

Pembroke, NH: Local and Capital Area Community Resources

*****These are resources that the Student Services Department at Pembroke Academy has found helpful for students and families. It is not meant to include every service offered throughout the state. If what you're looking for cannot be found here, consider calling 211, a comprehensive information and referral service for New Hampshire. Please also note that due to Covid-19 impacts, service availability or protocols may be changed. Consider calling various agencies ahead of time in order to get information about specifics.*****

Medical Services and Crisis Support

Concord Hospital Family Health Center (603) 228-7200 Medical services offered include primary and preventative care, behavioral health, reproductive health, and dental care to uninsured individuals or those struggling with mental illness or social/economic limitations. Visit website at concordhospital.org

Equality Health Center (603) 225-2739 A non-profit health care facility offering services and support related to family planning, birth control, sexual and reproductive health, free pregnancy testing, STD treatment, and LGBTQ health. Visit website at www.equalityhc.org

Crisis Center of Central NH (603) 225-7376 CCCNH provides information, resources, and confidential support for victims and survivors of domestic or sexual assault, harassment, or abuse. Services include emergency shelter, support groups, hospital accompaniment, and court advocacy. A 24/7 toll-free and private crisis line is available at 1-866-841-6229. Visit website at cccnh.org

911: If you are experiencing a life threatening or emergency situation that requires immediate medical or police intervention, please call 911.

Covid-19 Information/Testing Sites

The following locations offer Covid-19 testing. Availability might fluctuate and appointments may be required so it is recommended that you call ahead of time.

- CVS/Walgreens/Rite-Aid--select locations
- Convenient MD
- Elliot Health Testing Center
- Concord Hospital
- Minute Clinic
- Clear Choice MD Hooksett

Mental Health Services

Riverbend (603) 228-0547 Offers services for youth and adults to promote emotional, behavioral, and mental health. Services include counseling, psychiatric care, crisis support, treatment plans, and telehealth consultations. Indicate if you're calling for a Pembroke Academy student; designated therapists may be available and this could help bypass wait lists. Visit website at riverbendcmhc.org

Warren Street Family Counseling (603) 226-1999 Providing high-quality, family based, multidisciplinary, cost-effective care to families and individuals in central New Hampshire. Teletherapy consultations for individuals, couples, and families are available. Visit website at warrenstreetcounseling.net

Capital Valley Counseling Associates (603) 228-7300 Therapies offered for individuals, families, and couples. Help is available for needs related to stress/anxiety management, depression, family conflict, LGBTQ support, life transitions, grief, trauma, career challenges, etc. Visit website at www.cvcanh.com

Waypoint NH (603) 224-7479 Therapeutic counseling provided for children, youth, adults, couples, and families. Reach out for support with relationships, stress/anxiety, grief management, behavioral challenges, school conflicts, addiction, trauma, and PTSD. Visit website at waypointnh.org

Cornerstone Family Resources (603) 228-3862 Concord area counseling center with services available for individuals of all ages, couples, and families. Support for relationships, parenting, divorce/remarriage, grief, and loss are available. Visit website at cornerstonenh.com

Optimistic Youth Counseling (603) 491-2714 Located in Concord, this practice offers support specifically for adolescents and teens on decision making and managing high risk behaviors and can assist individuals as they navigate social, interpersonal, and academic challenges. Call for more information.

Elliot Behavioral Health (603) 668-4079 Comprehensive behavioral healthcare services that include inpatient and outpatient services. Elliot Behavioral Health Services is staffed by a team of mental health professionals who tailor both evaluation and treatment services to each individual patient. Visit website at www.elliiohospital.org

Concord Behavioral Health/Concord Psychiatric Associates (603) 272-6500 A private practice serving the greater Concord area. Services include diagnostic, medication management and therapeutic counseling. Visit website at concordbhn.com

Substance Abuse Support and Prevention for Students and Families

Choices at Riverbend (844) 524-6673 Offering comprehensive outpatient addiction treatment and recovery services for adults and adolescents in Concord, NH. Treatment is available regardless of insurance coverage or ability to pay, and walk-ins are welcome. Visit website at www.riverbendcmhc.org

Merrimack County Diversion (603) 225-5445 Providing alternatives to prosecution through community service, substance abuse education and treatment, alcohol substance training, and parenting programs. Visit website at merrimackcounty.net

My Life My Quit (855)-891-9989 A free and confidential way to help teens and adults successfully quit smoking, vaping, or use of other tobacco products. Visit website at mylifemyquit.org

Substance Abuse Treatment for Adults

Avenues Recovery Center (603) 505-8365 Addiction treatment center in Concord, NH offering recovery support through individual and group therapies, 12-step approaches, emphasis on physical health and other diverse strategies to help individuals launch a sustainable recovery from addiction. Visit website at www.newenglandraw.com

Chrysalis Recovery (603) 998-4210 A counseling center offering both in and out patient addiction support. Services include recovery support, addiction group therapy, anger management counseling, along with individual, family and mental health counseling. Visit website at chrysalisrecovery.com

