

Community Resources

MENTAL HEALTH:

Agencies

Goodwin Community Health Center

311 Route 108

Somersworth, NH

603 749-2346

- Health education, nutrition services, discounted meds, social services, STD & HIV testing and counseling and teen clinic
- Sliding scale, Medicaid, Medicare for counseling services

Catholic Charities of N.H.

23 Grant Street

Rochester, NH 03867

603 332-7701

- Adolescents, families
- Sliding scale, Medicaid, Medicare

Center for Children, Adolescents & Family

25 Pork Hill Road

Ossipee, NH 03864

603 539-1700

- Eating disorder issues
- Medicaid

Chances

9 Mechanic St

Farmington, NH 03835

603 755-3395

- Educational and support services
- Groups for anger management, girl/boy social skills, homework help, shoplifting issues, conflict resolution, fire setters intervention and more

Chestnut Hill Counseling Assoc.

16 Fifth Street

Dover, NH 03820

603 749-4462

- Anxiety, depression, adolescents, families, addictions, med evals
- Medicare

Cocheco Valley Mental Health

90 Washington St. Suite 304

Dover, NH 03820

603 749-0992

- Adolescents and families
- Medicare, Medicaid

Community Partners

25 Old Dover Road

Rochester, NH 03867

603 335-6470

- Home-based services, vocational, families, individual, support services, emergency services, Psychiatrist available
- Medicaid

Counseling Center of Dover/ Rochester Area

First Church Congregational

2 Liberty Street

Rochester, NH 03867

603 335- 1066

- Indiv, families, couples
- Sliding scale \$10-\$50

Familystrength

728 Central Ave.

Dover, NH 03820

603 742-5662

- Home-based and office-based counseling, not only court referral.
- Medicaid

Great Bay Mental Health

35 Second Street

Dover, NH 03820

603 742-9200

- Adolescents, eating disorders, families
- Psychiatrist available
- Some therapists take Medicaid and Medicare

Hampstead Hospital

218 East Road

Hampstead, NH 03841

603 329-5311

- Extended care facility
- All ages, dev. disabilities, day program for eating disorders, psychiatric care

Lilac City Counseling

165 Charles Street

Rochester, NH 03867

603 332-4004

- Adolescents, families
- Medicaid
- Child Support Services

Marriage and Family Therapy Center**Craft Cottage UNH**

Durham, NH 03824

603 862-2134

- Individual, families, weekend and evening hours
- Sliding scale \$2-\$50\ No insurance
- Childcare services

Mill House Counseling Center

4 Back River Road

Dover, NH 03820

603 742-1373

- Adolescents, families, depression, anxiety, school concerns, ADHD, Psych. Evals

Northern Human Services the Mental Health Center

70 Bay Street

Wolfboro, NH 03894

603 569-1884

- Individual, small groups, all ages
- MD available
- Medicaid, Medicare, sliding scale

Psychotherapy Associates

165 Rochester Hill Road

Rochester, NH 03867

603 332-8782

-Medicare, Medicaid

Salmon Falls Behavioral Health

1 Old Dover Road Suite 1

Rochester, NH 03867

603 335-2444

- Adolescents, families, eating disorders, behavioral problems, abuse, depression ADHD, Psych Evals (for counseling purposes, not medication)
- Medicare, Medicaid

**MENTAL HEALTH:
Private Practitioners**

Richard Danks

750 Central Ave. Suite 6
Dover, NH 03820
603 742-8800

- Sliding scale \$65-95, Medicaid
- Adolescents and families

Sharon Drew Henson

1 Old Dover Road
Rochester, NH 03867
603 332-4447

- Adolescents, accepts all insurance and Medicaid

Walter Hoyt, LicSW

PO Box 511
Wolfboro Falls, NH 03896
603 569-5818 ext.219

- Substance abuse, depression, dysfunctional families, and anxiety
- Only self pay \$80.00 per hour

Whit Inzer, LICSW

18 North Main Street
Rochester, NH 03867
603 332- 5222

- Individual, couple and family
- Sliding scale

Diane Johnson

PO Box 1114
Conway, NH 03818
603 447-2239

- Medicaid

Micheal Kahn, MD

PO Box 2325
North Conway, NH 03860
603 356-3100

- Psychiatrist- prescribes meds

William Hagahiro, PhD

30 Pleasant Street
Conway, NH 03818
603 447-5066

- Therapeutic spiritual work, depression, anxiety, and PTSD

Elaine Reid PhD, ARNP

750 Central Ave. Suite G
Dover, NH 03820
603 742-1097

- Adolescents, anxiety, depression, ADD, ADHD, PTSD

Benita Silver, LCMHC, Art Therapist

PO Box 1428
Conway, NH 03813
603 447-2323

- Depression, anxiety, PTSD, grief
- Medicaid

Paul Spack Counseling LDAC

251 Central Ave.
Dover, NH 03820
603 742-3222

- Individual, families, drug and alcohol counseling
- Addiction specialist
- Sliding scale and Medicaid

