

Who do we Serve?

NH residents age 18 years and older, with mental health challenges, who are ready to focus on moving forward

*"Intentional peer supporters are a great resource to talk to. [People] should consider [Connections Community] and take it seriously if they do go."
- Peer Alumni*

Connections Community, in Northwood, is one of four Step-Up Step-Down programs in the state. There are also programs in Manchester, Keene, and Nashua. All programs are free of charge to any adult NH resident.

Connections Peer Support Center's SUSD program, located in Northwood, NH is a peer driven voluntary 30-90 day mental health residential program, whose mission is to create an environment that will facilitate hope-based recovery, and increase mental, physical, and emotional well-being for those who participate.



Are your mental health challenges getting in the way?

We aren't doctors,
We aren't social workers,
We aren't therapists,
But we've been there.

We're here for you.

Welcome to

connections
COMMUNITY

info@ConnectionsPeerSupport.org

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SUSD Office Phone: (603) 942-6023
connectionspeersupport.org/susd

What is Connections Community?

Connections Community is a wellness retreat for people who are ready to commit to putting their mental health first. We provide a supportive place for peers to work on their unique and personal mental health goals, staffed 24/7 by certified peer support specialists.

We believe that the best expert on you is YOU. You know what your best path is - we're just here to take a stroll with you.

*"The staff understood where I was coming from and there was time to develop real relationships."
- Peer Alumni*

Every peer support specialist has their own story of mental health recovery. We hope to learn just as much from you as you from us.



Benefits of Intentional Peer Support Based Programs:

Intentional Peer Support is an evidence-based cost-effective philosophy that improves whole health and self-management of mental health challenges.

Step-Up Step-Down

- Provides a supportive environment for people to develop their individual wellness plans.
- Serves as a gradual and well-planned return to the community, increasing the chances of a successful recovery and reducing the risk of a psychiatric hospitalization.
- Staying locally allows the individual to remain connected to their support network.

What to Expect:

- Each person has their own private bedroom with shared common areas.
- Participants are able to continue work, school, and are able to visit their family and friends or attend groups outside of the home.
- Everyone is expected to clean up after themselves, cook for themselves, and is in control of their own wellness plan.
- There are a variety of opportunities to try new things and explore methods of wellness that may not have been available to the person before.