



Remember - we ALL need support and connection. Please reach out and take good care. ❤️
NAMI (National Alliance on Mental Illness) shared the following information

CRISIS TEXT/CALL LINES

<https://www.naminh.org/resources-2/crisis-lines/>

NAMI NH INFOLINE

info@NAMINH.org or call 1-800-242-6264

- ext. 601 for general inquiries
- ext. 602 to get information for individuals 18+
- ext. 603 to get info. for children/youth under 18

COVID-19 UPDATES

<https://www.naminh.org/resources-2/covid-19/>

NAMI NH FB SUPPORT GROUPS

<https://www.naminh.org/find-support/online-support-groups/>

PARENTS MEETING THE CHALLENGE

<https://www.naminh.org/.../fam.../parents-meeting-the-challenge/>

NAMI NH ONLINE PARENT SUPPORT GROUP

Contact Carol Lemelin at 603-664-2116.

WARMLINES IN NH

<https://www.dhhs.nh.gov/dcbcs/bbh/peer.htm>

AA (Alcoholics Anonymous) ONLINE MEETINGS

<http://aa-intergroup.org/directory.php>

AL-ANON VIRTUAL MEETINGS

<https://nhal-anon.org/virtual-meetings/>

NA (Narcotics Anonymous) ONLINE MEETINGS

<https://virtual-na.org>

MOMS WORKING FROM HOME w/ KIDS & SOCIAL DISTANCING

Open to any working moms out there trying to survive in this new, temporary, reality

Every Monday starting 3/23 8:30p EST

<https://zoom.us/j/532367948>

PARENTS OF ANXIOUS KIDS SUPPORT GROUP

For parents of school-aged kids or younger w/anxiety and OC related disorders

Every Tuesday starting 3/24 8:30pm EST

<https://zoom.us/j/869740698>

OCD SUPPORT GROUP

Open to individuals & family members

Every Thursday starting 3/19 at 8:30pm EST

<https://zoom.us/j/673409624>

SOCIAL DISTANCING SOCIAL HOUR

A way for people to connect and chat. This is not an anxiety or OCD focused group

Every Friday starting 3/20 8:30p EST

<https://zoom.us/j/650113723>