



Mental Health Providers, Licensed Alcohol and Drug Counselors, and Peer Support in or near Carroll County, NH

If you or someone you care about is experiencing a mental health and/or substance use crisis, contact the NH Rapid Response Access Point by calling or texting 833-710-6477 or chatting online at www.nh988.com or call/text 9-8-8 available 24/7/365.

Name and Licenses of Providers	Contact (Phone, website, email)	Location/Virtual	Age Range Served	Provides SUD-Specific Services?	LADC or MLADC on staff?	Level of Care	Accepted Payment or Insurance
Alpenglow Counseling Services, LCMHC, MLADC	603-348-5346 www.alpenglowcounselingservices.com	Intervale, NH and virtual	Children and adults	Yes	Yes	Outpatient counseling, therapy, and court evaluations	Variety, including Medicaid
Alternative Peer Groups	https://iod.unh.edu/creating-connections-nh/alternative-peer-groups Conway: 603-662-0668, zachary.porter@thekyc.org Wolfeboro: 603-569-5949 director@mwvsupportsrecovery.org	Conway and Wolfeboro, NH	Youth and young adults	Yes	No	Outpatient peer support programs	Free
And Then There is You Psychotherapy, LMFT, NCC, LICSW	603-787-3018 https://andthenthereisyou.com/nh	Meredith and Moultonborough, NH and virtual	Children, teens, and adults	Yes	No	Outpatient psychotherapy	Variety, including Medicaid
AskPETRA, CHW, Recovery Coaches	Call 603-259-1729 Text "TALK" to 603-259-4820 https://askpetra.org/ AskPETRA@NCHCNH.org	Virtual	18+	Yes	No	Guides people to SUD-related resources	Free
Be Brave Counseling LICSW, MHC	603-810-0403 www.bebravenh.com admin@bebravenh.com	Wolfeboro, NH and virtual	Children, teens, and adults	Yes	No	Outpatient counseling and therapy	Variety



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Cheryl Bedan, Counselor, MA, LCPC, NCC, LCMHC	207-843-3020 *Not accepting new clients at this time	North Conway, NH and virtual	Adolescents and adults	No	No	Outpatient counseling	Out of network provider, self-pay
Bend Health	800-516-0975 www.bendhealth.com hello@bendhealth.com	Virtual	Ages 1-25	Yes	No	Outpatient behavioral healthcare, including coaching, therapy, psychiatry, virtual IOP, psychiatric urgent care, and neuropsychiatric testing	Aetna, Ambetter, and self-pay
Better Help, licensure varies	www.betterhelp.com contact@betterhelp.com	Virtual	Adults	Yes	Yes, but cannot request one	Outpatient counseling and therapy	Self-pay
Blue Heron Neurofeedback and Counseling, LADC, LCHMHC, MLADC	603-356-6400 www.blueheroncounseling.org	North Conway, Gorham, and Littleton, NH	Youth and adults	Yes	Yes	Outpatient counseling, neurofeedback therapy, MAT, and impaired driver care management program	Variety, including Medicaid
Linda M Brewer, Clinical Social Work/Therapist, LICSW, MLADC	603-764-7584	Meredith, NH and virtual	Teens and adults	Yes	Yes	Outpatient counseling and therapy	Variety
Bridgeway Counseling, LCMHC, MFT, MSW	603-834-9944 www.bridgewaytherapy.com info@bridgewaytherapy.com	Wolfeboro, Wakefield, NH and virtual	Children, teens, and adults	Yes	No	Outpatient therapy	Anthem Blue Cross and Blue Shield and self-pay

