

Behavioral Health Resource Guide *Strafford County*

Community Partners Call 603-516-9300 or visit communitypartnersnh.org. Provides quality developmental and mental health services to meet the needs of families and individuals.

Community Action Partnership of Strafford County Dover & Rochester Call 603-435-2500, emergency on-call 603-435-2500 or visit straftordcap.org. Dedicated to reducing barriers to help clients improve their economic stability and well-being through education, advocacy, and partnerships.

The Doorway Operated by Wentworth-Douglas Hospital Dover Call 211 or visit wdhospital.org/wdh/services-and-specialties/the-doorway. The Doorway provides a complete assessment, coordinated referral to treatment and supportive services for anyone living with a substance use disorder. Walk-ins are welcome.

Greater Seacoast Community Health Center Call 603-749-2346 or visit getcommunityhealth.org. A network of doctors, dentists, counselors, parent educators and other caring health and family service providers - working together to treat the whole person.

The Triangle Club Dover Call 603-742-9803 or visit triangleclubdovernh.org. Offers peer-driven recovery support groups and a welcoming community that empower those who are powerless over substances.

SOS Recovery - Community Organization Dover Call 603-841-2350 or visit sosrco.org. A collaboration of peers seeking to find or maintain recovery from problematic drug use and their allies working together to create safe spaces and peer based recovery supports throughout Strafford County.

Infinity Peer Support Rochester Call 603-948-1036 or visit infinitypeersupport.org. Dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

Seacoast Outright Portsmouth Call 603-552-5824 or visit seacoastoutright.org. A resource for LGBTQ+ youth.

NH Statewide Resources

NH Rapid Response Access Point Call or text 833-710-6477 or visit nh988.com. The Access Point can resolve your immediate crisis via phone, text, or chat.

NH Coalition Against Domestic and Sexual Violence Call 866-644-3574 or visit nhcadsv.org. The Coalition is the umbrella organization for twelve crisis centers. Each center provide services and supports to victims and survivors of domestic violence, sexual assault, stalking, and human trafficking and are available 24/7.

NH Coalition to End Homelessness Call 603-264-9089 or visit nhceh.org to learn more.

NH Care Path Call 844-275-3447 or visit nhcarepath.org. NHCarePath partners provide a range of information, assistance, and care including: caregiver resources, services for individuals who are aging or disabled, assistance with maintaining independent living, and mental health counseling.

NH Food Bank Call 603-669-9725 or visit nhfoodbank.org. The NH Food Bank has programs to empower people to learn new skills, enabling them to become more self-sufficient and improve their quality of life.



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National Resources

National Suicide Prevention Lifeline Call **988** for free and confidential support for people in distress, and prevention and crises resources for you or your loved one. Or visit 988lifeline.org

Vet Center Call Center: 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 or text **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. 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. The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy.

Trans Lifeline Call **1-877-565-8860** or visit translifeline.org/hotline. Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers.

Disaster Distress Helpline (DDH) Call or text **1-800-985-5990** or visit samhsa.gov. DDH is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, 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. Here you can reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else. If you are thinking about harming yourself - get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. The Trevor Project is 100% confidential and 100% free.

The LGBT National Help Center Call **1-888-843-4564** or visit lgbthotline.org. All of the support volunteers identify as part of the LGBTQIA+ family, and are here to serve the entire community, by providing free & confidential peer-support, information, and local resources.

Al-Anon Call **1-888-425-2666** or visit al-anon.org. Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

Alcoholics Anonymous Visit aa.org.

For additional resources visit: extension.unh.edu/mental-health-resources

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