Dartmouth Health

Mt. Ascutney Hospital and Health Center

Mental Health Agency Resource Guide

Suicide & Crisis: 988 NH Rapid Response: (833) 710-6477 VT HCRS Crisis: (800) 622-4235

Note: This list is only a reference, not our recommendation. Ask each agency if they accept your insurance plan and if they are taking new patients or be added to a wait list

Mental Health Agency	Address	Telephone / Website	Ages Served	Insurance
Health Care Rehabilitation Services (HCRS) **Only Windsor County**	Hartford, VT Springfield, VT	Hartford: (802) 295-3031 Springfield: (802)886-4500	All Ages	Takes Medicaid
West Central Behavioral Health **Only NH Residents**	Lebanon, NH Claremont, NH Newport, NH	To schedule an appointment: (603) 542-5128	All Ages	Takes Medicaid
Crissy Webster Counseling Services	Springfield, VT	(802) 952-8671 crissywebstercounseling.com	All Ages	Takes Medicaid
Green Thread Therapy	Windsor, VT	www.greenthreadtherapy.com	All Ages	Takes Medicaid
Counseling Associates	Claremont, NH New London, NH Hanover, NH	(603) 865-1321 www.ca-mh.com	All Ages	Takes Medicaid
Bodhi Counseling Services	Lebanon, NH	(603) 255-3877 bodhicounselingservices.com	All Ages	Takes Medicaid
Moosilauke Counseling Associates	Lebanon, NH	(603) 691-3435 www.moosilaukecs.com	All Ages	Takes Medicaid
Hope Counseling	Charlestown, NH	(603) 709-8560 www.hopecounseling.net	All Ages	Takes Medicaid
Victory Care Associates **(Spiritual Focus)**	Claremont, NH	(603) 632-3700	All Ages	Takes Medicaid

To find an Individual Licensed Mental Health Provider, you can

- Check out the https://www.psychologytoday.com/us website, where you can search for mental health providers that specialize in your needs.
- Ask your provider about connecting to a community health team member to review options for finding a mental health provider.

Helpful Tips For Calling Mental Health Providers:

You may be directed to leave a message. Be prepared to provide: (You'll receive a return call from the Mental Health Agency normally within a week.)

- Your Full Name
- Town of Residence
- Best way to contact and best days/times to call back.

At Call Back, you will encounter a brief screening with staff.

- Find a safe space to share your situation, state you were referred by PCP at MAHHC at a recent visit, and if applicable, you can share if you were screened for anxiety or depression. A proposed timeline to schedule your first appointment with a therapist will be offered.

Intake/First Appointment Expectations:

- Your first appointment will cover essential administrative and clinical groundwork, including HIPAA privacy policies, client rights & responsibilities, required consent forms, and scheduling expectations. For specific questions , contact the agency directly as this information may vary by provider.

Please bring a copy of the signed release of information form with you to your first visit.
"Authorization for Use/Disclosure of Protected Health Information (PHI)."
A request for Release of Information with yours/ child's PCP is to ensure information related to care can be shared with your medical provider.

Dartmouth Health

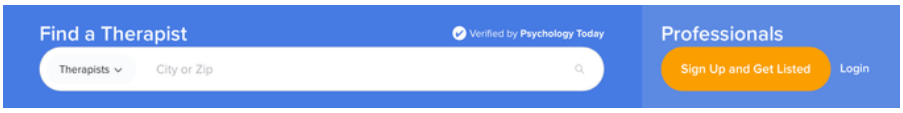
Mt. Ascutney Hospital and Health Center

Process to Access PsychologyToday.com:

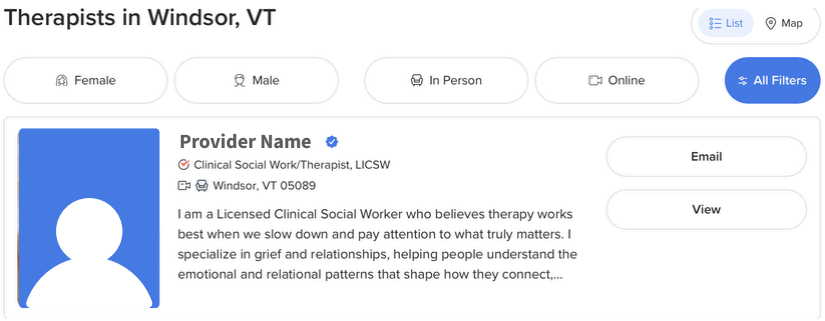
1 Visit: psychologytoday.com

2 In the search bar, type out your location

(You may have to use larger towns nearby)

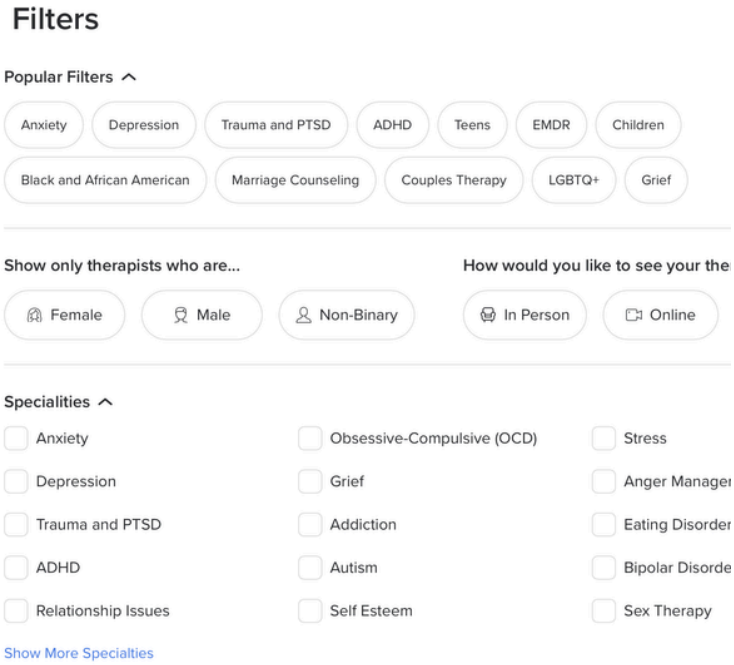


3 Review the resulting providers list and click their name to learn more.



4 Use the filter settings to narrow down providers as needed

(Focus on insurance and age)



5 KEY for types of Therapists

LICSW: Licensed Independent Clinical Social Worker

LMHC: Mental Health Clinician

LADC: Licensed Alcohol Drug Counselor

LMFT: Licensed marriage and family therapist

PsyD: Psychologist (medication consultation))

6 View the box below to see how to contact a therapist.

