

Mental Health Counseling Resources (08/15/07)

Compiled in collaboration with *Pinkerton Academy's* Health Services, Guidance, and Special Education Departments.

Advantage Counseling	Counseling services	Nashua	603-888-0561
Alcoholics Anonymous	1-800-711-6375, 1-800-593-3330, 1-800-443-9484	Derry	603-647-8052
Allen, Jeanne MSW, LADC	Alcohol/substance abuse (Exeter Couns. Center)	Exeter	603-778-7433
Andover Mental Health	Sue Christopherson	Andover, MA	978-470-0520
Bagshaw, Linda	Child/Adol./Adult therapy; Elliot/Manchester Counseling	Manchester	603-668-4079
Bastille, Ann	Couns. Anxiety & Depression	Hudson, NH	603-889-3443
Bates, Fred	Substance abuse, Anger Manag. (Birch Tree Couns)	Derry	603-296-4087
Bedford Counseling Assoc.	Couns. & Med. Manage. (ARNP's & Psychiatrists)	Manchester	603-623-1916
Bedford Counseling	Linda Orman, Jan Brown	Manchester	603-623-1916
Birch Tree Counseling	(AKA Birch St Couns. Ctr-full range services/Christian Counsel.	Londonderry	603-296-4087
Birthright	Free pregnancy support services	Derry	603-434-3000
Boutin, Michelle	Abuse work – Manchester Counseling	Manchester	603-668-4079
Broad Street Counseling Serv.	Medication & Counseling	Nashua	603-889-8781
Brookhaven Christian Counseling			603-641-8020
Brown, Katherine		Exeter	603-436-8261
Bussison, Charlie	Counseling services, Drug and Alcohol	Londonderry	603-434-8040
Care Net	Pregnancy support service Nashua, NH	Manchester	603-623-1122
Carmichael, Deborah	Sexual Abuse	Londonderry	603-434-8040
Carner-Higgins, Jodi	ARNP Med. Management: Depression, Anxiety, ADHD	Manchester	603-668-4079
Catholic Charities	Adol/Adults - Indiv/Couples: anx., ADHD, dep., grief, relationships		603-889-9431 or 893-1971
Cawley, Dorren	ARNP Med. Management Children & Adol. (Broad St. Counseling)	Nashua	603-889-8781
Center for Life Manage. (CLM)	Adolescent Services ~ Emer. Services 434-1577	Salem	603-893-3548
Center for Life Manage. (CLM)	Adult Services ~ Emer. Serv. 432-2253 (after 5pm & Weekends)	Derry	603-434-1577
Charpentier, Dolores	Art Therapy, Adopt., PTSD, Grief, EMDR (Birch Tree Couns)	Londonderry	603-296-4087
Child & Family Services of NH	Counseling (wide range of services including school prob.)	Manchester	800-640-6486
Clear brook Counseling	Charles Bussison, Debora Carmichael – Anger Mngt.	Londonderry	603-434-8040
Clemmons, Jeannette	Child Psychiatrist; Elliot/Manchester Counseling	Manchester	603-668-4079
Cohen, Devra MD	Child/Adol. Psychiatrist – does not take insurance	Nashua	603-598-0022
Conway, Ann	Couns.: Sexual abuse & other	Nashua	603-880-1938
Cornerstone Counseling	Raymond Arsenault, Cynthia Arsenault & Bonnie Boston	Salem	603-898-5105
D'Angelo, Beverly	Advantage Counseling	Nashua	603-888-0561
Derry Counseling Services	Paul Wright - Anger Mngt. & Addictions	Derry	603-434-5672
Diaz, Shawne	Adult and Faith Based; Elliot/Manchester Counseling	Manchester	603-668-4079
DiPhillips, Sandra	Adol. & Adults: Substance abuse, PTSD, mood disorders	Londonderry	603-425-2059
Duffley, Sarah	Adol. & Family Couns.: dep., grief, dying, HIV iss.		
Edward Jacobs, PhD & Assoc.	Psych. Test., NeuroFeedback	Londonderry	603-437-2069
Edwards, Kay	Counseling.: play therapy, EMDR, (Birch Tree Couns)	Londonderry	603-296-4087
Fam. Strengths & Derry Fam.Outreach	Child, Couples, Family Counseling	Derry	603-432-0463
Exeter Counseling Center	Full range of counseling services	Exeter	603-778-7433
Fennelly, Patricia	Couns.: Dep., multiple personality, etc.	Londonderry	603-421-0059
Frydenborg, Christine PhD	Anxiety d/o, depression,	Londonderry	603-437-3393
Ganem, Jennifer ARNP	Med. Mgmt: ADHD, Women's Iss. Eating Dis., *Aspberger's	Londonderry	603-432-3399
Gear, Josh MD	Child/Adol. Psychiatrist~Brichel Center for Neurodev.	Portsm:	334-3311 or 610-0235
Goddard, Bob, PhD.	Counseling services	Bedford	603-629-9851
Goodman, Laura & Michelle Wilson		Andover, MA	978-475-1617
Groesch, Sarah	Counseling	Nashua	603-881-9311
Guldenstern, Donna	Couns., EMDR, abuse, adoption, Evergreen Counseling Serv.	Bedford	603-626-5400
Hafez, MD psychiatrist	Counseling and med mgmt. (Resource for cultural issues)	Nashua	987-6462 / 594-0315
Hampstead Hosp.	Adols. Inpatient services	Hampstead	603-329-5311
Higgins, Julie	Child/Adol./Adult Psychotherapist; Elliot/Manch. Counseling	Manchester	603-668-4079
Hinds, Chris	Student Support Counselor @ Pinkerton Aca.	Derry	437-5200x1129
Holder, Jason	Counseling, ADHD, AdventureLore	Danville	603-382-4661
Hutton, Anna	PsyD Child Neuropsychologist; Elliot/Manchester Counseling	Manchester	603-668-4079
Jacobs, John MD	Adol. Thx and med	Hookset	603-627-5539
Jacobs, Vicki	Ed Jacobs practice	Londonderry	603-437-2069
Jobin, Lisa	Adult & Faith Based; Elliot/Manchester Counseling	Manchester	603-668-4079
Kearns, Jerry	Drug and Alcohol Counseling – Ordway Counseling	Hampstead	603-329-1194

