

## SAU #63 Community Mental Health Resource List

*DIAL 2-1-1 and contact NH 2-1-1 24 hours a day, 7 days a week to find local and statewide resources or visit [www.211nh.org](http://www.211nh.org)*

Family Guidance Center:  
672-5005

Concord Behavioral Health  
Michael Zoltko  
(603) 272-6500

Greater Nashua Mental  
Health Center: 889-6147

24-Hour Emergency Hotline:  
1-800-762-8191  
[www.gnmhc.org](http://www.gnmhc.org)

Harbor Homes: 821-7788

Riverbend: 1-800-852-3323  
[www.riverbendcmhc.org](http://www.riverbendcmhc.org)

Monadnock Family Services:  
357-5270  
[www.mfs.org](http://www.mfs.org)

Mental Health Center of  
Greater Manchester:  
668-4111  
[www.mhcgm.org](http://www.mhcgm.org)

Milford Regional Counseling:  
673-2508  
[www.mrcs.org](http://www.mrcs.org)

National Youth Crisis Hotline  
1-800-448-4663

Emotional Distress:  
1-800-LIFENET

H.E.A.R.T.S.: 603-882-8400  
[www.heartpsa.org](http://www.heartpsa.org)

Keystone Hall: 603-881-4848  
[www.keystonehall.org](http://www.keystonehall.org)

Attention Deficit Disorder:  
(800)-223-4050

National Foundation for  
Depressive Illness:  
(800)-248-4344

SUICIDE PREVENTION:  
1-800-563-5393

DEATH:  
Grief Recovery Hotline  
1-800-445-4808

**The Counseling Center  
Nashua Office**  
1 Main St.  
Nashua, NH 03064  
(603) 883-0005

**Peterborough Office**  
45 Main St.  
Peterborough, NH 03458  
(603) 924-3331

**Manchester Office**  
697 Union St.  
Manchester, NH 03104  
(603) 627-3111

**Merrimack Office**  
294 D.W. Hwy  
Merrimack, NH 03054  
(603) 883-0005

**Milford Regional  
Counseling Service**  
673-2508

**Family Guidance Center of  
Milford**  
672-5005

**Granite State Child &  
Family Services**  
672-1881

**The Youth Council-Nashua  
Sue Kim-  
Clinical Psychologist**  
1134 Gibbons HWY  
Wilton, NH 03086  
(603) 654-2181

**Sarah Benoit, LICSW**  
Milford: 601-4686

**Charlene Curtis, LICSW**  
Amherst: 672-0344

**Ralph Natalie, PhD**  
Amherst: 672-4156

**Barton Bryant, PhD**  
Amherst: 673-1661

**David Brower,  
PhD/Pastoral Counseling**  
Amherst: 673-7700

**Delia Kostner, PhD**  
Amherst: 672-3839

**Kristie Plumb, LCMHC,  
LADC-Merrimack Valley  
Counseling Assoc.**  
Nashua: 888-4347

**Psychiatrists**  
Dr. Devra Cohen, Nashua  
598-0022

Dr. Kaladish, Amherst  
673-5558