


 **New Hampshire**  
Rapid Response Access Point



**The support you want in your time of need.**

**If you or someone you care about is having a mental health or substance use crisis, you can call and speak to our trained and caring staff.**

**Contact the Rapid Response Access Point at**

**📞 833-710-6477 or visit  [NH988.com](https://www.nh988.com)**



**A wealth of resources at your fingertips.**



Over the phone support and problem solving to help resolve a behavioral health crisis.



Over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you at a place of your choice.



In-person Mobile Crisis Response Team (MCRT) if the crisis cannot be resolved over the phone.



**A behavioral health crisis may include (but is not limited to):**

- Intense feelings of personal distress (e.g., anxiety, depression, anger, panic, hopelessness)
- Obvious changes in functioning (e.g., neglect of personal hygiene, unusual behavior)
- Catastrophic life events (e.g., disruptions in personal relationships, support systems or living arrangements; loss of autonomy or parental rights; victimization or natural disasters)


Visit [NH988.com](http://NH988.com) for more information



**Privacy is a priority.**

This Beacon Health Options Program upholds strict confidentiality standards. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or others).

**Contact us:**

 **833-710-6477**

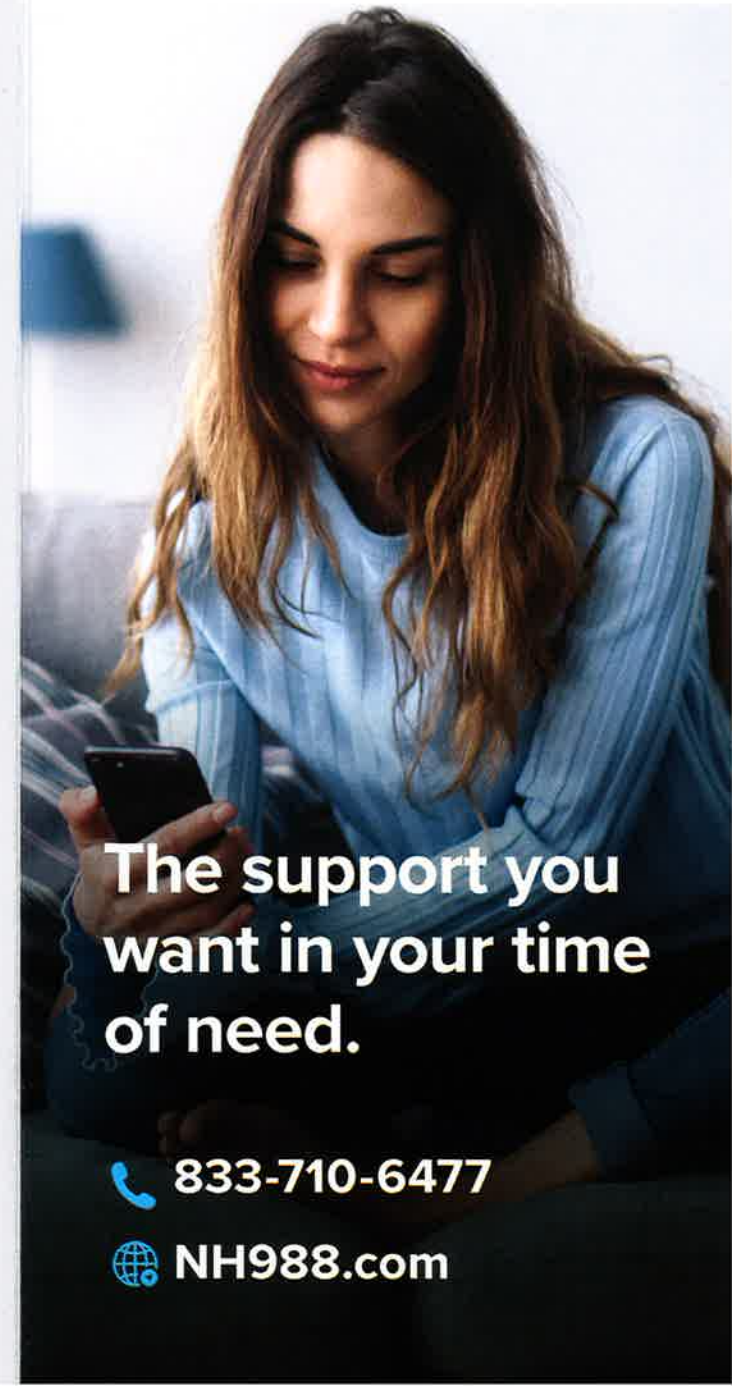
 **NH988.com**



State of New Hampshire  
Department of Health and Human Services



