










MENTAL HEALTH RESOURCES

Crisis Lines Service Locators Information & Resources

Updated November 2023

ORGANIZATION	ABOUT	CONTACT
<p>NH Rapid Response Access Point</p>	<p>The NHRRAP provides individuals in the state of New Hampshire with immediate, 24/7 access to mental health and/or substance use crisis support via telephone, text, and chat services.</p>	<p> 9-8-8 1-833-710-6477 (call or text) Beacon of New Hampshire (nh988.com)</p>
<p>Crisis Text Line</p>	<p>Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text. “home”, “start”, “hello”.</p>	<p> Text TALK to 741741 https://www.crisistextline.org/</p>
<p>NH 211</p>	<p>Information and Referral Specialists connect NH residents to health & human services including recovery and treatment 24/7.</p>	<p> 211 1-866-444-4211 TTY: 1-603-634-3388 Health and Human Service Resource Center - 211 New Hampshire 211 New Hampshire (211nh.org)</p>
<p>The Doorway</p>	<p>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.</p>	<p> 211 1-866-444-4211 TDD: 1-800-735-2964 Welcome The Doorway (nh.gov)</p>
<p>NH Community Mental Health Centers</p>	<p>NH Mental Health Centers located in 10 regions provide services such as: Intake,</p>	<p>https://nhcbha.org/</p>

	Emergency Services, & Mobile Crisis Response Teams.	
NH Regional Public Health Networks	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.	https://nhphn.org/
National Suicide Prevention Lifeline SAMSHA (Substance Abuse and Mental Health Services Administration)	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.	 1-800-273-TALK (8255) TTY: (711) 1-800-273-8255 Lifeline (suicidepreventionlifeline.org) 988 (July 16, 2022)
WellnessLink	WellnessLink provides at no-cost information and coordination designed to support wellbeing. For adults 60+ years old	1-866-452-1693 https://wellnesslinknh.org/
Strong as Granite	Strong as Granite is a platform that's raising awareness of the mental health and substance use support and resources available throughout New Hampshire. It's part of a coordinated effort to bring help, hope and healing to all Granite Staters.	https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite
The Trevor Project	The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Call, Chat, text "start" to 678-678	 1-866-488-7386 The Trevor Project For Young LGBTQ Lives
Disaster Distress Helpline SAMHSA	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.	 1-800-985-5990 Text: TalkWithUs to 66746 ASL Support 1-800-985-5990 Disaster Distress Helpline SAMHSA
Veterans Crisis Line SAMSHA		

	The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them. You don't have to be enrolled in VA health care or registered with VA to call.	 1-800-273-TALK (8255) Text: TALK to 838255 TTY: 1-800-799-4889 Home (veteranscrisisline.net)
New Hampshire Coalition Against Domestic and Sexual Violence	Crisis centers across the state of NH provide free and confidential support services to those impacted by domestic violence, sexual assault, and stalking. Confidential advocates are available to provide support 24/7.	 1-866-644-3574 1-800-277-5570 New Hampshire Coalition Against Domestic and Sexual Violence - New Hampshire Coalition Against Domestic and Sexual Violence (nhcadsv.org)
SAMSHA Behavioral Health Treatment Services Locator	An online source of information for alcohol, drug, or mental health treatment facilities and programs around the country.	Find Treatment SAMHSA
American Foundation for Suicide Prevention	AFSP raises awareness, funds scientific research, and provides resources and aid to those affected by suicide.	https://afsp.org/
NAMI-NH National Alliance on Mental Illness	NAMI NH provides information, education and support to families and communities affected by mental illness.	1-800-242-6264 http://www.naminh.org/
Bureau of Student Wellness NH Dept of Education	Resources, ideas, and best practices on Student Wellness. BSW also administers several targeted initiatives.	https://www.nhstudentwellness.org/