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James F. Cameron, Counselor, MA, LMHC	844-980-2345	Wolfeboro, NH and virtual	Teens and adults	No	No	Outpatient counseling	Self-pay
Jennifer Casey, LADC	207-618-9431	Portsmouth, NH and virtual	Teens and adults	Yes	Yes	Outpatient counseling, therapy, and substance abuse evaluation	Self-pay
Denise Champagne, Counselor, MS, LMHC	603-825-6226	Virtual	Teens and adults	No	No	Outpatient counseling	Out of network provider, self-pay
Children Unlimited, LCMHC, LICSW, MSW	603-447-6356 www.childrenunlimitedinc.org children@childrenunlimitedinc.com	Conway, NH	Birth to 18, along with parents	No	No	Outpatient counseling along with therapeutic, developmental, educational, and support services for children and their families	Variety, including Medicaid
Crooked River Counseling, CCS, CADC, DO, LADC, MD	Bridgton, ME: 207-647-5600 Rumford, ME: 207-364-2100 www.crookedrivermaine.org	Bridgton and Rumford, ME	Adults	Yes	Yes	Outpatient counseling and IOP for SUD and co-occurring mental illness, MAT, care coordination, peer support, and Driver Education and Evaluation Program assessments and evaluations	Variety
Counseling Associates, CMHC, LADC, LCMHC, LICSW, LP, MSW, NCC, PhD, PsyD	603-865-1321 https://ca-mh.com/	New London, Claremont, Hanover, Plymouth, Concord, and Keene, NH and virtual	Children, teens, and adults	Yes	Yes	Outpatient counseling, substance abuse evaluations, DUI aftercare counseling, and medication management	Variety, including Medicaid

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3/24/2025

Need help? 2-1-1 NH is right in your pocket — we connect you to compassionate experts who support your non-emergency needs. Contact us by phone, email, or text 24 hours a day for help with housing, utilities, food, mental health, health care and so much more. <https://211nh.org/>
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W. Kieran Cunningham Counselor, PhD, MLADC, LCHMHC, LCS	603-262-3162	North Conway, NH	Adults	Yes	Yes	Outpatient counseling and therapy	Variety
DBTweens, DBTeens, DBTwenties	603-285-9129 https://dbtweens.org https://dbteensnh.org https://dbtwenties.org info@dbtweens.org	Virtual	DBTweens for ages 9-12, DBTeens for ages 12-18, DBTwenties for ages 18-25	No	No	Intensive outpatient tele-mental health treatment program	Variety
The Doorway	2-1-1 https://www.thedoorway.nh.gov/	Throughout NH, including Laconia and Berlin, NH	Adults and can help connect teens to services	Yes	Varies	Clinical assessment and assistance to access every level of treatment	Free
ECH Counseling and Wellness- Dr. Veronica Nuzzolo, MLADC, PhD	617-729-9111 https://echcounseling.org/ info@echcounseling.org	Virtual	Adults	Yes	Yes	Outpatient therapy and SUD evaluations (RMV with Risk of Recidivism, DEEP Evaluations, and Employment Security Clearance Evaluations)	Variety
Granite State Behavioral Health, MSN, PMHNP	603-515-1700 www.granitestatebh.org info@granitestate.sprucecare.com	Wolfeboro, NH and virtual	Adolescents and adults	No	No	Outpatient psychiatry and medication management	Variety, including Medicaid



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Green Mountain Treatment Center, CRC, MLADC, MSW	855-712-7784 https://www.graniterecoverycenters.com/treatment-centers/green-mountain-treatment-center admissions@graniterecoverycenters.com	Effingham, NH	Adults	Yes	Yes	Detox, residential treatment center, PHP, IOP, MAT, and alumni community	Variety, including Medicaid
Maureen Cason Halon, LICSW	603-730-5722	Intervale, NH	Adults	No	No	Outpatient therapy	Variety
Headwaters Mental Health-Chelsea Kendrick, LCSW	844-629-5990 www.headwatersmentalhealth.com chelseakendrickLCSW@gmail.com	Tamworth, NH and virtual	Adults	No	No	Outpatient counseling	Amerihealth Caritas and self-pay
Healing Pathways Therapy- Kim Bell, LCMHC, MLADC	603-617-2119 www.healingpathwaysnh.com healingpathwaystherapy@gmail.com	Conway, NH and virtual	Adults	Yes	Yes	Outpatient mental health and substance use counseling and substance use assessments	Variety
Healing with Heart Therapy- Jessica Resiner, MS, LMFT	603-253-5298 https://healingwithahearttherapy.com jessica@healingwithahearttherapy.com	Moultonborough, NH	Children, teens, and adults	No	No	Outpatient therapy and counseling	Out of network provider and self-pay



