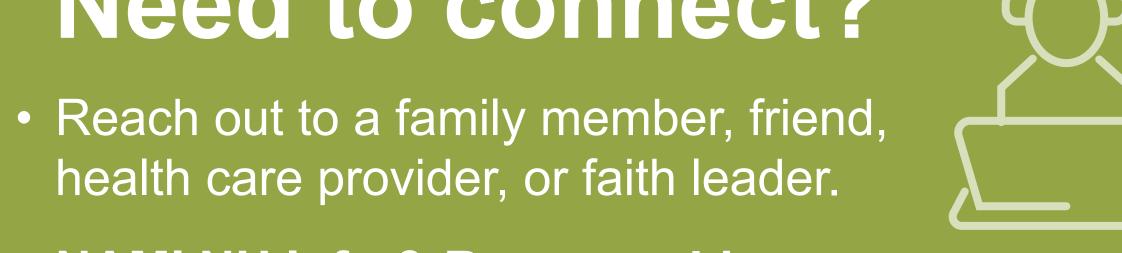
# New Hampshire

## Free resources to support mental health and wellness

### Need to connect?



- NAMI NH Info & Resource Line 800-242-6264 or info@naminh.org
- Monadnock Area Peer Support Agency Warmline & daily online support groups 866-352-5093 monadnockpsa.org/online-groups
- On the Road to Wellness | Derry: 603-552-3177 Manchester: 603-623-4523 otrtw.org
- H.E.A.R.T.S Peer Support Center of Greater Nashua | 603-864-8769 | heartspsa.org
- Concord Peer Support | Warmline: (800) 306-4334 | 5pm-10pm nhcornerbridge.info/concord-peer-support.html
- Connections Peer Support Center | Warmline: 800-809-6262 or 603-427-6966 | 5pm-10pm connectionspeersupport.org
- Free online forums and 1-on-1 chats | 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-healthcenters-respond-to-covid-19
- Call2Talk | 508-532-2255 | Text C2T to 741741
- Crisis Text Line | Text HOME to 741741 crisistextline.org
- Samaritans (24/7) | 877-870-4673 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

## Specialized Support

#### Young Adults

- OK2Talk | 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

#### **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 or dial 2-1-1
- Support Group Central various online support groups 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.

