org
- 2 Stepping Stone www.stepsingstonenextstep.org
- 3 CornerBridge www.nhcornerbridge.info
- 4 Concord Peer Support www.nhcornerbridge.info
- 5 Monadnock Area Peer Support Agency www.monadnockpsa.org
- 6 H.E.A.R.T.S. Peer Support Center of Greater Nashua www.heartspsa.org
- 7 On the Road to Wellness www.ortw.org
- 8 Connections Peer Support Center www.connectionspeersupport.org
- 9 Tri-City Consumers' Action Co-operative www.tricitycoop.org
- 10 On the Road to Wellness www.ortw.org

- Peer Support Center or Outreach
- Peer Respite
- Step Up/Step Down

INDEX

Belknap		Hillsborough
1 - Center Harbor		18 - Bennington
Carroll		Rockingham
2 - Hales Location		19 - South Hampton
3 - Haris Location		20 - Seabrook
Cook		21 - East Kingston
4 - Hadleys Purchase		22 - Kensington
5 - Beans Grant		23 - Hampton Falls
6 - Cutts Grant		24 - Hampton
7 - Sargents Purchase		25 - North Hampton
8 - Pinkhams Grant		26 - Rye
9 - Crawfords Purchase		27 - Portsmouth
10 - Chandlers Purchase		28 - New Castle
11 - Low & Burbanks Grant		29 - Newington
12 - Thompson & Meservs Purchase		Strafford
13 - Greens Grant		30 - Rollinsford
14 - Martins Location		31 - Somersworth
15 - Erving's Grant		
16 - Wentworth Location		
17 - Atkinson & Gilmanton Academy Grant		



0 5 10 20 30
Miles

Scale: 1:1,150,000

Adapted from map: <https://www.dhhs.nh.gov>

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>

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.

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>

New Hampshire Peer Support Agencies Cities & Towns by Geographic Region

Region I

The Alternative Life

Center

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

Region II

Stepping Stone

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

Region III

Lakes Region

Consumer Advisory

Board

DBA CornerBridge

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

Region IV

Lakes Region

Consumer Advisory Board - Concord Peer

Support

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

Region V

Monadnock Area Peer Support Agency

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

Region VI

HEARTS Peer Support Center of Greater Nashua

Amherst
Brookline
Hollis
Hudson
Litchfield
Mason
Merrimack
Milford
Mont Vernon
Nashua

Region VII

On The Road To Recovery, Inc. DBA On The Road To Wellness - Manchester

Auburn
Bedford
Candia
Goffstown
Hooksett
Londonderry
Manchester
New Boston

Region VIII

Connections Peer Support Center

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

Tri-City Consumers' Action Co-operative

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

Region X

On The Road To Recovery, Inc. DBA On The Road To Wellness - Derry

Atkinson
Chester
Danville
Derry
Hampstead
Newton
Pelham
Plaistow
Salem
Sandown
Windham