

**If it's important to you,  
it's important to us.**

In need of mental health or substance use support? Call, text or share this card with a friend in need.



**STRONG  
AS GRANITE**

[dhhs.nh.gov/strongasgranite](http://dhhs.nh.gov/strongasgranite)



**A STRONGER YOU.  
A STRONGER NEW HAMPSHIRE.**

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**833-710-6477**

NH Rapid Response

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**988**

Suicide & Crisis Lifeline

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**211**

Your Local Doorway for  
Substance Use Resources

*24/7. Confidential, no cost to you.*