

## Help to stay healthy & happy



ACHS Behavioral Health Specialists can help you better manage your stressors and anxiety. They'll partner with you so you can meet your health care goals.

### You are not alone. ACHS can help.

Your behavioral health is as important to your well being as your physical health. The ACHS team of behavioral health providers will listen and help you cope with what is troubling you. Whether it is an ongoing issue or a specific occurrence. Anyone at any age can get help at ACHS with:

- Depression / Anxiety / Sadness
- Drug or Alcohol Dependency
- Grief & Loss
- Chronic Health Issues
- Emotional Trauma & PTSD
- Problem Solving
- Psychiatric Medication Management
- General Counseling
- Psychiatric Assessments

ACHS accept most insurances, Medicare and Medicaid. Our Sliding Fee Payment scale for those who qualify can help cover costs for behavioral health services. For more information or to find out if you qualify, call **603-747-3990** or visit: **AMMONOOSUC.ORG**



The Behavioral Health Patient Access Team will be happy to help you find the right behavioral health care provider for you or your loved one. Give us a call at:

603-747-3990  
603-444-8296  
603-747-8136

*Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to over 11,000 patients.*

*ACHS receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.*

### Ammonoosuc Community Health Services, Inc.

25 Mount Eustis Road, Littleton, NH 03561  
603.444.2464 • www.ammonoosuc.org  
New Patient hotline at 1.866.201.5076



ACHS

## ACHS Services



# Behavioral Health

*The support you need to be your best self*

.....  
Individual Counseling Services



**Ammonoosuc Community Health Services, Inc.**

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Littleton • Franconia • Warren • Whitefield • Woodsville

# Helping you find balance in your life

## Your mental health is as important to you as your physical health

ACHS wants you to get well and stay healthy. That means paying as much attention to your mental well being as you do to your physical health. Speaking to a behavioral health specialist - even for an hour or two can provide assistance to work through an individual crisis or an ongoing issue.

### ACHS can help!

ACHS has a team of behavioral health specialists, including Licensed Social Workers, Psychiatric Nurse Practitioners and Psychiatrists, who will partner with you to help you become your best self. Our team is professional and kind, and your care is completely confidential. Our providers will listen and help you navigate tough situations. At ACHS you can get assistance for:

Depression / Sadness / Anxiety

- General Counseling
- Drug or Alcohol Dependency - *Including Medication Assisted Treatment*
- Grief & Loss
- Problem Solving
- Child & Adolescent Services
- Behavioral Modification
- Complex Trauma / PTSD



*Anyone, at any age, can experience a mental health issue. ACHS can help you navigate difficult times.*

### For all ages & all reasons

Perhaps you've lost a relative, are upset over a divorce, or are finding it hard to cope with the stress work and family. Maybe you've suffered abuse from a friend or relative, or have a child struggling with anxiety. No matter your age, or the reason, we'll help you put things in balance so you can become your best you.

### In-person care or via Telemedicine

Behavioral Health care is available at any of our five sites, or via Telemedicine through your computer, tablet or phone. Our K-12 School Based care in some area school districts means your child or teen may be able to see an ACHS counselor at school or in an after-school program.

ACHS provides integrated care - primary, dental, and behavioral health care as well as support services. This makes it easy to get the care you need for your whole self. We accept most private insurance, Medicare, Medicaid and all major credit cards. Our sliding-fee payment scale is available to those who qualify

### Meet the ACHS' Team



**Lili Carghill, APRN, PMHNP**  
**Psychiatric Nurse Practitioner**  
**Director of Behavioral Health Services**  
Other Healthcare Interests: Adult & Geriatric Behavioral Health • Medication Management • Adolescents • Adult



**Heidi Behrendt, LICSW**  
**Integrated Behavioral Health Clinician**  
Other Healthcare Interests: Depression Anxiety • PTSD & Military Social Work Children • Families • Co-Occurring Issues



**Pamela Woodburn Comeau, APRN, PMHNP-BC**  
**Psychiatric Nurse Practitioner**  
Other Healthcare Interests: General Behavioral Health



**Kristen Crowley, LICSW**  
**Behavioral Health Counselor**  
Other Healthcare Interests: General Behavioral Health • Substance Misuse / Recovery • Adolescents Anxiety • Grief and Loss



**Brenda Fortier-Dube, LICSW**  
**Behavioral Health Counselor**  
**K-12 School Based Care**  
Other Healthcare Interests: Children • Adolescents • Family



**Judith Santy, LICSW**  
**Behavioral Health Counselor**  
Other Healthcare Interests: Trauma Grief and Loss • Geriatrics



**Stephen Noyes, LICSW**  
**Behavioral Health Counselor**  
Other Healthcare Interests: Chronic Disease Management Grief Counseling • Family Loss • PTSD Depression • Addiction • Brain Injuries



**Colleen Sullivan, PMHNP, MSN**  
**Psychiatric Nurse Practitioner**  
Other Healthcare Interests: Anxiety First Episode Psychosis • Bipolar Spectrum Disorders • Community Psychiatry Outreach