

Child, Adolescent & Family Services

Clinical Services

- Individual, group, and family therapy using evidence-based approaches
- Psychiatric evaluation and medication management for current clients as appropriate
- Specialized evaluation and treatment for substance use disorder specific to youth and families
- Specialized treatment services for trauma
- Crisis stabilization

Outreach Services

- Mental health services in the schools
- Project RENEW, empowering youth to create future opportunities
- Support and case management in the community
- Children’s intensive community treatment program designed to reduce hospitalizations and prevent out-of-home placement

Child Impact Seminars

A 4-hour program ordered by the courts, to help parents understand the impact separation and parental conflict can have on children.



Deaf & Hard of Hearing Services

(Services Provided State-Wide)

Many individuals who are Deaf or Hard of Hearing and need to access mental health services face obstacles to getting the care they need.

The good news is that the GNMH Deaf Services team, a group of Deaf and hearing professionals who are fluent in American Sign Language, are able to provide mental health and/or substance use disorder services statewide. The team understands the challenges related to deafness and hearing loss.

Our services are available for adults, children and families, including hearing children of Deaf parents, and hearing parents of Deaf children, and include:

- Individual, family and group therapy
- Psychiatric evaluation and medication management for current clients as appropriate
- Interpreters for appointments with non-signing GNMH providers.
- Functional support services and case management in the community



Services for Members of the Armed Forces & Veterans

Far too many Veterans with mental health and substance use disorders are suffering in silence. If you or an immediate family member have ever served in any branch of the military, regardless of discharge status, and are struggling with a mental health and/or substance use disorder that interferes with your day-to-day functioning, we have services that can help!

We have a team of professionals with specialized training in military culture who understand the unique experiences of those who have served their country.

- Outreach services
- Assistance obtaining available benefits
- Individual and group therapy
- Case Management
- Care Coordination
- Functional Support Services in the community
- Psychiatric Rehabilitation Services
- Housing resources through community partners
- Integrated Primary Health Care services
- Referrals to the Veterans Health Administration as appropriate



Adults & Older Adult Services

GNMH offers innovative, state-of-the-art services to adults of all ages, including:

- Individual, family and group therapy
- Psychiatric evaluation and medication management for current clients as appropriate
- Assertive Community Treatment (ACT) and crisis stabilization services, designed to reduce hospitalizations and out-of-home placement
- Case management and peer support services
- Supported employment services
- Homeless outreach services and housing support services
- Mental Health Court and Drug Court programs, providing needed treatment in lieu of incarceration and helps break the cycle of repeated criminal justice involvement resulting from substance misuse
- Specialized services for older adults
- First Episode Psychosis program

Life has its challenges, but you are not alone. Everyone needs help at some point.



Specialized Seven Challenges® program

This innovative program is for adolescents and young adults (ages 12-18) and their families. **The Seven Challenges® program** builds an environment of mutual respect where individuals can talk openly and honestly about themselves, engage in actively thinking about their use of alcohol or other drugs and its affect upon their lives. This approach to recovery also addresses “co-occurring” mental health disorders, such as depression, anxiety or a history of — trauma.

Welcome!



Our Mission

Empowering all people to thrive through excellent care, community engagement, and a commitment to innovation and growth.

Greater Nashua Mental Health is the state-designated Community Mental Health Center for Greater Nashua and a Certified Community Behavioral Health Clinic and offers substance use and mental health disorder services. Services are provided in the office, community, in schools, and are available for people of all ages. We never turn anyone away due to their inability to pay.

As a client you also have personal access to the following benefits and services:

- Supported Employment Services
- InteGreat Health Clinic
- InShape Program
- Specialized Support Groups

To find out more speak with your therapist or case manager today!

Our Locations

New Client Intake Services

Adult & Older Adult Services

Deaf Services

Substance Use Disorders

440 Amherst Street
Nashua, NH 03063

Child, Adolescent & Family Services

15 Prospect Street
Nashua, NH 03060

General Adult Services
InteGreat Health

7 Prospect Street
Nashua, NH 03060

Emergency Services and
24/7 Mobile Crisis Response Team

5 Pine Street Extension
Nashua, NH 03060

Administrative Offices

100 West Pearl Street
Nashua, NH 03060

New Client Walk-In Intake Services

440 Amherst Street
Nashua, NH 03063
Mon-Thur: 8:00 am - 11:30 am

Contact Us



Main Phone: (603) 889-6147

NH Rapid Response Access Point for 24/7

Behavioral Health Crisis Support - Call or

Text: (833) 710-6477 or **Chat:** NH988.com

Deaf Services Video Phone: (603) 821-0073

To speak to an interpreter: (844) 245-4458

GNMH



www.gnmh.org

Greater Nashua

GNMH

Mental Health

Healing begins with

Hello

Established in 1920

We are here for you.

Substance Use Disorder Services

For individuals 12 and up

If you or someone you know is struggling with a substance use disorder, we are here to help.

We offer an array of outpatient services including:

- Assessment and evaluation by professionals trained in substance use disorders
- Individual and family therapy
- Peer recovery support and case management
- Intensive Outpatient Program (IOP)
- Outpatient group therapy
- Medication Assisted Therapy (MAT)
- Drug Court program, to break the cycle of criminal involvement through treatment and effective rehabilitation services

Our H.O.P.E Program

For individuals 15-35 years of age

H.O.P.E, which stands for "helping overcome psychosis early," is an early intervention approach for young individuals between the age of 15-35 who experience a first episode of psychosis.

The key to this program is effective and early intervention. There is a common misconception that often labels individuals with schizophrenia as hopeless. The reality is that there is HOPE, and with coordinated specialty care and treatment, individuals can work toward recovery.