

Community Resources for NH

Partial Hospitalization Programs (PHP): adults only, (*) = inpatient services

- Southern NH Medical Center (SNHMC)*, Nashua
 - snhhealth.org/our-services/behavioral-health
 - (603) 579-5108
- Portsmouth Regional Hospital* Hampton /Parkland Medical Center, Derry (same contact info)
 - portsmouthhospital.com/specialties/behavioral-health
 - parklandmedicalcenter.com/specialties/behavioral-health
 - (603) 443-5270- 24 hour crisis hotline
 - (603)758-1376 – PHP program (Mon-Friday 8:15-3PM)

Inpatient Units: Hampstead Hospital, Concord Hospital, Portsmouth, and SNHMC

Intensive Outpatient Program (IOP) : substance misuse for adults only

- Greater Nashua Mental Health Center, Nashua NH
 - gnmhc.org
 - (603) 889-6147 x 3553
 - Offers IOP, individual therapy, LADAC evaluations
- Southern NH Medical Center, Nashua
 - www.snhhealth.org/our-services/behavioral-health
 - (603) 579-5108
 - Individual, family meetings, aftercare planning (for those who complete the IOP)
- Keystone Hall, Harbor Care, Nashua
 - harborcarenh.org
 - (603) 943-7971
 - Walk-in intake appointments available Mon, Tues, Thursday 8:30-3PM and Wed-Friday 8:30-11:00AM
 - IOP for Women certain days
- New England Recovery (RAW)
 - newenglandraw.com
 - Manchester and Concord
 - Offers IOP, individualized treatment, adventure therapy, 12-step meetings
- Aware Recovery Care, Bedford
 - awarerecoverycare.com/states-served/new-hampshire
 - 1-844-AWARERC or 603-769-8462
 - Offers in-home addiction treatment, family sessions
- Avenues Addiction Recovery Center, Concord
 - Avenuesrecovery.com

- admissionsnh@avenuesrecovery.com
- 855-463-0786
- 90-day program, Detox, residential treatment, PHP, IOP, LADAC on staff
- Elliot Hospital, Manchester
 - elliothospital.org/website/partial-hospitalization-program.php
 - 603-663-8650
- Dartmouth Hitchcock
 - Offers IOP for substance misuse and co-occurring mental health issues
 - Bedford, Concord, Laconia, Lebanon, Littleton

Adolescent Services

- Directions Behavioral Health, Nashua
 - Directionbehavioralhealth.com
 - (603) 880-8188
 - Up to 21 years old
 - Offers NHPHP, IOP, Parent Groups, have a psychiatrist on staff
 - Specialize in treatment of mental health and co-occurring substance
- Endurance Behavioral Health, Seabrook NH
 - Endurancebehavioralhealth.com
 - (603) 760-1942
 - 13-20 years old
 - Offers PHP, IP, Family therapy, parenting groups, crisis evaluation and have psychiatrist on staff

Treatment for Eating Disorders

- Center for Eating Disorder Management, Bedford
 - cedm-inc.com
 - 603-472-2846
 - Specializes in medical, nutritional, and psychological services, offers IOP, family based treatment, couples therapy, nutritional assessment, weekly case management
- Reflections (part of Parkland Medical Center), Derry
 - parklandmedicalcenter.com/specialties/eating-disorders
 - 877-642-2362
 - Outpatient services, includes psychiatrist, expressive therapists and family therapists
- Cambridge Eating Disorder Center of NH, Concord
 - eatingdisordercenter.org
 - 2 levels of outpatient treatment (PHP), 12+.
 - Females in need of residential treatment can receive it at Center in Cambridge MA

Domestic Violence

- Bridges, Nashua
 - bridgesnh.org
 - 24 hour support line: 603-883-3044
 - Crisis intervention, support groups, court advocacy, emergency shelter, education, child advocacy program
- YWCA, Manchester
 - ywcanh.org/reach
 - Crisis number: 603-668-2299
 - Walk-in services (8:30-4:30)

National Resources

- NAMI
 - naminh.org/find-support/support-groups
 - Grief and Recovery from Drug Overdose (Manchester)
- DBSA (depression Bipolar Support Alliance)
 - dbsalliance.org/support/chapters-and-support-groups/find-a-support-group
 - Concord, Nashua, Merrimack Valley, Belmont MA