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Kristin Honsberger, Clinical Social Work/Therapist, LICSW	603-810-8753 *Waitlist for new clients	Ossipee, NH	Children, teens, and adults	No	No	Outpatient therapy	Variety, including Medicaid
Jeannette Hook Counselor, LCMHC, MLADC	603-605-8495	Virtual	Youth and adults, ages12+	Yes	Yes	Outpatient counseling and LADC evaluations	Variety, including Medicaid
Hope Counseling Services, LCMHC, LCSW, LMHC, MLADC, MS, MSW, PhD	603-709-8560 www.hopercounseling.net/home admin@hopercounseling.net	Pittsfield, Manchester, and Charlestown, NH and virtual	Children, teens, and adults	Yes	Yes	Outpatient counseling, psychological assessments, and medication management	Variety
Michelle Houle, LPC, MLADC, LCMHC	508-928-4190	Virtual	Children, teens, and adults	Yes	Yes	Outpatient counseling	Variety
Huggins Hospital, LCSW, LICSW	603-569-7500 www.hugginshospital.org askhuggins@hugginshospital.org	Wolfeboro, NH	Children and adults	No	No	Outpatient counseling and social services for patients of Huggins Hospital	Variety
Lynda Hynes Gagne, Counselor, PhD, LCMHC	603-413-4449	Wolfeboro and Bedford, NH	Teens and adults	No	No	Outpatient therapy	Variety
Kristine Kellar, Counselor, LMHC	802-662-1506 *Not accepting new clients at this time	Virtual	Adults	No	No	Outpatient therapy	Variety, including Medicaid



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Judith Fay Kollmorgen, Clinical Social Work/ Therapist, MSW, LICSW	603-932-5369	Virtual	Adults	No	No	Outpatient therapy	Self-pay
Christine Ann Laflamme, Counselor, LCMHC, LCPC, LPC	207-245-1685	Virtual	Adults	No	No	Outpatient therapy	Variety, including Medicaid
Lakeside Counseling and Wellness- Elyse Dinan, LCSW	603-307-0817 www.lakesidecounselingandwellnessnh.com eschappert@lakesidecounselingandwellnessnh.com	Virtual	Teens (13+) and adults	No	No	Outpatient therapy	Variety
Lakes Region Recovery Center, Recovery Coaches	207-803-8707 www.lrrcbridgton.org info.lrrcbridgton.org@gmail.com	Bridgton, ME	Individuals and families	Yes	No	Recovery coaching and peer to peer support	Free
LifeWorks Counseling Associates, LCMHC, LICSW, LMFT, LSW, MLADC,	603-556-4360 https://lifeworkscounselingassociates.com help@lifeworkscounselingassociates.com	Virtual	Adolescents and adults	Yes	Yes	Outpatient counseling and LADC evaluations	Variety, including Medicaid
Life Examined Psychotherapy- Alicia J. Porkka, LICSW	603-545-9386 www.lifeexaminedllc.com alicia@LifeExaminedLLC.com	Conway, NH and virtual	Adults	Yes	No	Outpatient therapy	Self-pay



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Lotus Flower Counseling, Drug & Alcohol Counselor, LADC	207-672-1128	Fryeburg and Bridgton, ME	Preteens, teens, and adults	Yes	Yes	Outpatient counseling	Variety, including Medicaid
Maine Health Memorial Hospital, PMHNP, DO	603-356-5461 https://www.mainehealth.org/mainehealth-memorial-hospital	North Conway, NH	Behavioral health- Ages 6 and up or under 6 with complex medical diagnoses. Comprehensive addiction medicine- Ages 18+	Yes	No	Outpatient behavioral health (referral needed) including medication management, psychiatric evaluations, and diagnostic services; comprehensive addiction medicine (no referrals needed); and prenatal substance use treatment (no referral needed)	Variety, including Medicaid
Merkaba Sacred Healing and Counseling- Christine Free, LCMHC, MS	603-691-1438 https://www.merkabasacredhealing.com/contact@merkabasacredhealing.com *Waitlist for new clients	Virtual	Adults	No	No	Outpatient counseling	Variety
Jason Merrin, Psychologist, PhD, PsyD	603-932-5645	Virtual	Preteens, teens, and adults	Yes	No	Outpatient counseling and evaluations	Variety
Pamela Mott, Counselor, LCMHC	833-468-9253	Virtual	Teens, adults	No	No	Outpatient counseling	Variety



