

MENTAL HEALTH RESOURCE GUIDE

Dover Pediatrics, PLLC

17 Old Rollinsford Rd. Dover, NH 03820

Phone: 603-742-4048 Fax: 603-743-3345

www.doverpediatrics.org



FINDING COUNSELING AND MENTAL HEALTH SUPPORT

Your Insurance Company

Contact the customer service or behavioral health number on the back of your insurance card. Ask for a list of in-network therapists that are accepting new clients. You may also be able to access this list online through their website. If you are unable to secure an appointment from the list, call the insurance company back and ask if they can help you find one. You might also ask about out of network (OON) benefits.

OON Benefits

Some behavioral health providers do not take insurance. In these cases, you will be charged directly at the time of your appointment. If you have OON benefits through your insurance, you may be able to get reimbursed for a portion of the cost. The therapist will provide you with a “superbill” to submit to your insurance company. To find out if and what you have for OON benefits, you might ask your insurance company the following questions:

- Does my insurance plan cover out-of-network benefits?
- What are my out-of-network mental health benefits?
- Do out-of-network benefits cover telehealth sessions?
- Do I have a deductible? If so, what is it and have I met it yet?
- Does my plan limit how many sessions per calendar year I can have? If so, what is the limit?
- Do I need written approval from my primary care physician in order for services to be covered?
- How much does my insurance plan reimburse for an out-of-network provider for CPT codes 90791, 90837, and 90874?

Community Mental Health Agencies

Community Partners serves Strafford County residents. If you would like to request behavioral health services, call the main number **603-516-9300 at 8:30 a.m.** to ask if there are any intake appointments available. If an appointment is available, it will be for the following week. Note: there may be a period between the intake period and regular therapy appointments. If there are no appointments, continue to call back every few days.

Seacoast Mental Health serves eastern Rockingham County residents. If you would like to request behavioral health services, call the main number **603-431-6703 and press option 2** or ask for ADMISSIONS. Alternately, you can also ask for admissions in-person at the office. The agency aims to schedule a same day appointment when possible but does have a waitlist.

Employee Assistance Program (EAP)

Ask your employer's Human Resources (HR) department if they have an Employee Assistance Program (EAP). EAPs are employee benefit programs offered by many employers. EAPs generally include assessment, short-term counseling and referral services for employees and their household members. Some have a network of counselors that will be able to see you quickly. Services are typically free and confidential, meaning your employer does not know if or when you use it.

Psychology Today ([psychologytoday.com](https://www.psychologytoday.com))

This website has a directory of therapy professionals. You are able to filter by location, insurance, age, issue, and more. You can view profiles of local therapists and contact them directly through the website.

Additional tips:

- Consider sending an email or submitting a "contact me" form on the provider's website or Psychology Today profile. Therapists often have busy schedules so make it easy for them to contact you by providing email and phone contact information.
- Be patient and be persistent!

MENTAL HEALTH RESOURCES & SUPPORT

The National Suicide Prevention Lifeline 1-800-273-8255 (TALK)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- Text: text HOME to 741-741
- Online chat: <https://suicidepreventionlifeline.org/chat/>
- Spanish: 1-888-628-9454
- Deaf & Hard of Hearing: 1-800-799-4889
- Veterans: 1-800-273-8255, followed by pressing 1

LGBTQIA2S+

The Trans Lifeline 1-877-565-8860

(Available 5PM ET/2PM PT – 1AM ET/10PM PT, 7 days/week)

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.

- **Family & Friends Hotline 1-877-565-8860**

To access this service, call the main hotline and ask for the Family & Friends Line. The operator will find out the best time to call you back and you will receive a call back from a Family & Friends operator who has lived experience supporting trans people.

The Trevor Lifeline for LGBTQ youth 1-866-488-7386

(Available 24/7/365)

You'll be connected to a Trevor counselor who is understanding of LGBTQ issues and won't judge you. Your conversation and messages will be anonymous, and you can share as much or as little as you like.

