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-AWARINGC 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