

MENTAL HEALTH RESOURCE GUIDE

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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** 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)

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

CRISIS SERVICES

NH Rapid Response Access Point 1-833-710-6477

Provides 24/7 free, confidential support by for those experiencing a mental health or substance use crisis, including thoughts of suicide. Trained behavioral health professional provide over the phone support and can dispatch a Mobile Crisis Response Team to location as needed.

- Text 1-833-710-6477
- Online chat: NH988.com

Sweetser Mobile Crisis Intervention 1-888-568-1112

Mobile Crisis Intervention is provided 24/7 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.

988 Lifeline

The Lifeline provides 24/7/365, free and confidential support for people facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to.

- Text: 988
- Online chat: chat.988lifeline.org
- Spanish/Español: 988, then press 2
- Deaf & Hard of Hearing: 988 with a Videophone number
- Veterans: 988, then press 1 or Text 838255

MENTAL HEALTH RESOURCES & SUPPORT

LGBTQIA2S+

The Trans Lifeline 1-877-565-8860 (press 2 for Spanish/Español)

(Available 1PM Eastern Time – 9PM Eastern Time, Monday through Friday)

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.

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/>

The LGBT National Youth Talkline 1-800-246-7743

(Mon-Fri 2PM-11PM; Sat 12pm-5pm)

Provides a safe space that is anonymous and confidential where young callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, isolation, anxiety at school, family issues, HIV/AIDS concerns, safer sex information, suicide, and much more.

<https://www.glbthotline.org/talkline.html>

Email: help@LGBTHotline.org

MENTAL HEALTH RESOURCES & SUPPORT

SUBSTANCE USE

Seacoast Youth Services 603-474-3332

Exeter, 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

- Phones are staffed Mon-Fri 8:30AM to 4:30PM. Individual one-on-one recovery planning and digital support services are available as well as all recovery, LGBTQIA+ all recovery, and family support meetings.
- **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.

SAMHSA'S Emergency Substance Abuse Hotline 1-800-662-4357 (HELP)

(Available 24/7)

TEXT: 435748 (HELP4U)

Free, confidential help for people facing substance abuse issues.

Treatment referral and information.

Treatment Service Locators

<https://www.nhtreatment.org>

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

MENTAL HEALTH RESOURCES & SUPPORT

NEW HAMPSHIRE RESOURCES

NH Rapid Response Access Point 1-833-710-6477

Provides 24/7 free, confidential support by for those experiencing a mental health or substance use crisis, including thoughts of suicide. Trained behavioral health professional provide over the phone support and can dispatch a Mobile Crisis Response Team to location as needed.

Text 1-833-710-6477

Online chat: NH988.com

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 988

<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 1-800-950-6264 or Text "NAMI" to 62640

(Available M-F, 10AM-10PM)

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 1-800-464-5767 or Text “Friend” to 62640 or chat online at nanimaine.org/teentextline/
(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/>
For deaf and hard of hearing: 1-800-437-1220
(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

Massachusetts Substance Use Helpline 1-800-327-5050 or text "HOPE" to 800327

<https://helplinemass.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/Crisis Services Program Call or Text 1-833-773-2445

(Available 24/7/365)

If you or a family member are experiencing a mental health or substance use disorder crisis, the Behavioral Health Help Line (BHHL) is available 24 hours a day, 7 days a week, 365 days a year. Anyone may contact the Help Line for immediate help.

MENTAL HEALTH RESOURCES & SUPPORT

MILITARY & VETERAN FAMILY-SPECIFIC SUPPORT

NAMI NH

<https://www.naminh.org/resources/militaryandveteranresources/>

The Veterans Crisis Line 988, then press 1 or TEXT 838255 or chat online at

<https://www.veteranscrisisline.net/>

(Available 24/7)

Free, confidential support for Veterans in crisis and their families and friends. You don't have to be enrolled in VA benefits or health care to connect.

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.

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 with your child's pediatrician. Our Behavioral Health Providers are also available for consultation. They can work with you to identify appropriate treatment options, coordinate next steps in your behavioral health care, and provide support and resources.

