

# 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