

Therapist/Counselor/Crisis Support Resources

Upper Valley Pediatrics 2 Counselors/ PCP Patients		331 Upper Plain Bradford, VT	(802) 222-4722
Little Rivers Health Care 3 Psych/10 Clinicians		437 S. Main St. Bradford, VT	(802) 222-9317
Sarah Davis, LCMHC	Connecticut River Counseling	139 Central St Woodsville, NH	(603) 747-2801
Rene Schulze	Newbury Family Counseling	4628 Main St Newbury VT	(802) 789-8467
Allison Andrews	Newbury Family Counseling	4628 Main St Newbury VT	(802) 274-5120
Clara Martin Center (VT residents)	Community Mental Health	1483 Lower Plain, Bradford VT	(802) 222-4477 24/7 Hotline: (800) 639-6360
Cottage Hospital	Rowe Health Center	Rowe Building, 103 Swiftwater Road, Woodsville, NH 03785	www.cottagehospital.org/medical-specialty/mental-health-rowe-health-center
Northern Human Services (White Mtn Health Care)	"Always on Call" system that can be reached via local numbers after hours	Littleton, Lancaster, Whitefield, Lisbon, Woodsville	(603) 444-5358
		Colebrook	(603) 237-4955
		Berlin/Gorham	(603) 752-7404
		Groveton	(603) 636-2555
Ammonoosuc Community Health Services		Woodsville, NH	(603) 747-3740
NH Rapid Response Access Point (NHRRAP) Through NH Dept of Health and Human Services	immediate, 24/7 access to mental health and/or substance use crisis support via telephone, text and chat services.		833-710-6477 (call, text, chat) www.nh988.com
NAMI (National Alliance on Mental Illness)	Support groups, 1:1 support, education, programs/resources		(800) 242-6263 www.namih.org info@namih.org

	for families who have a loved one with mental illness		
National Suicide Prevention Lifeline	24/7 free & confidential emotional support for people in suicidal crisis or distress, support/ resources for individuals & families		24/7 Hotline: (800) 273-8255 www.suicidepreventionlifeline.org
The Dougy Center National Center for Grieving Children & Families	Resources & on-line links for grieving families		www.dougy.org
PFLAG	Largest organization for support & resources for parents, families, friends & allies united with people who are lesbian, gay, bi-sexual & transgender		www.pflag.org
The Trevor Project	24 hour nationwide helpline for lesbian, gay, bi-sexual & transgender individuals and families		24/7 Hotline: (866) 488-7386 Crisis Text Support: Text START to 741-741
Disaster Behavioral Health Response Teams	health providers to respond to the mental health needs of New Hampshire residents following disasters	NH Dept of Health and Human Services	www.dhhs.nh.gov/esu/dbhrtnh.htm
West Central Behavioral Health	Community Mental Health	Lebanon, NH	(603) 542-5128 24/7 Hotline: (800) 564-2578 www.wcbh.org
HCRS (VT residents)	Community Mental Health	49 School Street Hartford, VT	(802) 886-4500 24/7 Hotline: (800) 622-4235 www.hcrs.org
WISE	Domestic Violence/ Sexual Assault Support	38 Bank St. Lebanon, NH	24/7 Hotline: (866) 348-9473 www.wiseuv.org
Upper Valley Haven	Housing & Food Support	713 Hartford, Ave WRJ, VT	(802) 295-6500

National Sexual Assault Hotline			24/7 Hotline: (800) 656-4673
SAMHSA National Hotline	Substance Abuse and Mental Health		24/7 Hotline: (800) 662-4357
VT - Child Abuse	DCF		24/7 Hotline: (800) 649-5285
NH - Child Abuse	DCF		24/7 Hotline: (800) 894-5533 (603) 271-6562