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NEWS RELEASE: Free Mental Health Education And Treatment For Seniors

REAP, New Hampshire's Referral, Education, Assistance and Prevention program for seniors over the age of sixty who live independently, provides education and resources to assist seniors who are struggling with depression and other mental health issues. REAP provides up to five individual counseling sessions in home at no cost.

REAP also brings educational sessions to senior centers, churches, common areas in senior housing to address issues including depression, sleep problems, communication skills, relational problems, medication and substance use/abuse, stress management, and healthy living ideas. Sessions can be tailored to the needs and concerns of participants as well. Counselors are also available to provide support for problem solving assistance to housing managers and service coordinators of senior housing complexes.

REAP was created to address and prevent substance abuse and misuse of medications among seniors, to assist seniors so that they may remain independent, and to provide prevention education and mental health support for all older adults in the community. In Carroll County, REAP counselors are available at the Conway and Wolfeboro Offices of Northern Human Services Mental Health.

REAP is supported by the NH Bureau of Drug and Alcohol Services, New Hampshire Housing Authority, NH Bureau of Adult and Elderly Services, NH Bureau of Behavioral Health and New Hampshire's ten regional community mental health centers.

For More Information about REAP services and access to REAP counselors, please contact Maureen Hanlon, LICSW at Northern Human Services Mental Health Center, Conway Office (447-2111) or Guy Tillson, LCMHC at Northern Human Services Mental Health Center, Wolfeboro Office (569-1884) for brochures and information about how to make a referral, an appointment with a counselor or set up an educational session. Northern Human Services Mental Health Center Offices are open 8am to 5pm Monday through Friday.