

## 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](http://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, 8:30AM - 10:00PM  
Saturday-Sunday, 5:00 – 10:00PM

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

### New Hampshire Rehabs

<https://rehabs.org/centers/new-hampshire/>

### 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

603-422-8208

## **Goodwin Community Health**

<https://goodwinch.org/>

311 NH-108

Somersworth, NH 03878

603-749-2346

## **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>