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Mountainside Mental Health- Jennifer Keller, APRN, BSW, MSN, PMHNP	603-651-8835 www.mountainsidementalhealth.com jkeller@mountainsidementalhealth.com	Ossipee, NH and virtual	Adults	Yes	No	Outpatient psychiatric evaluations and medication management	Out of network provider, self-pay
Mt. Washington Valley Psychological Services, CMHC, LCMHC, LCPC, LICSW, LMFT, MSW, NCC	603-447-2453 www.mwvps.com *Not accepting new clients at this time	Conway, NH	Children, teens, and adults	No	No	Outpatient counseling and therapy	Variety, including Medicaid
Kate R. Murphy Psychologist, LCMHC, PsyD	603-691-2842 www.drkatemurphy.com	Virtual	Youth and adults ages 13+	Yes	No	Outpatient counseling and therapy	Variety, including Medicaid
MWV Supports Recovery, Certified Recovery Coaches	603-662-0668 www.mwvsupportsrecovery.org mwvaddictionresource@gmail.com	Conway, NH	Individuals and families	Yes	No	Outpatient certified recovery coaching, harm reduction services, support groups and sober living transitional housing for women ages 18+	Free
William T Nagahiro, Psychologist, PhD	603-387-1579 www.billnagahiro.com wtnagahiro@gmail.com	Conway, NH and virtual	Children, adolescents, and adults	No	No	Outpatient therapy, consultation, and evaluations	Variety
NAMI New Hampshire	603-225-5359 Information & Resource Line: 1-800-242-6264 www.naminh.org info@naminh.org	Throughout NH, virtual, and a Family Group in North Conway, NH	All ages- Individuals and families	No	No	Offers peer support, support groups, and connections to resources and support throughout NH	Free



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North Country Peer Support Center (Alternative Life Center)	Conway: 603-447-1765 Warmline: 866-447-1765 (5pm-9pm, 7 days a week) www.northcountrypsa.org alcexecdirector@gmail.com	Conway, Littleton, Berlin, and Groveton, NH	Ages 18+	Yes	No	Peer support	Free
Northern Human Services, variety of licensures	Conway: 603-447-2111 Wolfeboro: 603-569-1884 https://northernhs.org	Berlin, Colebrook, Conway, Groveton, Littleton, Wolfeboro, and Woodsville, NH	Children, teens, and adults	Yes	Yes	Comprehensive mental health and SUD services including assessment, evaluation, referral, outpatient therapy, case management, residential services, drug court, and emergency services	Variety, including Medicaid
Parts to Recovery Counseling- Robert H. Dannar, Counselor, MS, LCMHC, MLADC	603-931-4149 www.partstorecovery.com	Dover, NH and virtual	Teens and adults	Yes	Yes	Outpatient counseling, therapy and MLADC evaluations	Variety
PEEPS Psychotherapy- Anne Marie Allwine, MSW, LICSW	603-569-4776 x3	Wolfeboro, NH and virtual	Children and teens	Yes	No	Outpatient therapy	Variety, including Medicaid
Perspective Growth- Wanda I. Lipson, MSW, LICSW	508-318-6684 https://www.perspectivegrowth.org wandalipson@perspectivegrowth.com	Virtual	Preteens, teens, and adults	No	No	Outpatient therapy and coaching	Out of network provider, self-pay



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Maggie Peruto, Counselor, LMHC	401-655-1704	Virtual	Adults	No	No	Outpatient counseling and therapy	Variety
Resilience Counseling & Training Center, William Nicoll, PhD Monica Nicoll, PhD	603-460-5774 https://resiliencounselingcenter.com resiliencctc@aol.com	North Conway, NH	Adolescents and adults	No	No	Outpatient counseling and coaching	Variety, including Medicaid
Rooted Resilience- Caitlyn Cook, LCMHC	207-200-8396 https://rootedresiliencementalhealth.com caitlyn@rootedresiliencementalhealth.com	Ossipee, NH and virtual	Teens and adults	No	No	Outpatient counseling and coaching services	Out of network provider, self-pay
Sacopee Valley Health Center, DO, LCPC, LCSW, PMHNP, Peer Recovery Coach	207-625-8126 www.svhc.org	Porter, ME	Children, teens, and adults	Yes	No	Outpatient counseling, treatment, and MAT	Variety, including Medicaid
Saltwater Counseling- Danielle Van Dusen, Counselor, LCMHC	323-438-2868 www.saltwatercounseling.org	Virtual	17+	Yes	No	Outpatient counseling	Most Anthem or Blue Cross insurances, self-pay
Nancy Sheridan Therapy, MSW	603-731-3904 www.nancysheridantherapist.com nhsheridan@gmail.com	Virtual	Adolescents and adults	No	No	Outpatient therapy	Variety