Kelly (Laurence and Cheryl)		work with adolescents	Manchester	603-625-1670
Knierien, Carol		Adult psychotherapy; Elliot/Manchester Counseling	Manchester	603-668-4079
Knight, Michael Dr.		Hampstead Hospital	Hampstead	603-329-5311
Kostner, Delia, PhD		Wide range of services	Amherst	603-672-3839
Kuftnic, Alexandra "Sasha" MD		child ~ adolescent med mgmt. Nashua Comm. Council.	Nashua	603-886-9666
Lambert, Rene		Psychiatrist (primarily adult); Elliot/Manchester Counseling	Manchester	603-668-4079
Larsen, Loralee		Counseling (long term illness)	Nashua	
Lerner, Kenneth		Psychiatrist; Elliot/Manchester Counseling	Manchester	603-668-4079
Macaulay, Caitlin		Adult Neuropsychology; Elliot/Manchester Counseling	Manchester	603-668-4079
Maiello, Nancy		Couns.: trauma, eating disorders	Dover	603-742-9200
Mair, Susan		Couns.: works with some addictions	Dover	603-742-9200
Manchester Couns. Serv.:		Counseling and med management		603-668-4079
Marriage/Family Therapy Assoc.		Wide range of treatment areas	Salem	603-890-8670
Mattia, Robert	M.Ed., CAGS	Psychotherapy, Psych Testing, Consultation	Londonderry	603-437-2069
Mcdonough, Sheila	LCMHC	Adolescents and Adults, Anx. D/O, Sexual Abuse	Manchester	603-665-9590
McGrath, Jane	ARNP	Med. Manage.: Dep., Anx., PTSD, Substance Abuse	Nashua	603-883-0005
McMahon, Karen		Child/Adol./Adult Psychotherapy; Elliot/Manch. Counseling	Manchester	603-668-4079
McNamara, Ann		Couns.: Sexual Abuse & other (limited basis)	Londonderry	603-437-9488
Mendell, Allan MD		Child Psychiatrist Med. mgmt – The Counseling Center	Nashua	603-883-0005
Milad, MD psychiatrist		Hampstead Hosp. (may be resource for cultural issues)	Hampstead	603-329-5311
Minard, Faith, ARNP		Adult psycho./med. management; Elliot/Manch. Counseling	Manchester	603-668-4079
Mote, Sandra ARNP		Meds & Couns.: Women's issues	Dover	603-742-9200
Mozo, Mary		Counseling services	Salem	603-890-8674
Munger, Ken		Counseling services, Individual and Family	Exeter	603-772-2157
Parsons, Kelly		Child, Adol. & Adult Couns.: EMDR (Birch Tree Couns)	Londonderry	603-296-4087
Patch, Kay	ARNP	Meds & Couns.: Children, Adol. & Adults	Dover	603-742-9200
Patil, Jay MD	Psychiatrist	Medication Management: Children & Adol.	Bedford	603-669-7999
Peana, Meg		Counseling	Bedford	603-626-4882
Positive Pathways Counseling		Anger Manage., ADHD, Eating Dis., Grief, Phobias	Windham	603-893-9857
Powers, Katherine MSW		Counseling services	Londonderry	603-552-5155
Romain, Peter		Abuse Work		603-623-7708
Rose, Sandra		Couns.: Cognitive behavioral therapy	Dover	603-742-9200
Saidel, Michele MD		Child/Adol. Psychiatrist	Hampstead	603-329-5694
Salem Psych. Assoc.		Full range of services offered	Salem	603-893-7700
Seacoast Mental Health		Full range of counseling services	Exeter	603-772-2710
Shattuck, Wesley		Couns. includes EMDR & biofeedback (Birch Tree Couns.)	Londonderry	603-296-4087
Sobin, Jonathan	Psy.D	Clinical Psychologist, Work with adolescents and families	Nashua	603-889-8781
Steal, Barbara		Court mandated sex offender Tx/course~	Manchester	603-848-7463
The Counseling Center		Therapy and medication management Nashua	Manchester	603-627- 3111
Tocman, Marnie		Counseling (Ed Jacobs practice)	Londonderry	603-437-2069
Upper Room		Adol. Serv.: Anger Manage., Teen Preg. & Parenting support	Derry	432-8878 437-8477
Van Slooten, Paul		Couns.: sees kids and couples	Dover	603-742-9200
VNA		Bereavement counseling – Chan Newton, Coordinator	Manchester	603-622-3781
Warren, Mary	ARNP	Child & Adolescent Medication Management	Nashua	603-886-5565
Westaway, Patricia		Relaxation, ADHD, Adol. and Adults (Birch Tree Couns.)	Londonderry	603-296-4087
Wu, Philip MD		Psychiatrist; Elliot/Manchester Counseling	Manchester	603-668-4079
Wyman, Rhys		Windham, NH	603-890-1741,	603-894-9875
www.merrimackvalleycounseling.org		Ind, marital, anger mgmt, dep/anx thx, sub abuse, school assess.	Nashua	603-888-4347

