



National and NH Resources for Mental Health

Organization	Contact Info	About
NH 211	2-1-1 https://www.211nh.org/ Dial 211 or call 1- 866-444-4211	Information and Referral Specialists connect NH residents to health & human services including recovery and treatment 24/7
The Doorway	https://www.thedoorway.nh.gov/hubmap	9 Doorways in NH provide single points of entry for anyone seeking help around substance use. For 24/7 access to services dial 211. For medical emergencies dial 911
The Behavioral Health Treatment Services Locator	https://findtreatment.samhsa.gov/	An online source of information for alcohol, drug, or mental health treatment facilities and programs around the country
NH Community Mental Health Centers	https://www.dhhs.nh.gov/dcbcs/bbh/documents/list-map.pdf	NH Mental Health Centers located in 10 regions provide services such as: Intake, Emergency Services, & Mobile Crisis Response Teams
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/ 1-800-273-8255 or 911 for Emergencies	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7
Crisis Text Line	Text TALK to 741741 https://www.crisistextline.org/	Text with a trained counselor from the Crisis Text Line for free, 24/7
SAMHSA Disaster Distress Helpline	https://www.samhsa.gov/find-help/disaster-distress-helpline Call 1-800-985-5990 or text: TalkWithUs to 66746	Crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters & infectious disease outbreaks. Phone or text to connect with a trained crisis counselor 24/7, 365 days a year
NH Regional Public Health Networks (RPHN)	https://nhphn.org/	13 RPHNs around the state coordinate with local partners to address regional public health needs. For information about the variety of public health programs available in your area contact your local RPHN



Extension

**American Foundation
for Suicide Prevention
(AFSP)**

<https://afsp.org/>

AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide

**National Alliance on
Mental Illness NH
(NAMI-NH)**

Info & Resources 1-800-242-6264
<https://www.naminh.org>

NAMI NH provides information, education and support to families and communities affected by mental illness

**Bureau of Student
Wellness (BSW) NH Dept
of Education**

<https://www.nhstudentwellness.org/>

Resources, ideas, and best practices on Student Wellness. BSW also administers several targeted initiatives

**New Hampshire
Domestic and Sexual
Violence Crisis Centers**

24 Hour Hotlines:
Domestic Violence 1-866-644-3574
Sexual Assault Hotline 1-800-277-5570
<https://www.nhcadsv.org/>

Crisis centers across the state of NH provide free and confidential support services to those impacted by domestic violence, sexual assault, and stalking