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Spring Tide Counseling- Taylor Barrett, LCMHC	603-815-2832 www.springtidecounselingnh.com	Virtual	Adults	No	No	Outpatient therapy	Out of network provider, self-pay
Tapouts	www.tapouts.com Start@tapouts.com	Virtual	Ages 4-16	No	No	Outpatient program- Teaches skills to help kids become more resilient	Self-pay
TERRA Equine Therapy Center, MD, PhD	603-487-6745 https://www.terraetc.org/ info@terraetc.org	Conway, NH	Youth, teens, and adults	No	No	Outpatient equine-assisted psychotherapy	Self-pay
Sarah Titus-Smith, Clinical Social Work/Therapist, LICSW	833-322-3009	Virtual	Adults	No	No	Outpatient counseling and therapy	Variety
Donna Torney, Counselor, MA, LCMHC	603-691-3843	North Conway, NH and virtual	Adults	No	No	Outpatient counseling and therapy	Variety
Laurie Vachon, Counselor, LCMHC	603-651-5069	Virtual	Adults	No	No	Outpatient counseling and therapy	Variety, including Medicaid
Wallastook Counseling- Rex L. Bunnell, MLADC	603-387-9693 https://wallastookcounseling.com/	Wolfborough, NH	Adults	Yes	Yes	Outpatient counseling and LADC evaluations	Variety, including Medicaid
Wellness Matters Mental Health Services- Morgan Maddox, LCMHC	603-819-5331 https://wellnessmatters.clientsecure.me	Wolfborough, NH and virtual	Children, teens, and adults	Yes	No	Outpatient therapy	Variety

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White Horse Recovery, LCMHC, MLADC, LADC, CRSW, Recovery Coaches	603-651-1441 whitehorserecovery.org	Ossipee, North Conway, Berlin, and Littleton, NH	Adults	Yes	Yes	IOP, outpatient mental health and SUD treatment, and assistance with admitting to inpatient SUD treatment programs	Variety, including Medicaid
White Mountain Community Health Center, APRN, CMHC, LCMHC, MLADC	603-447-8900 www.whitemountainhealth.org info@whitemountainhealth.org	Conway, NH	Ages 13+	Yes	Yes	Outpatient counseling, medication management, and substance use treatment, including MAT	Variety, including Medicaid
Robin E. Winter-Weber, Counselor, MA, LCMHC	877-838-8217	North Conway, NH and virtual	Teens and adults	Yes	No	Outpatient counseling and therapy	Anthem and self-pay



Treatment serving Carroll County, NH and vicinity (Detox/Inpatient/PHP/Outpatient/MAT/Maternity/Sober Living)

Name	Contact (Phone, website, email)	Location/ Virtual	Age Range Served	Type of Services Provided	Family Support Options Available?	Level of Care	Accepted Payment or Insurance
Aerie Healthcare	603-244-3187 www.aeriehealthcare.com info@aeriehealthcare.com	Concord, NH	Ages 12-18	Mental health and dual diagnoses with mild-moderate substance use	Yes	PHP and IOP	Variety
Avenues Recovery Centers	603-505-8365 https://www.avenuesrecovery.com/	Dublin and Concord, NH	Adults	SUD and mental health services	Yes	Detox program, residential/inpatient, outpatient treatment, and alumni program	Variety, including Medicaid
Aware Recovery Care	603-769-8462 www.awarerecoverycare.com	In-home and virtual	18+	Primarily SUD, can also treat mental health	Yes	In-home addiction treatment, virtual detox, MAT, and alumni network	Variety
Better Life Partners	Call or text START to 866-679-0831 https://betterlifepartners.com	Throughout NH/virtual	Adults	SUD and co-occurring mental health conditions	No	MAT and outpatient counseling	Variety, including Medicaid
Bonfire Behavioral Health (powered by TruHealing)	603-617-4815 www.bonfirerecovery.com info@bonfirerecovery.com	Rochester, NH	Adults	SUD and co-occurring mental health disorders	Yes	Rehab programs, residential treatment, PHP, IOP, outpatient addiction treatment program, MAT, sober living home, transitional living program, alumni program, and aftercare program	Variety, including Medicaid
Dismas Home	603-782-3004 https://dismashomenh.org info@dismashomenh.org	Manchester, NH	Women ages 18-60 who are involved in the justice system	SUD	No	90-day residential program to treat the trauma behind substance misuse and a subsequent transitional living program (residents are already in the first stages of recovery)	Variety, including Medicaid



