

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](https://www.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).

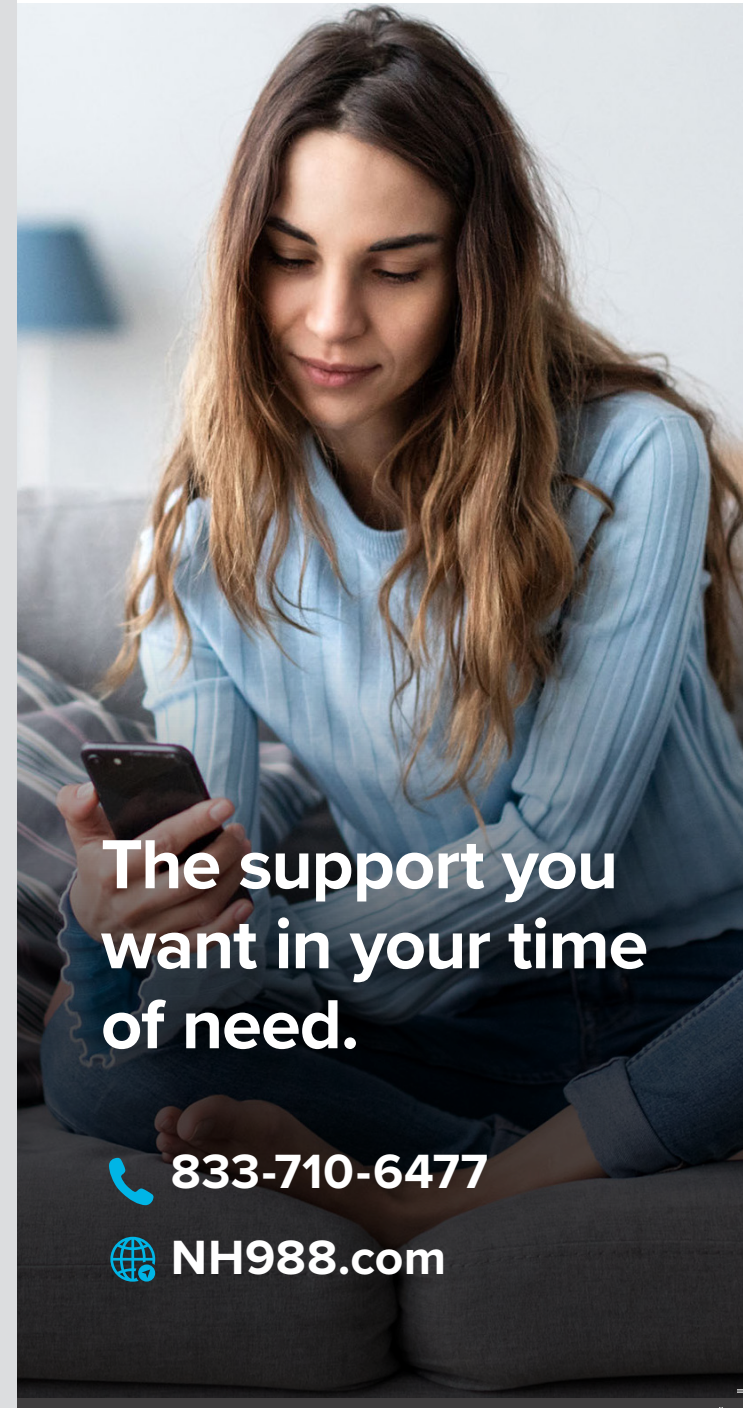
Contact us:

 **833-710-6477**


 **NH988.com**



 **New Hampshire**
Rapid Response Access Point



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

 **833-710-6477**

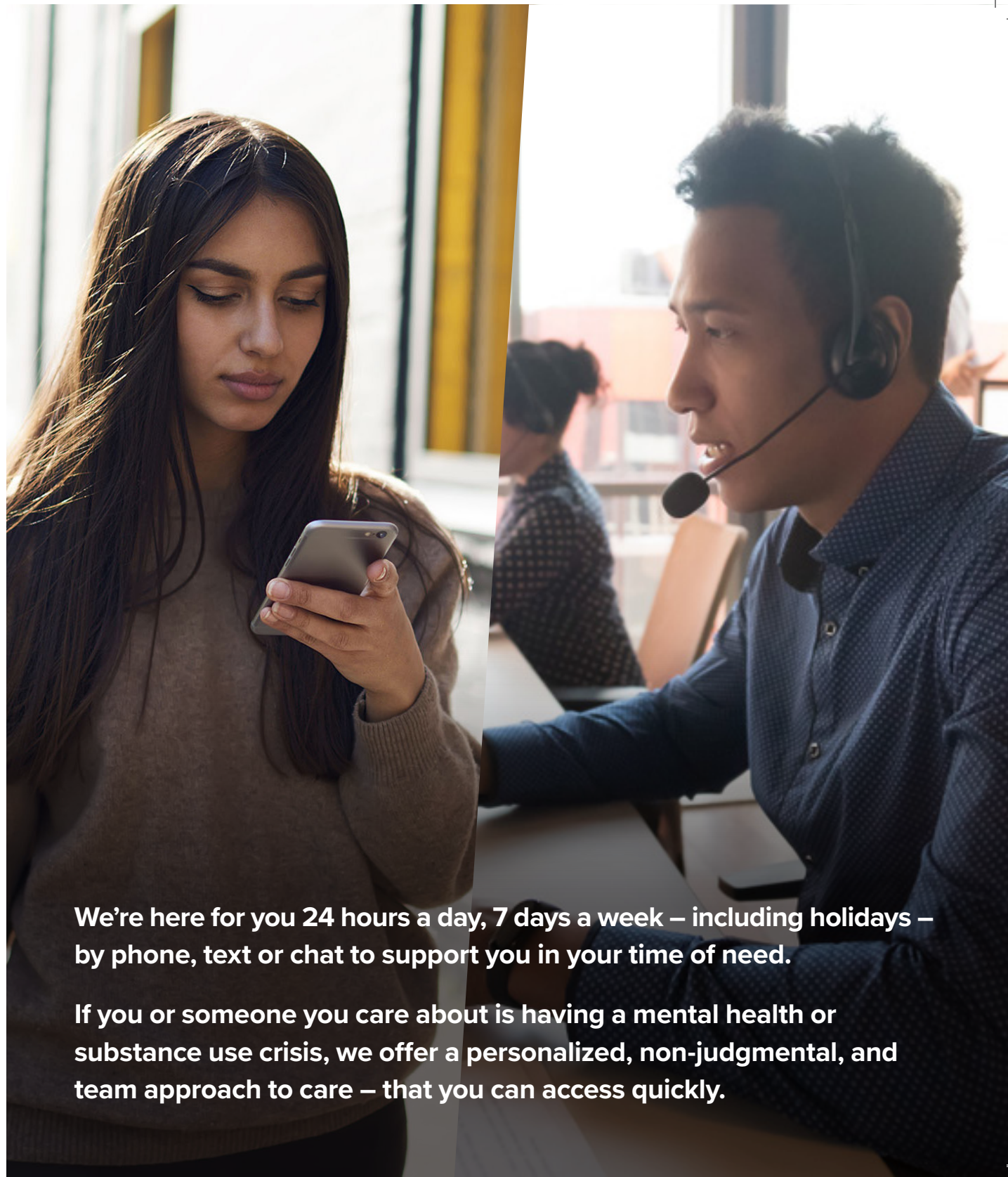
 **NH988.com**

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.