

The Center for Cancer Care at Exeter Hospital
5 Alumni Drive Exeter NH 03833 (603)778-7311

www.exeterhospital.com

Counseling Resources

Coastal Counseling Associates

778-0505

24 Front Street, Suite 2

Exeter, NH

www.coastalcounseling.com

505-8270

104 Congress Street, Portsmouth, NH

Sees adults, young adults

Specialty: Women's fertility, oncology, relationships

Offers sliding scale

The Counseling Center of New England

883-0005

Multiple offices, including Exeter, Portsmouth, Manchester, Dover, NH

www.counselingcenter.com

Steven Henricks, MD (Medication Management)

658-1777

24 Front Street Exeter, NH

Sees adults

Exeter Counseling Center

778-7433

Marshall Newell Boathouse 163 Water Street, Exeter, NH

www.exetercounseling.com

Josh Gear, MD (Medication Management)

610-0235

20 Ladd Street, Suite 402 Portsmouth, NH

Sees children, adolescents, adults

* requires payment in full which can be submitted to insurance

Seacoast Mental Health Center

Exeter - 772-2710, Portsmouth - 431 6703

Offices in Exeter and Portsmouth, NH

www.smhc-nh.org

Nancy McLane, LICSW

332 - 2377

40 Winter Street, Suite 306D, Rochester, NH

Sees children, adolescents, adults, families

Center for Life Management

434 1577

10 Tsienneto Road, Derry, NH

103 Stiles Rd Salem, NH

www.centerforlifemanagement.org

Teresa Johnson, PhD. CST

865-1934

Portsmouth, NH

Sees adults

Specialty: Anxiety, relationships, intimacy, Certified Sex Therapist

* sliding scale, requires payment in full which can be submitted to insurance

Carol Murray, LICSW

422-8836

30 Mirona Road, Portsmouth, NH

Sees adults, couples

Annette Hanson, LCMHC

(844) 859 – 2388

Newmarket, NH

Sees adults

Rhiannon Beauregard, LMFT, CST

944 - 9945

Online Therapy – Serves NH, ME, MA

Sees adults

Specialty: Sex therapy

Rachel Armstrong, PsyD

This should not be considered a comprehensive list of providers. Inclusion of a providers name does not imply endorsement. Check with your insurance company regarding your coverage.

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Counseling Resources

Holly Cerny, LCMHC

769-3633

426 Middle Street
Portsmouth, New Hampshire
Sees adults

Specialty: Relationship issues, anxiety

Gretchen Estes MEd, LCMHC

760-7464

1039 Islington St
Portsmouth, New Hampshire
Sees adults

Specialty: Relationship issues, trauma, anxiety

Adrienne Cress, LCMHC, REAT

787-5179

2456 Lafayette Road, Suite 12, Portsmouth, NH
Sees adolescents, adults

Specialty: Expressive arts, self-esteem, coping skills

Mary Boucher, LICSW

605-1409

6 Old Rochester Rd
Dover, NH

Sees older adults

Specialty: Grief, chronic illness, Alzheimer's

Jessica Lyons, MS, LMFT

402 824 8122

Exeter, NH
Individual, couples, families

Julie Hensel, LICSW

617 3256

426 State Street, Portsmouth, NH
Sees children, teens, adults

Specialty: Grief, trauma, PTSD, behavioral

T.J. Dinsmore

413-0907

4 Birch Street, Suite #5, Derry, NH
Sees adolescents, adults

Specialty: Chronic illness, relationship issues,

Sonya Shropshire-Friel, PhD

931-4544

130 Central Ave, Suite 111 Dover, NH
Sees adolescents, adults

Specialty: Life transitions, racial identity, anxiety

Carli Genet, LICSW

431-6677 X245

100 Shattuck Way, Newington, NH
See: adults, couples

Ellen Hirshberg, LCMHC

446-6226

240 Islington Street, Portsmouth, NH
Sees adolescents, adults

Specialty: Art therapy, cancer, spirituality, grief

Rachel Wells, LCPC, MMT

207-994-8714

Kennebunk, ME
Sees children, adolescents, adults
Specialty: Art and Music Therapy, Infertility, Depression, Anxiety

Richard DiNapoli, Ed.D

778-6000

5 Hartmann Place Exeter, NH and
75 Gilcrest Road, Suite 200, Londonderry, NH
Sees adolescents, adults, couples
Specialty: Sex therapy, relationship Issues

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Counseling Resources

Jesses Schram, LICSW

(855) 930 0607

21 Hampton Rd

Build. 1, suite 104

Exeter, NH

Pre-teens, adolescents, adults

Specialty: Depression, anxiety, substance use

Aloft Integrated Wellness

(833) 916 1888

21 Hampton Rd

Exeter NH

Specialty: Mental health therapy, nutritional counseling, mindfulness and meditation training

Jane Zill, LICSW

436 4111

Shaw Rd

Portsmouth, NH

Adults, couples

Specialties: Anxiety, Certified Clinical Trauma Professional, EMDR

Cheryl Doucette, PMHCNS, APRN

855 389 5439

Telehealth from Woodstock, NH

Sees adults

Specialty: Psycho-spiritual, astrology

<https://themysticscounsel.com/telehealth-counseling>