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Farnum Center	603-662-3020 https://farnumcenter.org	Manchester, NH	Adults	SUD	Yes	Detoxification, residential, and outpatient treatment (PHP and IOP)	Variety, including Medicaid
Granite Recovery Centers	855-712-7784 www.graniterecoverycenter.com admissions@graniterecoverycenters.com	Residential treatment: Effingham and Derry, NH; Portland, ME. Outpatient treatment and mental health services in Canterbury, NH, Salem, NH	Adults	SUD and mental health services, including dual diagnosis	Yes	Medical alcohol and drug detox, MAT, primary residential treatment, PHP, IOP, extended care, structured sober living, outpatient treatment, and alumni program	Variety, including Medicaid
Groups Recover Together	888-858-1723 https://joingroups.com hello@joingroups.com	Keene, Manchester, Nashua, and Rochester, NH and virtual	Adults	SUD	No	Low-level outpatient- provides suboxone prescriptions/MAT, group support meetings, and custom life goal assistance	Variety, including Medicaid
Headrest	603-448-4872 https://headrest.org info@headrest.org	Lebanon, NH	Adults	SUD	Yes	Low-intensity residential program, outpatient counseling, impaired driver care management program, and Headrest Opportunities for Work program	Variety, including Medicaid
Hope on Haven Hill	603-841-5353 www.hopeonhavenhill.org	Rochester, NH	Pregnant women and their children	SUD	Yes	Residential, IOP, outpatient, and recovery support services for pregnant, post- partum, and parenting women	Variety, including Medicaid

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Liberty Health Services	855-689-5685 https://libertyhealthdetox.com admissions@libertyhealthdetox.com	Derry, NH	Adults	SUD	Yes	Medical detox, MAT, and IOP	Variety
Live Free Recovery Services	888-610-2847 https://livefreerecoverynh.com lfrsadmissions@liverecoverynh.com	Keene and Manchester, NH and virtual (for outpatient, IOP, and medication management)	18+	SUD and co-occurring mental health disorders	Yes	Drug and alcohol detox, inpatient rehab, PHP, IOP, outpatient rehab, telehealth/virtual therapy, MAT, and alumni program	Variety, including Medicaid
The Mental Health Center of Greater Manchester	603-668-4111 www.mhcgmm.org	Manchester, NH	Children, adolescents, and adults	Mental health and SUD	Yes	Comprehensive outpatient mental health and SUD treatment, MAT, and short-term crisis stabilization	Variety, including Medicaid
New Hampshire Detox Center (powered by TruHealing)	603-932-7692 www.nh-detox.com	Bethlehem, NH	Adults	SUD and co-occurring mental health disorders	No	Rehab programs, drug and alcohol addiction treatment programs, extended residential programs, and MAT	Variety, including Medicaid
NFI North	603-746-7550 www.nfinorth.com	Various locations throughout NH	Children, teens, adults, and families	Mental health and substance use services	Yes	Individual, family care, and mental health care services, including wrap-around care and transitional housing	Variety, including Medicaid
Paugus Bay Behavioral Health	603-619-1132 info@paugusbaybh.com	Laconia, NH and virtual	Adolescents and adults	Mental health and SUD treatment	Yes	IOP, outpatient treatment, MAT, and sober living	Variety, including Medicaid

