

Counseling & Outpatient Behavioral Health

Following is a partial listing of local resources for emotional support, counseling, and outpatient behavioral health services. The list includes a brief sampling of local agencies and listings of therapists who may accept Medicaid and other insurance plans as well as offer sliding scale fees to qualifying individuals. This list is for informational purposes only and is not intended to endorse any particular agency or therapist.

Connections Peer Support Center

Peer-driven, recovery-oriented support program offering on-line groups, enrichment activities, support groups, transportation to and from the center, and a “warm-line” peer support telephone line for non-crisis chatting.

www.ConnectionsPeerSupport.org

544 Islington Street
Portsmouth, NH 03801

Office Phone: (603) 427-8679
Peer phone line: 603-433-8679

Peer Support Warm line:

Monday-Friday, 8:30 a.m. - 10:00 p.m.
Saturday-Sunday, 5:00 – 10:00 p.m.

1-800-809-6262
(603) 427-6966

Seacoast Mental Health Center

<https://smhc-nh.org/>

1145 Sagamore Ave
Portsmouth, NH 03801

(603) 431-6703

Community Partners

<https://communitypartnersnh.org/>

50 Chestnut St,
Dover, NH 03820

(603) 516-9300

Families First

<https://www.familiesfirstseacoast.org/>

100 Campus Drive, Suite 12
Portsmouth, NH 03801

422-8208

Goodwin Community Health

<https://goodwinch.org/>

311 NH-108
Somersworth, NH 03878

749-2346

Mill House Counseling Center

<https://www.millhousecounseling.com/>

180 Locust St,
Dover, NH 03820

(603) 742-1373

Child & Family Services

7 Junkins Ave,
Portsmouth, NH 03801

(603) 433-3109

Psychology Today Webpage

Listing of Portsmouth area therapists accepting Medicaid, some of whom also offer sliding scale fees.

<https://www.psychologytoday.com/us/therapists/medicaid/nh/portsmouth>