Resources for Eating Disorder Evaluation/Treatment

Associates in Psychology	Eating Disorder Specialists, 127 Water St.,	Exeter	603-772-3386
Brattleboro Retreat	Inpatient, residential (very structured program)	Brattleboro, VT	800-738-7328
Cambridge Eating Disorder Center		Cambridge, MA	617-547-2255
Center for Anxiety and Related Disorders		Boston Univ.	617-353-9610
Center for Change	Eating Disorder Treatment Center	Utah	888-224-8250
Center for Comprehensive Counseling Services, Cindy Carraccio,		Nashua	603-886-5565
Center for Eating Disorders Management, Inc., Outpatient Center	Dover: 603-742-0047	Bedford	603-472-2846
Children's Hospital	Eating Disorders Unit, (good record of success in past)	Boston, MA	617-355-7178
CLM	Barbara Zanni,	Salem	603-893-3548
CMC Support Group	Facilitator Linda Gagne (weekly)		603-529-8122
Deaconess/Waltham Hospital	Eating Disorders Unit	Waltham, MA	781-647-6700
Felluss, Tina	Counseling	Portsmouth	603-430-9888
George, Janice	Eating Issues	Portsmouth	603-436-3653
Grant, Renee	Works exclusively with eating disordered adolescents		603-880-4625
Hampstead Hospital	Eating Disorders Treatment Center	Hampstead	603-329-5311
HelpNet	Eating Disorder referral resource		800-6520155
Institute of Living	Eating Disorder Treatment Center	Hartford, CT	800-673-2411
Maiello, Nancy	Great Bay Mental Health Assoc.	Dover	603-742-9200
Mass. General Hosp.	Drs.: David Herzog (617-724-0799), Anne Becker (617-724-2934), Mark Goldstein		617-726-2730
McLean Hospital	Klarman Eating Disorder Center Belmont, MA	617-855-3410	800-333-0338
Milestones in Recovery	Florida		800-347-2364
Monte Nido	Eating Disorder Treatment Center	California	310-457-9958
New England Medical Center	Dr's. George Hsu (617-636-5731) Margaret Marino (617-636-0132)	Boston	
Ostroff, Monika	Individual & Group Counseling	Exeter	603-775-7777
Ranson, Jodi and Mary Jo Martin	Eating disorders counseling - also Dover 742-1746	Exeter	603-772-3386
Remuda Ranch	Eating Disorder Treatment Center (some financial aid available)	Arizona	800-445-1900
Renfrew Center	Eating Disorder Treatment Centers in CT, PA, NJ, FL, NY		800-736-3739
Rogers Memorial	Eating Disorder Treatment Center (also Men's ED Prog.)	Wisconsin	800-767-4411
Slatoff & Ward Psychological Assoc.	Nashua 603-881-9311.	Londonderry	603-425-7757
Snell, Nancy			603-437-6378
Swatling, Susan	Nashua 603-883-8911	Londonderry	603-425-7757
Tuscon, Sierra			800-842-4487
Waltham Behavioral Care	Eating Disorder Program	Waltham	781-647-6727

