



**MVCS STUDENT SUPPORT PROGRAM REFERRAL LIST FOR STUDENTS & FAMILIES:**

**\*This list is not an endorsement of any counselor; it is simply a resource to assist with finding counseling.**

- Growing Roots (Plymouth area): 603-238-3149
- Lorraine Jones, LCMHC, NCC (Plymouth area): 603-254-6301 & [lorrainejones236@gmail.com](mailto:lorrainejones236@gmail.com)
- Dorothy Derapelian, M.Ed., LCMHC (Meredith-Lakes Region): 603-279-8169
- Regina Kelly, PhD (Plymouth): 603-536-1020
- Mary Welsh, MS, NCC, LCMHC, RPT-S Play therapist (Plymouth area): 703-919-1881 & [mlwelsh@comcast.net](mailto:mlwelsh@comcast.net)
- Jane Merrithew, LCMHC (Plymouth area): 603-254-7419
- Amanda Goodwin, LCMHC, MLADC (Tilton): 603-494-5744
- John Gramuglia, LICSW, MLADC (Plymouth): 603-238-9391
- Womankind Counseling Center (Concord): 603-225-2985
- Dr. Steve Catalano (Gilford): 603-528-3116
- Shirley Bemis-Daigneault, LICSW (Plymouth): 240-401-1870
- Ammonoosuc Community Health Services (Warren): 603-764-5704
- Midstate Health Center (Plymouth): 603-536-4000 \*\*\*Must have a primary care doctor at Midstate to see provider.
- Lakes Region Mental Health Center:
  1. 603-536-1118 (Plymouth area),
  2. 603-524-1100 (Laconia-Lakes Region),
  3. 603-569-1884 (Wolfeboro).
  4. \*\*Emergency Services at LRGH 603-524-1100 ext.9. \*\*Emergency Services at Huggins Hospital Wolfeboro 603-569-7500-ask for emergency services.
- National Suicide Prevention Lifeline: Call 988.
- NH Rapid Response Suicide 24-hour help ([www.NH988.com](http://www.NH988.com))=**CALL or TEXT: 833-710-6477**
- Crisis Text Line (text HOME to 741741).
- Child & Adolescent Psychiatry Group at DHMC (evaluations for children who are older than 7 years). <https://www.dartmouth-hitchcock.org/psychiatry/child-psychiatry-team.html>