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Pine Haven Boys Center	603-485-7141 https://pinehavenboyscenter.org info@pinehavenboyscenter.org	Allenstown, NH	Boys ages 6-15	Services for behavioral, educational, or emotional problems	Yes	Residential program	Variety, including Medicaid
The Plymouth House	888-693-1927 www.theplymouthhouse.com info@theplymouthhouse.com	Plymouth, NH	Adults	SUD and dual diagnosis	Yes	Medical detox, residential inpatient treatment, PHP, and extended care,	Variety, including Medicaid
Seacoast Mental Health Center	Portsmouth: 603-431-6703 Exeter: 603-772-2710 https://smhc-nh.org/	Portsmouth and Exeter, NH and virtual	Children, teens, and adults	Mental health and SUD	Yes	Comprehensive mental health and substance use disorder services for East Rockingham County	Variety, including Medicaid
Sobriety Centers of New Hampshire	603-202-4990 https://sobrietycentersofnh.com	Antrim, NH (residential) and Laconia, NH (PHP, IOP, OP)	Adults	SUD	Yes	Inpatient/residential, PHP, IOP, outpatient sessions, and MAT	Variety, including Medicaid
Southeastern New Hampshire Services	603-516-8160 https://senhs.org SENHS@co.strafford.nh.us	Dover, NH and virtual options for outpatient programs	Ages 18+	SUD	Yes	Low intensity SUD residential program, outpatient programs (outpatient counseling, LADC evaluations, drug court IOP, impaired driver care management program), and sober living house for men	Variety, including Medicaid



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The Wediko School	603-824-8444 https://thewedikoschool.org wediko@thehome.org	Windsor, NH	Middle and high school aged boys	Mental health: Services for social-emotional, behavioral, and educational challenges	Yes	Residential and day school with residential treatment program for students with complex mental health needs	Private pay and funding through school districts
WestBridge	1-877-461-7711 www.westbridge.org	Manchester, NH	Adults	Mental health with or without substance use	Yes	Residential treatment, Community Integration Program (with comprehensive, wrap-around services), and IOP	Variety

Tobacco/ Nicotine/Vaping Cessation Resources (Virtual Only)

Name	Contact Info	Description
American Lung Association-Freedom from Smoking	1-800-586-4872 www.lung.org/quit-smoking	Tools, tips, and support for quitting tobacco, including a quit program available in a group format, online format, and a self-help guide.
My Life My Quit	Text "Start My Quit" to 36072 https://nh.mylifemyquit.org	My Life, My Quit™ is the free and confidential way to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach.
Save Your Breath	https://saveyourbreathnh.org/	Campaign with information and resources for teens about vaping.
Smokefree Teen	Text "Quit" to 47848 https://teen.smokefree.gov	Tools and tips, including a free texting program and app, to help teens quit smoking or vaping.
Today is for Me	https://todayisfor.me/	When you are pregnant or planning to get pregnant, you are also making choices for the health of your baby. Today is For Me aims to educate expecting parents about the dangers of substance use during pregnancy: namely alcohol, tobacco, and marijuana.
Truth Initiative	202-454-5555 https://truthinitiative.org/ https://truthinitiative.org/exprogram	Facts about smoking, vaping, nicotine, and the tobacco industry, plus a free quitting program called EX Program.

Acronyms:

APRN	Advanced Practice Registered Nurse
BSW	Bachelor of Social Work
CADC	Certified Alcohol and Drug Counselor
CCS	Certified Clinical Supervisor
CHW	Community Health Worker
CRC	Certified Rehabilitation Counselor
CRSW	Certified Recovery Support Worker
DO	Doctor of Osteopathic Medicine
IOP	Intensive Outpatient Program
LADC	Licensed Alcohol and Drug Counselor
LCMHC	Licensed Clinical Mental Health Counselor
LCPC	Licensed Clinical Professional Counselor
LCS	Licensed Clinical Social Worker
LICSW	Licensed Independent Clinical Social Worker
LMHC	Licensed Mental Health Counselor
LP	Licensed Psychologist
LPC	Licensed Professional Counselor

MA	Master of Arts
MAT	Medication Assisted Treatment
MD	Doctor of Medicine
MHC	Mental Health Counseling
MLADC	Master Licensed Alcohol and Drug Counselor
MS	Master of Science
MSN	Master of Science in Nursing
MSW	Master of Social Work
NCC	National Certified Counselor
Out of Network Provider	Not in network with insurance companies, but can often provide “superbills” for reimbursement
PhD	Doctor of Philosophy
PHP	Partial Hospitalization Program
PMHNP	Psychiatric Mental Health Nurse Practitioner
PsyD	Doctor of Psychology
SUD	Substance Use Disorder