Frank Spencer

750 Central Ave.
Dover, NH 03820
603 749-0493

Lisabeth Wotherspoon, LICSW

One North Main Street #207
Rochester, NH 03867
603 994-0114

- Adults, adolescents & children
- Psychotherapy, life coaching
- Medicaid, Medicare

*contact **Healthy Kids** for families without insurance
1 877 464-2447

** all practitioners accept insurance but call ahead

MENTAL HEALTH:

Eating Disorders

Center for Eating Disorders Management

360 Route 101 Unit 10
Bedford, NH 03110
603 472-2846

- Only outpatient facility in NH
- Multidisciplinary
- Medicare, medicaid

Food Addicts in Recovery

Frisbie Hospital
11 Whitehall Road
Rochester, NH 03867
603 332-5211

Nancy Maiello, LICSW

Great Bay Mental Health
35 Second Street
Dover, NH 03820
603 742-9200

- Male and females ages 8 and older
- Medicaid

Dr. Wendy Quinn

118 Maplewood Ave.
Portsmouth, NH 03801
603 969-5681

- Medicaid, Medicare

E.D. Outpatient Therapists:

Associates in Psychology

603 772-3386
127 Water Street
Exeter, NH 03833

James Cameron, MA, LCMHC

Center for Adolescent and Family Services
29 Pork Hill Road
Ossipee, NH 03864
603 539-1700
- Medicaid

Chris Chance, PhD

Chestnut Hill Counseling
16 Fifth Street
Dover, NH 03820
603 749-4462

Dr. Deborah Hamilton, Ded, LICSW

3 Woodchuck Lane
Somersworth, NH 03875
603 692-4060

- Obesity, bulimia, and compulsive overeating
- Males and females 12 years and older
- Sliding scale

Joanne Lindbom, MSW, LICSW, ACSW

20 Ladd Street
Portsmouth, NH 03801
603 433-7291

- Male and female clients
- Sliding scale

MENTAL HEALTH:

Substance Abuse

Alcoholics Anonymous

1 800 593-3330

- Voluntary groups for alcoholics seeking help

Al-Anon

1 888 425-2666

- Support groups for helping with common problems of living with an alcoholic

Alateen

1 888 425-2666

- Groups for teens living with a problem drinker

CHANCES

603 755-3395

- Addiction counseling for 8-17years old within group format, substance abuse evaluations, individual addiction counseling

Hamel Substance Abuse Services

One Old Dover Road #10

Rochester, NH

603 335-7070

- No insurances

Nar-Anon, Cocaine Anonymous

603 645- 4777

- Learn how to live drug-free and recover from effects of addiction

Odyssey House ATC Program

30 Winnacunnet Road

PO Box 772

Hampton, NH 03842

603 926-6702

- Adolescent residential
- On-site school

Phoenix Academy at Dublin

PO Box 354

Dublin, NH 03444

603 563-8501

- Residential program for adolescents under 18

Rebecca Searles LDAC

1 Wakefield Street #310

Rochester, NH 03867

603 312-8181

- Medicaid

Debra Braun, LADC

6 Greenleaf Woods Dr. #202

Portsmouth, NH 03802

603 531-3704

MENTAL HEALTH:

Grief

Pete's Place Grief Support Center

603 740-2689

NAMI:National Alliance on Mental Illness

603 225-5359

- Educational programs, information, referral services and legislative action

Victims, Inc.

603 335-7777

- Support, court advocacy, Grieving Assistance Programs for adults and youth, Camp Purple Parachute

SEXUAL ASSAULT SUPPORT SERVICES

A Safe Place

150 Wakefield Street
Rochester, NH 03867
603 330-0214 and 436-4619 in Portsmouth

- Support for victims of date and domestic violence

Sexual Assault and Support Services (SASS)

150 Wakefield Street
Rochester, NH 03867
603 332-0775 and 436-4107 in Portsmouth

- Teen support groups, crisis intervention, education, prevention, non-offending partners groups, PTSD
- 24 hour crisis line:
1 888 747-7070

SEXUALITY SUPPORT PROGRAMS

Seacoast Outright

1 Falkland Place
Portsmouth, NH 03802
603 431-1013

- Teen line: 1 800 639-6095
- Support groups for gay, trans, bisexual, and questioning youth

PREGNANCY AND YOUNG PARENT

Goodwin Community Health Center

311 Route 108
Somersworth, NH
603 749-2346

- Health education, nutrition services, discounted meds, social services, STD & HIV testing and counseling and teen clinic
- Sliding scale
- Teen Clinic

