

## Behavioral Health Resource Guide *Strafford County*

**Community Partners** **Call 603-516-9300** or visit [communitypartnersnh.org](http://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 [straffordcap.org](http://straffordcap.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://nhceh.org) to learn more.

**NH Care Path** **Call 844-275-3447** or visit [nhcarepath.org](http://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](http://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://aa.org).

For additional resources visit: [extension.unh.edu/mental-health-resources](https://extension.unh.edu/mental-health-resources)

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