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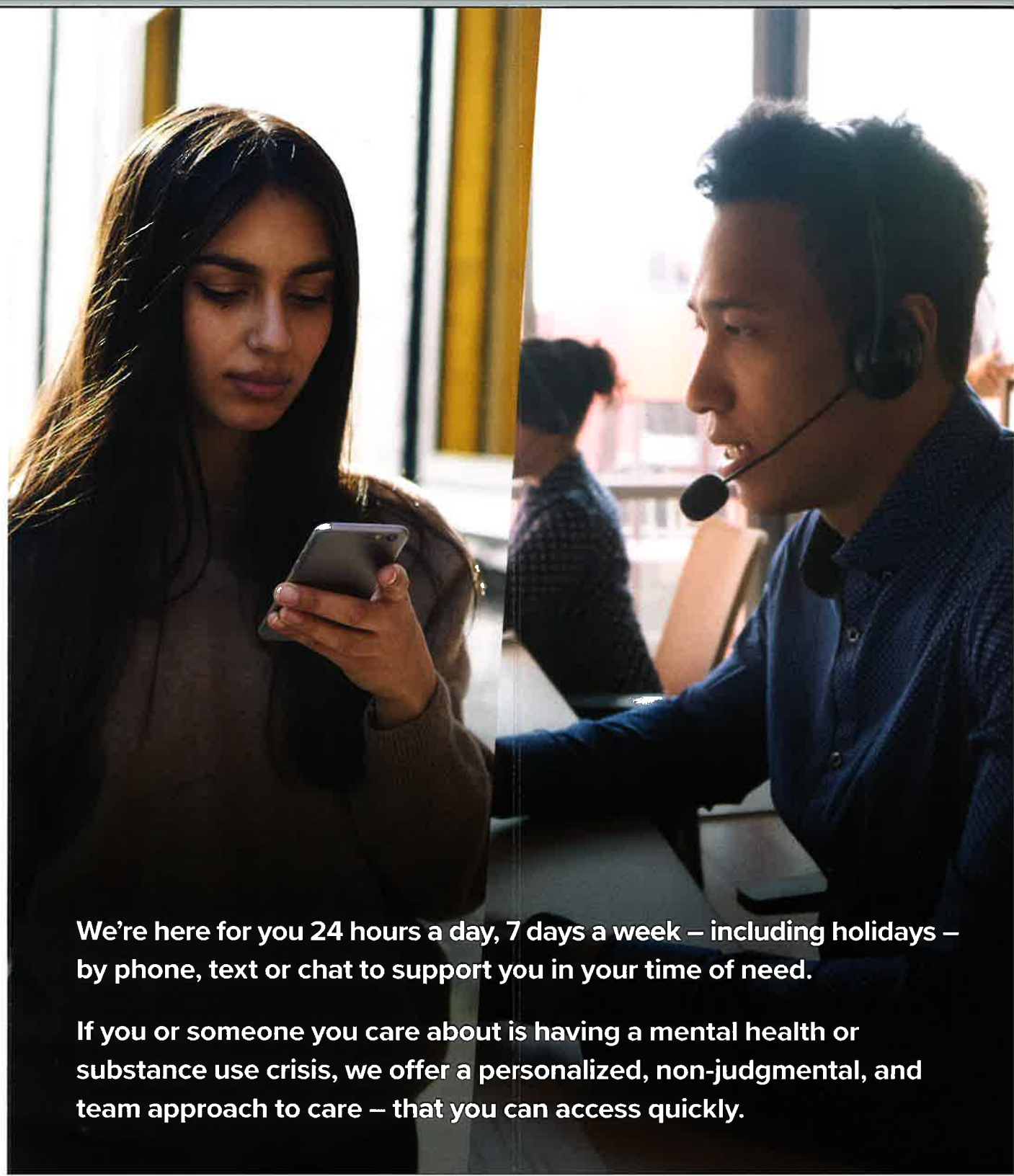
 **NH988.com**

The Rapid Response Access Point can help when you or a loved one is:

- Talking or thinking about harming or killing oneself or others
- Seeking access to firearms, pills, or other ways to kill oneself
- Talking or writing about death, dying, or killing oneself
- Feeling hopeless
- Feeling very angry or looking for revenge
- Acting recklessly or doing risky activities
- Feeling trapped, like there's no way out
- Increasing alcohol or drug use
- Pulling away from friends and family
- Feeling worried or irritated
- Having trouble sleeping or sleeping all the time

**Crisis services are available to anyone in New Hampshire.**

- When you call, text or chat, depending on your needs, a team member from a community mental health center may come meet you right where you are - in your home, or another location in the community.
- Provide fast access to outpatient services which may include psychiatry, counseling, and case management and sometimes we can refer you to inpatient treatment options, 24 hours a day, 7 days a week – including holidays.



**We're here for you 24 hours a day, 7 days a week – including holidays – by phone, text or chat to support you in your time of need.**

**If you or someone you care about is having a mental health or substance use crisis, we offer a personalized, non-judgmental, and team approach to care – that you can access quickly.**