

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/Relationships	Gender Identity	Immigrant & Refugee Svcs	Information & Referral	Learning Disabilities	Parent Education & Support	Training & Education	Self-Injurious Behavior	Suicide Prevention	Support for Military Families	Support Groups	Transition to Adulthood	Trauma
Bridges: Domestic & Sexual Violence Support	Nashua Office: (603) 889-0858 Milford Office: (603) 672-9833 24-Hour Crisis Line: (603) 883-3044 www.bridgesnh.org	X				X		X					X			X				X		X
Child Advocacy Center	Nashua: (603) 889-0321 www.cac-nh.org/centers/hillsborough-county							X														X
Child and Family Services of NH	Nashua: (603) 889-7189 www.cfsnh.org	X				X		X		X			X		X		X		X	X	X	X
Family Resource Center of Greater Nashua	Boys & Girls Club of Greater Nashua Nashua: (603) 883-0523 x 215 https://sites.google.com/site/familyresourcectrnashua/									X					X	X						
Gateways Community Services	Nashua: (603) 882-6333 www.gatewayscs.org						X															
Greater Nashua Mental Health Center Child & Adolescent Services	Nashua: (603) 889-6147 / 24 Emergency: 800-762-8191 www.gnmhc.org			X	X					X	X				X	X	X				X	X
Greater Nashua Supervised Visitation Center - GNMHC	Nashua: (603) 598-7123 x 3497 www.gnmhc.org							X					X									
H.E.A.R.T.S. Peer Support Center of Greater Nashua	(603) 882-8400 www.heartspsa.org	X				X							X	X			X	X		X		X
Harbor Homes, Inc.	Nashua: (603) 882-3616 www.harborhomes.org		X	X	X	X				X					X	X		X	X		X	X
Lamprey Health Care	Nashua: (603) 883-1626 http://lampreyhealth.org	X										X	X		X					X		
Marguerite's Place	Nashua: (603) 598-1582 www.margueritesplace.org	X											X		X				X			
Milford Regional Counseling Services	Milford: (603) 673-2508 www.mrcs.org			X	X	X		X		X					X			X			X	
National Alliance on Mental Illness - NH	Concord: (603) 225-5359 / 800-242-6264 www.naminh.org	X											X		X	X						

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Nashua Soup Kitchen & Shelter	Nashua: (603) 889-7770 www.nsk.org	X				X						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							X						X	
The Youth Council	Nashua: (603) 889-1090 www.theyouthcouncil.org		X		X						X		X		X			X				X

Additional Resources

<ul style="list-style-type: none"> • Balanced Mind Foundation HELPLINE: (800) 273-TALK www.thebalancedmind.org • Council for Children with Behavioral Disorders www.ccbd.net • Depression and Bipolar Support Alliance National: (800) 826-3632 www.DBAlliance.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 	<ul style="list-style-type: none"> • 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 AI-Anon/Alateen (603) 645-9518 www.nhal-anon.org • New Hampshire Catholic Charities (800) 562-5249 www.nh-cc.org 	<ul style="list-style-type: none"> • New Hampshire Center for Effective Behavioral Intervention & Supports (603) 206-6800 http://nhcebis.seresc.net • New Hampshire Psychological Association (603) 792-6472 www.nhpaonline.org • Parents & Friends of Lesbians and Gays (PFLAG-NH) (603) 536-3823 www.pflagnh.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 	<ul style="list-style-type: none"> • 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) 628-94
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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.