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<td>Bridges: Domestic &amp; Sexual Violence Support</td>
<td>Nashua Office: (603) 889-0858 Milford Office: (603) 672-9833 24-Hour Crisis Line: (603) 883-3044 <a href="http://www.bridgesnh.org">www.bridgesnh.org</a></td>
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<td>Child Advocacy Center</td>
<td>Nashua: (603) 889-0321 <a href="http://www.cac-nh.org/centers/hillsborough-county">www.cac-nh.org/centers/hillsborough-county</a></td>
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<td>Child and Family Services of NH</td>
<td>Nashua: (603) 889-7189 <a href="http://www.cfsnh.org">www.cfsnh.org</a></td>
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<td>Family Resource Center of Greater Nashua</td>
<td>Boys &amp; Girls Club of Greater Nashua Nashua: (603) 883-0523 x 215 <a href="https://sites.google.com/site/familyresourcesctrnashua/">https://sites.google.com/site/familyresourcesctrnashua/</a></td>
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<td>Gateways Community Services</td>
<td>Nashua: (603) 882-6333 <a href="http://www.gatewayscs.org">www.gatewayscs.org</a></td>
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<td>Greater Nashua Supervised Visitation Center - GNMHC</td>
<td>Nashua: (603) 598-7123 x 3497 <a href="http://www.gnmhc.org">www.gnmhc.org</a></td>
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<td>H.E.A.R.T.S. Peer Support Center of Greater Nashua</td>
<td>(603) 882-8400 <a href="http://www.heartspsa.org">www.heartspsa.org</a></td>
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<td>Harbor Homes, Inc.</td>
<td>Nashua: (603) 882-3616 <a href="http://www.harborhomes.org">www.harborhomes.org</a></td>
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<td>Lamprey Health Care</td>
<td>Nashua: (603) 883-1626 <a href="http://lampreyhealth.org">http://lampreyhealth.org</a></td>
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<td>Marguerite's Place</td>
<td>Nashua: (603) 598-1582 <a href="http://www.margueritesplace.org">www.margueritesplace.org</a></td>
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<td>Milford Regional Counseling Services</td>
<td>Milford: (603) 673-2508 <a href="http://www.mrcs.org">www.mrcs.org</a></td>
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<td>National Alliance on Mental Illness - NH</td>
<td>Concord: (603) 225-5359 / 800-242-6264 <a href="http://www.naminh.org">www.naminh.org</a></td>
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# Youth Mental Health Resources – Greater Nashua

| Organization                  | Contact Information                             | Advocacy | Alcohol & Substance Use | Bereavement | Counseling | Crisis Services | Developmental Disabilities | Domestic & Sexual Violence | Eating Disorders | Family Dynamics | Gender Identity | Immigrant & Refugee Svcs | Information & Referral | Learning Disabilities | Parent Education & Support | Parenting Education | Self-Injurious Behavior | Suicide Prevention | Support for Military Families | Support Groups | Support to Adults | Trauma |
|-------------------------------|--------------------------------------------------|----------|--------------------------|-------------|------------|---------------|---------------------------|---------------------------|-----------------|----------------|----------------|---------------------------|-----------------------|------------------------|-----------------------------|---------------------|-----------------------|-----------------|-----------------------|---------|
| Nashua Soup Kitchen & Shelter| Nashua: (603) 889-7770 www.nskso.org              | X        | X                        |             |            |               |                           |                           |                 |                |                |                           |                      |                        |                             |                     |                      |                  |            |                |         |
| Parent Information Center     | Concord:(603) 224-7005 / V/TDD (800) 947-7005 (NH only) www.picnh.org | X        |                          |             |            |               |                           |                           |                 |                |                |                           |                      |                        |                             |                     |                      |                  |            |                |         |
| The PLUS Company              | Nashua: (603) 889-0652 www.pluscompany.org       | X        | X                        |             |            |               |                           |                           |                 |                |                |                           |                      |                        |                             |                     |                      |                  |            |                |         |
| The Youth Council             | Nashua: (603) 889-1090 www.theyouthcouncil.org   | X        | X                        |             |            |               |                           |                           |                 |                |                |                           |                      |                        |                             |                     |                      |                  |            |                |         |

## Additional Resources

- **Balanced Mind Foundation**
  - HELPLINE: (800) 273-TALK
  - www.thebalancedmind.org
- **Council for Children with Behavioral Disorders**
  - www.ccbdb.net
- **Depression and Bipolar Support Alliance**
  - National: (800) 826-3632
  - www.DBSAlliance.org / www.dbsanashua.org
- **Granite State Federation for Families for Children’s Mental Health**
  - (603) 296-0692
  - www.gsffcmh.org
- **Intervention Central, Tools & Resources for School Staff and Parents**
  - www.interventioncentral.org
- **National Child Traumatic Stress Network**
  - www.nctsn.org
- **National Eating Disorders Association**
  - (800) 931-2237
  - www.nationaleatingdisorders.org
- **National Institute of Mental Health**
  - www.nimh.nih.gov
- **National Mental Health Consumer Self-Help Clearinghouse**
  - (800) 553-4539
  - www.mhselfhelp.org
- **NH Al-Anon/Alateen**
  - (603) 645-9518
  - www.nhal-anon.org
- **New Hampshire Catholic Charities**
  - (800) 562-5249
  - www.nh-cc.org
- **New Hampshire Center for Effective Behavioral Intervention & Supports**
  - (603) 206-6800
  - http://nhebris.seresc.net
- **New Hampshire Psychological Association**
  - (603) 792-6472
  - www.nhpaonline.org
- **Parents & Friends of Lesbians and Gays (PFLAG-NH)**
  - (603) 536-3823
  - www.pflagnhi.org
- **The Strength of Us** (an on-line social network for teens living with mental health conditions)
  - CRISIS LINE: (800) 273-8255
  - http://strengthofus.org
- **Runaway Safe Line**
  - 800-786-2929
  - www.1800runaway.org
- **SAMHSA (Substance Abuse and Mental Health Services Administration)**
  - (877) 726-4727 www.samhsa.gov
- **Suicide Prevention Hotline**
  - (800) 273-8255
  - Spanish: (888) 628-9494

This resource listing was developed by the Greater Nashua Community Health Improvement Plan, Mental Health Workgroup. It is intended for use by school staff to connect students and their families to available mental health support resources. Please contact the City of Nashua Division of Public Health and Community Services at (603) 589-4560 for more information.

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2-1-1 New Hampshire – Information & Referral Services for NH – Dial 211 – 24 hours/day, 7 days/week – www.211nh.org