Birthright

1 800 550-4900

- Emergency pregnancy service for unplanned or untimely pregnancy
- 24 hour hotline support
- Free maternity clothes

The Hub Family Support

150 Wakefield Street
Rochester, NH 03801
603 994-0012

- Family Empowerment Coordinator
- Young Parent Support Groups
- Home visits, support and education

WIC Program

311 Route 108
Somersworth, NH
603 749-2346

- Food assistance and nutrition information

HOUSING/SHELTER

Child & Family Services Group Home and Runaway & Homeless Youth Program

240 N. Main Street
Concord, NH 03301
603 224-9313

- Voluntary, residential, aftercare & outreach program for adolescents (13-18) with psychological, emotional and behavior problems. Statewide referrals

City Welfare

603 332- 3505

Homeless Hotline

1 800 852-3388

My Friend's Place

368 Washington Street
Dover, NH 03820
603 749-3017

- Temporary housing and support

Our House: A Place of Caring

576 Central Ave.
Dover, NH 03820
603 742-2963

- Residential facility for female adolescents 12-18 dealing with abuse/neglect
- Open 24 hours 7 days a week

Rochester Housing Authority

603 332-4126

Runaway Youth Program

99 Hanover Street
Manchester, NH
603 668-1920

- Provides host homes for runaways while situation is resolved for up to 14 days
- Assistance available on 24 hour basis

Safe Place, Inc.

150 Wakefield Street
Rochester, NH 03867
603 330-0214

- Provides a confidential location for people who have been abused by their partners
- Weekly support groups, referrals to lawyers, counselors and social services

Share Fund: Community Outreach

603 335-001

- Financial assistance with security deposits, back rent, and utility bills

Transitional Housing (Community Partners)

603 335-6470

CLOTHING

Salvation Army Thrift Store

28 Signal Street
Rochester, NH 03867
603 332-2698
Mon, Tues, Sat 9-6
Wed, Thurs, Fri 9-8

Rochester Community Center

Community Clothing Closet
150 Wakefield Street
Rochester, NH 03867
- Free clothing in The Community Room

FOOD & NUTRITION SERVICES

Dover Food Pantry

One Silver Street
Dover, NH 03820
603 742- 1666
- Thurs 9- 12

Food Stamps

Health and Human Services
603 332-9120

Gerry's Pantry

Community Center
150 Wakefield Street
Rochester, NH 03867
603 330-3468
Mon, Tues, Wed and Fri 1-3:30

Grace Community Food Pantry

603 332-9689
Tues 1-3:00, Sat 9-11:00
Call for an appointment

Liberty Baptist Church

603 942-9237
Tuesday 6:30

Salvation Army Pantry

36 Autumn Street
Rochester, NH 03867
603 332-2623
Mon, Wed, Fri 9- 2:00

WIC Program

311 Route 108
Somersworth, NH 603
749-2346

FAMILY SUPPORT SERVICES

CHANCES

603 755-3395

- Family mediation services
- Parenting classes

Developmental Services of Strafford County/

Partners in Health Program

603 749-4015

- Help for families with children experiencing chronic health conditions

Legal Advice Hotline and Referral Center

1 800-639-5290

NH Dept. of Health and Human Services

150 Wakefield Street Suite 22

Rochester, NH 03867

603 332-9120

DCYF, Division of Family Assistance

Parent Information Center

PO Box 2405

Concord, NH 03302

1 800 947-7005

- Parent training, workshops, advocacy and referrals

Strafford County Community Action

603 749-1334

Assistance to low-income and disadvantaged families

Welfare Office

Rochester: 332-3505

Barrington: 664-9007

Farmington: 755-2208

Milton: 652-4501

CHILDCARE SERVICES

Bee's Daycare

10 North Street

Rochester, NH 03867

603 335- 5437

Emmanuel Child Care Center

24 Eastern Avenue

Rochester, NH 03867

603 332-5353

- Ages 6 weeks to 9 years
- Open all year 6 am-6 pm

Pine River Pond Country Day Care

556 Pine River Pond Road

Wakefield, NH

603 522-9206

Rochester Childcare Center

95 Charles Street

Rochester, NH

603 332-9333

- Ages 6 mos. to 12 years
- Open all year 6 am to 6 pm

St. Leo's Kindergarten

59 Main Street

Gonic, NH

603 332-9840

Strafford County YMCA

59 Lowell Street

Rochester, NH

603 332-7334

- Ages 10 mos. to 5 years
- After school programs

Wakefield Child Care Center

7 School Street

Sanbornville, NH

- Ages 6 weeks to 5 years
- After school programs
- 603 522-3366