Text: **text START to 678-678**

Online chat: <https://www.thetrevorproject.org/get-help/>

MENTAL HEALTH RESOURCES & SUPPORT

SUBSTANCE USE

Seacoast Youth Services 603-474-3332

Seabrook, NH

Offers an Adolescent Substance Abuse Program (ASAP) for young people with early and mid-level substance abuse issues who are not in need of inpatient or residential treatment. If you need to reach them after regular business hours, you may dial **1-866.887.7350** to reach their on-call clinician.

SOS Recovery Community Organization 603-841-2305

- **Telephone Recovery Support Service (TRSS)** calls to Seacoast area residents that are in recovery from alcohol or other addictions as well as family members and loved ones of those who have struggled with substance misuse. TRSS is a peer-to-peer support service. Trained volunteers that are, in many cases, in recovery themselves, make weekly calls to “check in” and see how people are doing. Individuals and family members, or loved ones, are offered support; encouragement and information about resources that may help them maintain their recovery.
- **Parent Journey Through Recovery** is for parents/caregivers in recovery. A small group of parents and caregivers meet for 2 hours a week for 14 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

SAMHSA’S National Helpline 1-800-662-4357 (HELP)

(Available 24/7)

Treatment referral and information.

Treatment Service Locators

<https://www.nhtreatment.org>

<https://findtreatment.samhsa.gov/>

MENTAL HEALTH RESOURCES & SUPPORT

NEW HAMPSHIRE RESOURCES

NAMI NH's Information and Resource Line 1-800-242-6264 or info@naminh.org

(Available Monday through Friday 9AM to 5PM)

This is not a hotline or a crisis service, but is a phone line for families and individuals affected by mental illness/emotional disorders. Callers are connected with, or can leave a message for, one of the trained NAMI NH staff who can help answer questions and provide specific information on NAMI NH programs and supports. They can also provide contact information for local community and national resources.

NAMI NH Support Groups <https://www.naminh.org/find-support/support-groups/>

- Family support groups for family members and friends of adults w/ mental illness
- Parent support groups for parents of children/adolescents w/ social emotional challenges
- Peer support for information on support centers and groups for adults with mental illness
- Survivors of suicide loss support groups for adults who have lost a loved one to suicide
- Online support groups

HAVEN NH 1-603-994-SAFE (7233)

(Available 24/7)

Free and confidential support line for those affected by domestic violence, sexual assault or stalking.

MENTAL HEALTH RESOURCES & SUPPORT

MAINE RESOURCES

Maine Statewide Crisis Hotline 1-888-568-1112 or 711

<https://heretohelpmaine.com/>

(Available 24/7)

Whether you need immediate assistance, or resources for a loved one, the Maine Crisis Line is there to listen 24 hours a day, 7 days a week. The service is free, confidential and can help you connect with a trained professional in your area.

Sweetser Mobile Crisis Intervention 1-888-568-1112

(Available 24/7)

Mobile Crisis Intervention is provided in Androscoggin, Knox, Lincoln, Sagadahoc, Waldo and York counties, and northern Cumberland County (Brunswick, Freeport and Harpswell). Mobile crisis intervention specialists respond to clients' calls for assistance in their homes, at schools, or in other community settings. Sweetser's mobile crisis intervention specialists respond to crisis calls from parents, teachers, police officers, other guardians, and youth asking for immediate help with a child or family in crisis.

NAMI Maine 1-800-464-5767, press 1 or info@namimaine.org or helpline@namimaine.org

(Available M-F, 8AM-4PM)

The NAMI Maine Helpline is a mental health resource and referral line for peers, family members, friends, and professionals. They assist to navigate the mental health and/or criminal justice system, understand rights as a peer or family member, find a service or provided based on need, location, insurance, and income, offer resources and materials about mental health and recovery, engage in collaborative problem solving around mental health concerns, find information on educational opportunities and alternative avenues for support, etc.

MENTAL HEALTH RESOURCES & SUPPORT

MAINE RESOURCES

Maine Teen Text Support Line call or text 1-207-515-8398 (TEXT)
(Available daily 12PM to 10PM EST)

This peer support text line is for Maine youth 13 - 24 years old and is staffed by individuals 18 - 24. This is not a crisis line.