DBT Resources

Dialectic Behavior Therapy (DBT): is a structured program for developing coping strategies for personality disorder issues, cutting, and other forms of self-injury.

Center for Counseling & Human Awareness	Carolyn Morgan & Elizabeth Panagulis (DBT)	Nashua	603-880-9880
Center for Life Management (CLM)	Adult Serv. Derry 603-434-1577	Adoles. Serv. Salem	603-893-3548
CLM 24 Hour Emergency Services		(days) 603-434-1577 (After Hours) 1-800-762-8191	
Greater Manchester Mental Health Center		Manchester	603-668-4111
Riverbend Counseling Services		Concord	603-228-1551 or 1600
Windham Inn	Part of CLM Behavioral Services	Derry & Salem	603-434-9937
Beth Salvy-Hudgins	DBT ~ Individual and Group ~ doesn't accept under 12 years.	Old Exeter	(603)773-9899
Betty Penagoulis	No insurance, 6wk sessions, \$30 a session/1x per wk.	Nashua	880-9800

Katie Beckett & Medicaid may help with lack of insurance

Additional Resources

AdventureLore	Activity-based youth support/counseling	Danville	603-382-4661
Ask-A-Nurse	24 hour health info and referral service		603-626-2626
Big Brothers/Big Sisters		Manchester	603-669-5365
Catholic Charities	Manchester Regional Office 624-4717	Manchester Central Office	603-669-3030
Child and Family Services of NH		Manchester	603-668-1920
Consumer Credit Counseling Service	1-800-327-6778	Concord	603-224-6593
Div. of Human Services/State of NH		Manchester	603-668-2330
Drug and Alcohol Help Line			1-800-211-4960
CHS	Physical and Mental Health Insurance	Derry	603-425-2545
Elliot Hospital Healthline			1-800-235-5468
Families in Transition	Provides social services and/or housing to homeless	Manchester	603-641-9441
The Family Resource Connection	www.state.nh.us/nhsl/frc	Concord	1-800-298-4321
Info-Bank of Greater Manchester	Provides information about various services/agencies	Manchester	603-668-8600
International Center	Provides direct and indirect services to all nationalities	Manchester	603-668-8602
Latin American Center		Manchester	603-669-5661
Legal Advice Referral Service			1-800-639-5290
Manchester Housing and Redevelopment Authority			603-624-2100
Mental Health Center of Greater Manchester			603-668-4111
NH Housing/Finance Authority			603-472-8623
NH Legal Assistance		Manchester	1-800-562-3174
Nurse on Call – Elliot Hospital			603-663-4567
Ordway Counseling Center	Alcohol/Drug issues – full range of counseling	Hampstead	603-329-1194
Our Place	Adolescent pregnancy and parenting program	Manchester	603-663-6376
Parent Line			1-800-640-6486
Parents Anonymous of NH			1-800-750-4494
Planned Parenthood of Northern New England	Facts of Life Line 1-800-359-3359		1-800-230-7526
Project Rachel (post abortion counseling)	Catholic Charities: 624-4717 Manchester); 889-9431 (Nashua); 893-1971 (Windham)		
Queen City Mother of Twins Club			603-627-0550
The Salvation Army	Emergency assistance, seasonal support, comm. programs	Manchester	603-627-7013
Vocational Rehabilitation		Manchester	603-669-8733

ALWAYS CONSULT YOUR INSURANCE REFERRAL INFORMATION TO BE SURE THAT A PROVIDER IS COVERED UNDER YOUR PLAN OR BENEFITS MAY BE DENIED. IF MEDICAL EVALUATION WILL BE PART OF THE PROGRAM A REFERRAL FROM THE PRIMARY CARE PROVIDER MAY ALSO BE REQUIRED.