ROAD to a Better Life Recovery Center (603) 841-2307 Substance abuse counseling offers services that work with those managing alcohol and drug addictions. Group therapy, inpatient and outpatient treatment, individual counseling, individualized therapeutic plans and medical assisted detox are some of the services provided for patients. Visit website at roadtoabetterlifenh.com

Employment Resources

NH Employment Security (603) 224-3311 Federally funded state agency providing free employment services including assisted and self-directed career search and labor market information. Benefits pertaining to unemployment compensation are also provided. Visit website at nhes.nh.gov

Central NH Employment Services (603) 225-1115 A full service staffing firm located in Concord working to align job seekers with potential employers. Free services include skills assessments, resume writing, and interview practice. Visit the website at www.cnhesinc.com for information.

Food Banks/Shelters/Clothing

Friendly Kitchen (603) 224-7678 Concord meal service offering weekday lunches, dinner, and weekend meals to families on a no questions asked basis. Visit the website at thefriendly.kitchen.org.

Community Action Program Suncook (603) 485-7824 Serving residents of Pembroke, Allenstown, Epsom, and Hooksett, the center provides services to households requesting support with food, housing, and fuel/electric assistance. Visit location at 15 Glass Street or call for more information.

Community Action Program Concord (603) 225-6880 Chichester residents are eligible for services related to food and/or housing needs. Visit website www.bm-cap.org for more information.

Christ the King Food Pantry Concord (603) 225-1122 Located at the church location at 67 South Main St. in Concord, this pantry is open Monday & Thursday from 7:00-9:00pm. Call for information.

St. Paul's Church Food Pantry Concord (603) 224-2523 Located at 21 Centre Street in Concord, the pantry is open Tuesday & Thursday from 10am-noon and on Wednesday from 12-2pm.

Friends of Forgotten Children (603) 753-4801 Volunteer-run provider of food, clothing and holiday gifts for low income and at-risk individuals and families. Located at 224 Bog Road in Concord and open for services on Thursdays from 9am-8pm. Please call or visit website www.fofc-nh.org for more information.

Hooksett Community Food Pantry (603) 485-7222 Located at 35 Main Street in Hooksett, anyone seeking help from the Community Food Pantry is welcomed and treated with respect regardless of their personal situation. Please call to make an appointment.

Concord Coalition to End Homelessness (603) 290-3375 Located at 238 North Main St. in Concord, this center is available to help those who are homeless or at risk of becoming homeless.

Services include access to laundry, shower, computer, internet, or phone. Staff available to help connect individuals with additional resources. Call or visit website concordhomeless.org for more information.

Friends Program Emergency Shelter (603) 228-1462 An emergency shelter for families, providing 24-hour, 7 days a week staffing. The program provides intensive, community-based case management and short-term housing, aftercare and outreach services for families at risk of future homelessness. Please call or visit the website at www.friendsprogram.org for additional information about other services available.

Pembroke Welfare Department (603) 485-4747 x204 The Pembroke Welfare Department provides temporary emergency assistance to residents in need of basic services. If you need assistance please call.

State Offered Services

New Hampshire Department of Health and Human Services (603) 271-9700

DHHS provides services for individuals, children, families and seniors, and administers programs for mental health support, developmental disability, substance abuse, and public health. Departments and support services include but are not limited to:

- Division for Children, Youth, and Families (DCYF)
- Medicaid Services
- Children's Behavioral Health
- Mental Health Services
- Division of Public Health
- Economic and Housing Stability
- Bureau of Drug and Alcohol Services
- Welfare Assistance, Food Stamps, WIC

Legal Resources

Local Police Departments: For general questions, concerns, reports of a crime, or other non-emergent situations, contact your local police department.

- Pembroke (603) 485-9173
- Epsom (603) 736-9324
- Hooksett (603) 624-1560
- Allenstown (603) 485-9500
- Chichester (603) 798-4911
- Concord (603) 225-8600

NH Legal Assistance (603) 223-9750 Offering clients high-quality civil legal aid to address legal problems that affect their daily survival and most basic needs. Will work with individuals despite financial or personal circumstances. Services range from simple legal information and advice to representation in New Hampshire's courts. Visit the website NHLA.org or call for more information.

Student Services at Pembroke Academy (603) 485-7881 PA.sau53.org

Officer John Webber: Student Resource Officer x1121 JWebber@sau53.org

Jay Bachelder: Intervention and Prevention Counselor x2085 JBachelder@sau53.org

Amber Roux: Student Outreach Counselor x2084 ARoux@sau53.org

Andrea Hammond: School Psychologist x1191 AHammond@sau53.org

Barbara Michaud: Director of School Counseling/Homeless Liaison x2058 BMichaud@sau53.org

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Allison Daigle, RN: School Nurse x1099 ADaigle@sau53.org

Edward Collins: Adult Education Coordinator x2083 ECollins@sau53.org