Maine Domestic Abuse Helpline 1-866-834-4357 (HELP) or
<https://www.mcedv.org/>
(Available 24/7)

The statewide helpline connects callers with advocates at the member Domestic Violence Resource Centers. You can also reach a local advocate directly by calling their DVRC-specific helpline number. Calling is free and confidential. Help is available at any time, day or night.

Maine Sexual Assault Helpline 1-800-871-7741 or
<https://www.mecasa.org/online-help.html>
(Available 24/7)

Free, private support from a trained sexual assault advocate. You have the chance to talk about what happened and/or information, resources, and referrals to help with next steps in healing, recovery, and care.

Intentional Warm Line 1-866-771-9276 (WARM)
(Available 24/7)

A peer-to-peer mental health phone support line for adults aged 18 and older, offering mutual conversations with a trained peer specialist who has life experience with mental health recovery.

MENTAL HEALTH RESOURCES & SUPPORT

MAINE RESOURCES

Maine State Al-Anon 1-800-498-1844 or <https://www.maineafg.org/>

Maine Al-Anon and Alateen are resources for anyone impacted by a relative or friend's alcohol dependency, either currently or in the past. Support is provided through literature and meetings, where everything shared remains confidential, as well as the identity of those attending.

MASSACHUSETTS RESOURCES

Samaritans Statewide Hotline Call or text 1-877-870-4673 (HOPE)

(Available 24/7)

A free and confidential hotline where trained volunteers offer nonjudgmental support.

Massachusetts Substance Use Helpline 1-800-327-5050 or

<https://helplinema.org/>

(Available 24/7)

A statewide, public resource for finding substance use treatment, recovery, and problem gambling services. Helpline services are free and confidential. Trained Specialists will help you understand the treatment system and your options.

Emergency Services Program/Mobile Crisis Intervention 1-877-382-1609

(Available 24/7)

If you or a loved one are experiencing a behavioral health crisis, you can get help without going to a hospital emergency room. A team member may come meet you where you are – at your home, a hospital, or another location in the community or can guide you to a walk-in location.

MENTAL HEALTH RESOURCES & SUPPORT

MILITARY & VETERAN FAMILY-SPECIFIC SUPPORT

NAMI NH

Contact Kimberly Somarriba, Military and Family Support Specialist at **603-568-5780** or ksomarriba@naminh.org

- Online support groups
- One-on-one support
- Education programs for families, caregivers, and friends of military service members and vets
- Family to Family program

The Veterans Crisis Line 1-800-273-8255 press 1

(Available 24/7)

Free, confidential support for Veterans in crisis and their families and friends.

Military OneSource 1-800-342-9647

(Available 24/7)

Free help and support for any military family member.

- Live chat militaryonesource.mil > Get Support > Live Chat with Us
- schedule an appointment for consultation militaryonesource.mil > Get Support > Schedule an Online Consultation

MENTAL HEALTH RESOURCES & SUPPORT

FAMILY SUPPORTS & SERVICES

Families First Family Center 603-422-8209

Portsmouth, NH <https://www.familiesfirstseacoast.org/family-programs/>
Offers parenting classes, parent-child playgroups, support groups, home-visiting, and more.

Relief Parenting respite and Resource Center 603-910-5467

Hampton, NH <https://www.reliefparenting.com/>

Offers classes and workshops, parent consultation, support groups, respite rooms (take a well-deserved nap!), supplemental professional practitioner services, ongoing support groups, work rooms, and on-premise childcare.

Community Action Partnership of Strafford County 603-435-2500

Offers several social service programs including food, education, child care, utilities assistance, transportation, housing, emergency shelter and access to other services.

DOVER PEDIATRICS

It is our joy and privilege to partner with you and your child by delivering coordinated, efficient and comprehensive pediatric health care! If you would like to discuss mental health concerns with a provider, please call 603-742-4048 to schedule an appointment. Our Behavioral Health Provider is also available for consultation in-person and by phone. They can work with you to identify appropriate treatment options, coordinate next steps in your behavioral health care, and provide support and resources.

