

# New Hampshire

*Free resources to support mental health and wellness*

## Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **NAMI NH Info & Resource Line**  
800-242-6264 or [info@naminh.org](mailto:info@naminh.org)
- **Monadnock Area Peer Support Agency**  
Warmline & daily online support groups  
866-352-5093 [monadnockpsa.org/online-groups](http://monadnockpsa.org/online-groups)
- **On the Road to Wellness** | Derry: 603-552-3177  
Manchester: 603-623-4523 | [otrtw.org](http://otrtw.org)
- **H.E.A.R.T.S Peer Support Center of Greater Nashua** | 603-864-8769 | [heartpsa.org](http://heartpsa.org)
- **Concord Peer Support** | Warmline:  
(800) 306-4334 | 5pm–10pm  
[nhcornerbridge.info/concord-peer-support.html](http://nhcornerbridge.info/concord-peer-support.html)
- **Connections Peer Support Center** | Warmline:  
800-809-6262 or 603-427-6966 | 5pm–10pm  
[connectionspeersupport.org](http://connectionspeersupport.org)
- Free online forums and 1-on-1 chats | [7cups.com](http://7cups.com)

## In a crisis?



- **National Suicide Prevention Lifeline**  
800-273-TALK (8255)
- **NAMI NH** community mental health center directory & crisis hotlines are available by visiting [naminh.org/news/nhs-community-mental-health-centers-respond-to-covid-19](http://naminh.org/news/nhs-community-mental-health-centers-respond-to-covid-19)
- **Call2Talk** | 508-532-2255 | Text C2T to 741741
- **Crisis Text Line** | Text HOME to 741741  
[crisistextline.org](http://crisistextline.org)
- **Samaritans** (24/7) | 877-870-4673  
[samaritanshope.org](http://samaritanshope.org)
- **SAMHSA's Disaster Distress Helpline** (24/7)  
800-985-5990 | Text TalkWithUs to 66746
- **American Foundation for Suicide Prevention**  
Find a local chapter | [afsp.org/find-a-local-chapter](http://afsp.org/find-a-local-chapter)

## Specialized Support



### Young Adults

- **OK2Talk** | [ok2talk.org](http://ok2talk.org)  
800-273-TALK
- **Text TEEN to 839863**  
between 9pm and 1am  
any night, download the [Teen Talk App](#), or participate in discussions with other teens on the TEEN LINE [message board](#).
- **Your Life Your Voice**
  - » 800-448-3000
  - » Text VOICE to 20121  
between 1pm and 1am
  - » [Send a message from the website](#)

### LGBTQ

- **The Trevor Project**  
(LGBTQ support)  
866-488-7386  
Text START to 678678  
Chat online at [thetrevorproject.org](http://thetrevorproject.org)

### Parents

- **Parent Stress Line** (24/7)  
800-632-8199

### Veterans

- **Veteran's Crisis Hotline**  
800-273-8255 (press 1)

**For multilingual resources, please visit our [website](#).**

### Other resources

- Visit [211nh.org](http://211nh.org)  
or dial 2-1-1
- **Support Group Central**  
various online support groups  
[supportgroupcentral.com](http://supportgroupcentral.com)
- **Contact your behavioral health provider to see if they can schedule a telehealth visit.** Telehealth is a virtual therapy session. Many providers are now offering this option.