



REAP the Benefits
of Healthy Living

New Hampshire's
REFERRAL
EDUCATION
ASSISTANCE &
PREVENTION
PROGRAM



Want to
talk with
someone
who can
help you
handle life's
challenges?

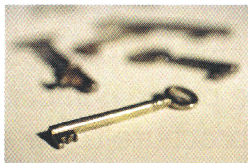
Call ServiceLink
and ask for a
REAP Counselor!
1-866-634-9412

What is the ...
REFERRAL
EDUCATION
ASSISTANCE &
PREVENTION?

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.



REAP may hold the key to making your golden years positive years!

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
NEW HAMPSHIRE HOUSING
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!

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 &
No. 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