

# Off-campus Mental Health Resources

\*The Student Support Counselor has spoken with some of these resources, but not all. Please note these resources are not affiliated with MCC, nor are vetted per se, but the Student Support Counselor can help students reach out and learn more about each of these organizations

- **Northeast Family Services**  
[www.ne-family.com](http://www.ne-family.com) , 603-242-2282  
Offers telehealth or in-person services  
Intake site: <https://form.jotform.com/nfsjotform/nh-op-referral>
- **True North Healing Center**  
[Truenorthhealingcenter.com](http://Truenorthhealingcenter.com)  
Offers in person therapy, various modalities including EMDR
- **Align Counseling**  
Elyse O'Rourke private counseling, <https://aligncounselingnh.com/>  
To book: [https://care.headway.co/providers/elyse-o-rourke?utm\\_source=pem&utm\\_medium=direct\\_link&utm\\_campaign=139537](https://care.headway.co/providers/elyse-o-rourke?utm_source=pem&utm_medium=direct_link&utm_campaign=139537)
- **Therapists of Color New England**  
Individual and family therapy, support and healing circles  
<https://therapistsofcolornewengland.com/>
- **Reclaim Your Light Counseling Services**  
Bridget Parece-Grogan, LICSW, private counseling <http://bpgcounseling.com>
- **Women's Counseling of Nashua**  
Kerry-Ann Franck <https://womenscounselingofnashua.com/>
- **FORGE:** Specific for Veterans, Emergency Responders, Medical Professionals  
<https://forgehealth.com/location-offices/manchester/>  
Offers individual as well as group counseling, medication management and IOP (intensive outpatient) for mental health/substance use disorder treatment

**Specific types of treatment:**

- **Middlesex Recovery- In-Patient Substance Use Disorder treatment center**  
<https://www.middlesexrecovery.com/>
- **DBTeens, DBTwenties-** Fully virtual Intensive Outpatient (IOP) 12-week Dialectical Behavioral Therapy program  
<https://dbtwenties.org/>, 603.285.9129  
Book a consult call here: <https://dbtwenties.org/dbtwenties-request-for-info/>
- **Parkland Medical Center:** two partial-hospitalization programs (PHP)  
Emotional Wellness Program  
Reflections Eating Disorders Clinic  
Scheduling an appointment for more information: [Patient Scheduling Portal \(myhealthdirect.com\)](#).
- **Live Free Recovery:** full service substance use disorder treatment  
Includes detox, residential, PHP, IOP and sober living options  
[https://livefreerecoverynh.com/programs/?gad\\_source=1&gad\\_campaignid=23139036213&gclid=EAlalQobChMI-r3iicXUkQMVHDUIBR0xvB04EAAYAiAAEgKnCPD\\_BwE](https://livefreerecoverynh.com/programs/?gad_source=1&gad_campaignid=23139036213&gclid=EAlalQobChMI-r3iicXUkQMVHDUIBR0xvB04EAAYAiAAEgKnCPD_BwE)