



Counseling Services – New Hampshire

Here are some tips to help you find counseling services near you.

First Steps

- **Contact your insurance.** Check the back of your insurance card for a phone number for “mental or behavioral health” that you can call and ask for local providers in your network.
- **If you have one, speak with your employer’s Employee Assistance Program (EAP).** They usually have a list of local therapists. Your EAP may also provide short-term counseling and help you identify any longer-term therapy needs.

National Organizations

- **The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** 800-662-HELP (4357) TTY: 800-487-4889 or visit: [samhsa.gov/find-treatment](https://www.samhsa.gov/find-treatment) can help you find care near you.
- **If you don’t have insurance, or need a sliding fee, look for a Federally Qualified Health Center.** They offer care including mental health and substance use services. They’re authorized to provide telehealth services even if you’ve never been a patient at one before. Find a center near you: [findahealthcenter.hrsa.gov/](https://www.findahealthcenter.hrsa.gov/).
- **HelpPRO:** [helppro.com](https://www.helppro.com)
- **Psychology Today Therapist Finder:** [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)

In New Hampshire

- **Call 211** - Call 2-1-1 on your phone 24 hours a day, 365 days a year, or search for services on the web [211nh.org](https://www.211nh.org). 211 is staffed by trained specialists who quickly assess your needs and refer you to the help you need. 211 services are free, confidential, and available in many languages.
- **New Hampshire Rapid Response Access Point (NHRRAP)**– Provides individuals with 24/7 access to mental health and/or substance use crisis support.
 - Call or text 1-833-710-6477 or chat at: [nh988.com/contact/](https://www.nh988.com/contact/)
- **New Hampshire Community Behavioral Health Association** is comprised of the ten community mental health centers throughout New Hampshire that provide ongoing and emergency behavioral health services to New Hampshire residents, both children and adults. Find the center that serves your community at: [nhcbha.org/](https://www.nhcbha.org/)
- **Contact your local health center and hospital**- these organizations may also offer behavioral health.

Support Groups

- **NH Peer Support agencies-** Support is provided to people with a mental illness by peers that also have a mental illness.
 - To find your local agency visit:
dhhs.nh.gov/programs-services/mental-health/peer-support-agencies
- **National Alliance on Mental Illness (NAMI) New Hampshire-** Offers support groups for adults that have experienced symptoms of a mental health condition. In addition, specific groups are available to family members. See group listings at:
naminh.org/support-groups/

Online Programs

There are several online sites that offer a variety of services including video meetings, phone calls, live chat and messaging. They can be helpful, but may not offer all of the services above, may have monthly/weekly fees, and may not be covered by insurance. Examples include Amwell, Better Help and TalkSpace. Learn more at:
[https://www.apa.org/monitor/2017/02/online-therapy.](https://www.apa.org/monitor/2017/02/online-therapy)