What is the... Referral Education Assistance & Prevention program?

It is a prevention program available to all older adults in New Hampshire.

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

REAP provides education to help you better understand and deal with the many life changes you might encounter.

Eligibility

- NH residents 60 years old or older,
- residents of a NH Senior Housing site, or
- caregivers or family members of an older adult living in NH

Call 1-866-634-9412 if you have questions about eligibility.

Exceptions: Permanent residents of long term care facilities and active clients of a NH Community Mental Health Center are not eligible for the REAP program.

For REAP and other community resources in your area, call ServiceLink 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
Lakes Region Mental Health Center
(603) 524-1100

Manchester Area
The Mental Health Center of Greater Manchester
(603) 668-4111 ext. 4599

Carroll & Northern Grafton Co.
Northern Human Services
(603) 752-7404

Merrimack County
Riverbend Community Mental Health Center
(603) 225-0123

Cheshire County
Seacoast Mental Health Center
(603) 957-5913

Nashua Area
The Mental Health Center of Greater Nashua
(603) 957-5913

Derry / Salem Area
Center for Life Management (CLM)
(603) 965-0655

Strafford County
Community Partners
(603) 516-9300

Exeter / Portsmouth Area
Seacoast Mental Health Center
(603) 957-5913

Sullivan & Lower Grafton
West Central Behavioral Health Services
(603) 957-5913

REAP is supported by:

NH DHHS Bureau of Drug and Alcohol Services
New Hampshire Housing
NH DHHS Bureau of Elderly and Adult Services
NH DHHS Bureau of Behavioral Health
NH’s 10 Community Mental Health Centers

REAP the Benefits of Healthy Living Today

Learn more online at: dhhs.nh.gov/dcbcs/bdas/reap.htm
### Support

**Are you...**

- Having difficulty dealing with a loss or multiple losses in your life?
- Having trouble sleeping or sleeping too much?
- Having trouble with managing multiple prescriptions?
- Feeling tired all the time?
- Turning to alcohol or drugs?

**Don’t risk your independence!**

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### Prevention

**Referral**

REAP counselors are available by phone or by appointment to provide you or your loved ones with information and resources on how to deal with life changes including loss, grief, and other personal concerns.

**Home-Visits**

REAP counselors will speak with you in your home or by phone.

**Education**

REAP counselors offer education sessions that are informative and **FUN**!

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### Help

**REAP Counselors**

Our trained, compassionate counselors can talk with you about your concerns:

- Stress
- Relationships
- Grief
- Emotional wellbeing
- Substance use
- Family dynamics and
- Quality of life

Call now! It’s never too late to start feeling better!

**REAP is:**

- FREE
- Confidential and
- In your home

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**New Hampshire Rapid Response Access Point**

- Free and available 24/7/365
- **833-710-6477**
- **NH988.com**