



# HEALTH AND WELLNESS

## URGENT/EMERGENCY CARE

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Emergency care is for life or limb threatening situations that require immediate medical attention. Urgent Care is for non-life-threatening health problems that require same day treatment like fever, ear infections, and sprains.

#### ConvenientMD Urgent Care

- 8 Louden Rd. Concord, NH 03301
- Call: (603) 226-9000
- Hours: Open every day from 8AM to 8PM
- Virtual Care: Get Urgent Care from anywhere. 6AM – 8PM



Office Care



Virtual Care

#### Concentra Urgent Care

- 1 Pillsbury St. Concord, NH 03301
- Call: (603) 223-2300
- Hours: Open Mon-Fri from 8AM to 5PM
- In addition to typical Urgent Care amenities, Concentra also provides Physical Therapy.



#### Concord Orthopaedics Acute Injury Clinic

- 264 Pleasant St. AIC, Concord, NH 03301
- Call: (603) 782-9666
- Hours: Open Mon-Fri from 9AM to 6PM, and Sat from 8AM to 12PM
- This facility is helpful for those with sports injuries, those who need x-rays, and other surgeries, etc. without the long wait in the Emergency Room.



#### Concord Hospital Walk-in Urgent Care

- 60 Commercial St. Concord, NH 03301
- Call: (603) 230-1200
- Hours: Open Mon-Fri from 8AM to 7PM, and Sat-Sun from 8AM to 4PM



#### Concord Hospital Emergency Room

- 250 Pleasant St. Concord, NH 03301
- Call: (603) 225-2711
- Hours: Open 24/7
- Emergency Room wait times can be long unless you have a true emergency.



## MENTAL HEALTH EMERGENCY SERVICES/CRISIS LINES

A mental health crisis is “any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.”

### [National Suicide Prevention Lifeline](#)

- Call: 988
- Text: 988
- Free and confidential conversations 24/7.



### [NH Rapid Response Access Point/Mobile Crisis Response Team](#)

- Call: 1-(833) 710-6477
- Website: [www.NH988.com](http://www.NH988.com)
- Skilled clinicians that provide around the clock, in person crisis care.



### [VA Veterans Crisis Line](#)

- Call: 988 then Press 1 for 24/7 Confidential crisis support.
- Chat Online at: [VeteransCrisisLine.net](http://VeteransCrisisLine.net).
- Text: 838255
- You don't have to be enrolled in VA benefits or health care to connect.



### [Trans Lifeline](#)

- Call: (877) 565-8860
- Website: [www.Translifeline.org](http://www.Translifeline.org)
- This non-profit organization offers direct emotional and financial support to trans people.



### [LGBTQ+ Help Center](#)

- Call: (888) 843-4564
- Website: [www.lgbthotline.org](http://www.lgbthotline.org)
- Hours: Mon-Fri 4PM – Midnight EST, Sat: Noon – 5PM EST
- They offer free and confidential peer-support, information, and local resources.



## FINDING A NON-EMERGENCY MENTAL HEALTH PROVIDER FOR ONGOING NEEDS

### [PsychologyToday.com](#)

- Find a therapist or a mental health provider throughout the US.



### [FindTreatment.gov](#)

- Online, 24/7 confidential and anonymous resources for persons seeking treatment for mental and substance use disorders.



### [\(NAMI\) National Alliance on Mental Illness](#)

- Website: [www.NAMI.org](http://www.NAMI.org)
- A grassroots organization that provides support, education, and advocacy for people affected by mental illness and suicide. It has links to support groups and crisis lines.

