

# 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

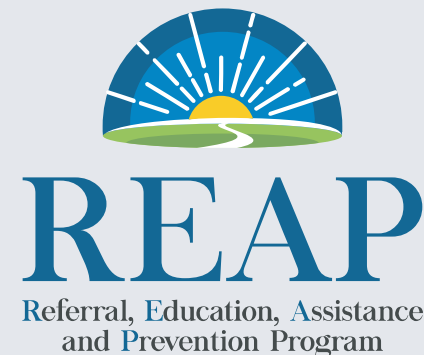
Seacoast Mental Health Center  
(603) 957-5913

### 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](https://dhhs.nh.gov/dcbcs/bdas/reap.htm)

## 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!**



 **New Hampshire**  
Rapid Response Access Point

— Free and available 24/7/365 —

 **833-710-6477**

 **NH988.com**



## 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!**



## 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