

Here's what some of our clients have to say:

*"I absolutely love my life today! I almost can't believe that I am able to say that!"*

*"Don't give up on yourself."*

*"I realize today that I don't want to die. I would not be alive today without this program."*

*"I am so happy that I am able to give back to others, now that I've been given a second chance."*



Don't let another day go by



There is no need to suffer alone



Put us by your side and let us help you discover the life that is awaiting you



Greater Nashua Mental Health Center  
at Community Council

Strengthening Individuals, Families and  
Our Community Since 1920!

### **Contact Us Today!**

**Schedule an Appointment**  
(603) 402-1574



**24-Hour Emergency Line**  
(800) 762-8191



**General Inquiries**  
(603) 889-6147



**Video Phone for Deaf and  
Hard of Hearing Users**  
(603) 821-0073

7 and 15 Prospect Street  
100 West Pearl Street  
440 Amherst Street  
Nashua, NH



[www.gnmhc.org](http://www.gnmhc.org)  
[Contact@gnmhc.org](mailto:Contact@gnmhc.org)

Serving the Greater Nashua Region,  
including Amherst, Brookline,  
Hollis, Hudson, Litchfield, Mason,  
Merrimack, Milford, Mont Vernon  
and Nashua.

## Are you struggling with a substance use disorder?



It's time...

...to break the chains  
of addiction and  
reclaim your life!



You know that your best self is waiting to come forward to shine. To experience more joy and independence, to be more productive and free from the relentless challenges of substance misuse.

You deserve to live your life to the fullest! Substance use disorder is an illness which requires treatment. We can help!

Greater Nashua Mental Health Center offers a wide array of evidence-based treatment options for substance use disorders, as well Dual-Diagnosis Treatment for those struggling with both substance misuse and a mental health disorder(s). Treatment works!

**There is no need to suffer alone**

### Our outpatient services include:

- Assessment
- Substance Use Evaluations by Licensed Addictions Professionals
- One-on-One Counseling
- Intensive Outpatient Program (IOP)
- Relapse Prevention Group
- Dual-Diagnosis Treatment: Substance Misuse and Mental Health Disorders
- Group Therapy
- Medication Assisted Therapy
- Family and Couples Counseling
- SMART® Recovery Group on-site, free and open to the public



*Our agency's substance misuse treatment program is the first on the East Coast to be honored with the Certificate of Excellence by the renowned Matrix Institute on Addictions. We utilize the Matrix Model, delivering evidence-based, outcomes-driven substance misuse treatment of exceptional quality.*

Greater Nashua Mental Health Center is the primary provider for the Southern Hillsborough County Drug Court Treatment Program for clients whose substance misuse has resulted in involvement with the justice system. Statistics show that it is a more effective approach to recovery than traditional methods and the results are very encouraging.



*“This is another excellent example of our continuing effort to provide the best treatment available for our Drug Court participants seeking recovery. We are lucky to have a treatment partner willing to utilize the most effective tools to accomplish our goals of ending the cycle of substance related crime, promoting recovery, and thereby enhancing community safety.”*

Presiding Justice  
The Honorable  
Jacalyn A. Colburn,  
Hillsborough County  
NH Judicial Branch

