



Often our friends, neighbors, co-workers and even family members are suffering emotionally and don't recognize the symptoms or may be reluctant to ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:

- Personality changes**
- Uncharacteristically angry, anxious, agitated or moody**
- Withdrawal or isolation from other people**
- May neglect self-care and engage in risky behavior**
- Overcome with hopelessness and overwhelmed by circumstances**

**Don't struggle alone.  
Contact us today!**



Greater Nashua Mental Health Center  
*at Community Council*  
Strengthening Individuals, Families  
and Our Community Since 1920!



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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)

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

***Empowering People to Lead Full and  
Satisfying Lives Through Effective  
Treatment and Support***

Strengthening individuals, families and our community since 1920, Greater Nashua Mental Health Center (GNMHC) provides an array of comprehensive, evidence-based behavioral health treatment services to individuals and families, including our Veterans, so that each client is able to live life to the fullest.



We offer our clients a wide array of services, providing treatment for individuals of all ages, from young children to older adults.

**The impact of our programs creates a better community for all of us.**

As the State-designated Community Mental Health Center in the greater Nashua region, we serve everyone who walks through our doors, and no one is turned away, especially due to the inability to pay for services. We have been here for the community for almost a century, and are a trusted provider of mental health and substance use disorder treatment.



### Services for Adults of All Ages

- Individual, Couples and Family Therapy
- Group Therapy, including Dialectical Behavior Therapy (DBT)
- Community Support Services
- Assertive Community Treatment
- Psychiatric Evaluation & Treatment
- Court Ordered Evaluation & Treatment
- Illness Management and Recovery
- Supported Employment

### Service for Children & Adolescents

- Individual and Family Therapy
- Group Therapy, including Adolescent Dialectical Behavior Therapy (DBT)
- Community Support Services
- School-Based Behavioral Health Services
- Project RENEW in both Nashua High School North and South
- Trauma Focused Treatment
- Psychiatric Evaluation & Treatment
- Child Impact Seminars for Divorcing Parents

### Specialized Programs

- 24-Hour Emergency Services
- Substance Use Disorder Services including Counseling, Intensive Outpatient Program (IOP) and Relapse Prevention Group
- Drug Court Treatment Program
- Community Connections Mental Health Court Project
- Statewide Deaf Services for All Ages
- Homeless Outreach Services
- Culturally and linguistically Sensitive Services
- "A Place to Live" Housing Program