REAP is a prevention program available to all older adults in the community.

REAP is designed to help you take control of your life, to live a happy, healthy and independent lifestyle.

We offer you free, confidential counseling and educational services to help you better understand and deal with the many life changes you encounter.

What is the REAP Referral Education Assistance & Prevention?

For REAP and other community resources in your area, call SERVICE LINK toll free at: 1-866-634-9412

To connect with a REAP Counselor, or to learn about upcoming educational programs in your area, contact your local Community Mental Health Center:

Belknap & So. Grafton Co. 
GENESIS Behavioral Health 
603-524-1100

Carroll, Coos & N. Grafton Co. 
Northern Human Services 
603-444-5358

Cheshire Co. 
Monadnock Family Services 
603-357-5270

Sullivan & Lower Grafton Co. 
West Central Behavioral Health Services 
603-863-1785

Merrimack Co. 
Riverbend Community Mental Health Center 603-225-0123

Hillsborough Co. 
Manchester Area 
The Mental Health Center of Greater Manchester 
603-668-4111

Nashua Area 
The Mental Health Center of Greater Nashua 
603-889-6147

Rockingham Co. 
Derry/Salem Area 
CLM Behavioral Health Systems 
603-434-1577

Portsmouth/Exeter Area 
Seacoast Mental Health Center 
603-431-6703

Strafford Co. 
Community Partners 
603-516-9300

Call ServiceLink and ask for a REAP Counselor! 1-866-634-9412

New Hampshire’s REAP Referral Education Assistance & Prevention Program

Want to talk with someone who can help you handle life’s challenges?
ARE YOU AT RISK?

If you are …

- Having trouble sleeping or sleeping too much
- Taking two or more prescriptions
- Feeling tired all of the time
- Experiencing losses
- Feeling down or hopeless
- Turning to alcohol to help you cope

... you may be at risk of losing your independence.

REAP can help you maintain your independence.

REAP is available to all older adults in the community.

REAP is:

- FREE
- CONFIDENTIAL and
- HOME-BASED

PREVENTION SERVICES

Information and Referral

REAP Counselors are available by phone or appointment to provide you with information and resources on how to deal with life changes you may be experiencing, losses, and other personal concerns.

Home-Based Consulting

REAP Counselors make appointments to talk with you in your home or on the phone.

Education

REAP Counselors offer education sessions that are informative and fun!

REAP is Supported By:

NH DHHS BUREAU OF DRUG AND ALCOHOL SERVICES
NH DHHS BUREAU OF ELDERLY AND ADULT SERVICES
NH DHHS BUREAU OF BEHAVIORAL HEALTH AND
NH’s 10 COMMUNITY MENTAL HEALTH CENTERS

WE CAN HELP YOU HELP YOURSELF

REAP Counselors are trained and compassionate people you can talk with about your concerns about medications, stress, relationships, family problems, mental health ... just about anything that is worrying you about your lifestyle or quality of life.

We want you to stay in your home as long as possible and enjoy it.

Call Service Link at 1-866-634-9412 or one of the phone numbers on the back of this brochure today and ask to talk with a REAP Counselor.

Do it for yourself—it’s not too late to start feeling better!