



TAKE THE FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU.

YOU ARE NOT ALONE. ACHS CAN HELP

At ACHS we believe your behavioral health is just as important as your physical health. Our dedicated team of behavioral health providers is here to listen and help you cope with whatever is troubling you. Whether you are dealing with an ongoing issue or a specific occurrence, ACHS is here to support you.

For All Ages & All Reasons

Life can be tough, but you don't have to go through it alone. Whether you're grieving a loss, dealing with a divorce, or feeling overwhelmed by work and family stress, we are here for you. If you or your child are facing anxiety or trauma, our compassionate team is ready to help. No matter your age or situation, we'll support you in finding balance and becoming your best self.

K-12 School-Based Care

We believe in making support accessible for everyone. Our K-12 school-based care in select area school districts allows your child or teen to see an ACHS counselor during school hours or through after-school programs, ensuring they get the help they need in a convenient setting.

In-Person or Via Telehealth

We offer flexible options to fit your lifestyle. You can receive behavioral health care at any of our five locations or via telemedicine from the comfort of your home using your computer, tablet, or phone.

Integrated Healthcare

At ACHS, we provide integrated care that includes both primary and behavioral health services, as well as additional support services. This holistic approach makes it easy to address all aspects of your health in one place. We accept most private insurance, Medicare, and Medicaid, and offer a sliding-fee payment scale for those who qualify.

WHY CHOOSE ACHS?

At ACHS, we offer professional, kind, and thorough care tailored to meet the unique needs of our rural community. Our experienced team is committed to providing high-quality behavioral health services with compassion and respect. We are here to ensure that everyone in our community has access to the care they need to live a healthier, happier life.

OUR COMMITMENT TO YOU

Accessibility and Affordability:

Insurance Accepted: We accept most insurances, including Medicare and Medicaid.

Sliding Fee Payment Scale: For those who qualify, we offer a sliding fee payment scale to help cover the costs of behavioral health services.

For more information or to find out if you qualify, call us at **603-747-3990** or visit our website at Ammonoosuc.org.

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

MEET THE ACHS'S TEAM



Lili Cargill, Psych-APRN
Director of Integrated Behavioral Health

Other Healthcare Interests:
Adult & Geriatric Behavioral Health



Pamela Comeau, Psych-APRN

Other Healthcare Interests:
Adult Behavioral Health
Grief Counseling · Family Loss
PTSD · Depression · Addiction



Daniel Miller, LCMHC, MBA, LDAC

Other Healthcare Interests:
Chronic Disease Management · Depression
Grief Counseling · Family Loss · PTSD
Addiction · K-12 · School Counseling



Stephen Noyes, LICSW

Other Healthcare Interests:
Chronic Disease Management
Grief Counseling · Family Loss
PTSD · Depression · Addiction



Judith Santy, LICSW

Other Healthcare Interests:
Trauma · Grief and Loss · Geriatrics



Colleen Sullivan, Psych-APRN

Other Healthcare Interests:
First Episode Psychosis · Bipolar
Spectrum Disorders · Community
Psychiatry Outreach

Health is wealth - *invest in yourself.*



You Have Support. ACHS Is Here for You.

Our compassionate team of behavioral health providers is committed to listening and helping you navigate any challenges you face.

Our Services

We offer comprehensive services to individuals of all ages, including:

Depression, Anxiety, and Sadness: Professional support to help manage and overcome emotional challenges.

Drug or Alcohol Dependency: Compassionate treatment programs to support recovery.

Grief & Loss: Guidance and support to navigate the difficult journey of loss.

Chronic Health Issues: Helping you manage the emotional impact of long-term health conditions.

Emotional Trauma & PTSD: Specialized care to heal from past trauma and stress.

General Counseling: Support for everyday issues and stressors.

Problem Solving: Practical support for life's challenges and decision-making.

Psychiatric Medication Management: Professional oversight of medication to ensure optimal mental health.

ACHS Locations

WEBSITE: Ammonoosuc.org



FRANCONIA

1095 Profile Rd. Suite B.
Franconia, NH 03580
Phone: 603-823-7078



LITTLETON

25 Mt. Eustis Road,
Littleton, NH 03561
Phone: 603-444-2464



WARREN

Route 25, Main Street
Warren, NH 03279
Phone: 603-764-5704



WHITEFIELD

14 King Square
Whitefield, NH 03598
Phone: 603-837-2333



WOODSVILLE

79 Swiftwater Road
Woodsville, NH 03785
Phone: 603-747-3740

QUESTIONS, CONCERNS: info@achs-inc.org



Founded in 1975, ACHS is a non-profit Federally Qualified Community Health Center with six sites in Northern New Hampshire. With funding from national, state and local sources we deliver high-quality, affordable health care to nearly 10,000 patients in over 26 area towns and are committed to providing integrated health - Medical, Dental, Behavioral - for the entire family. We serve ALL - and no one is ever turned away for inability to pay.

This health center 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.



**QUALITY, AFFORDABLE
HEALTHCARE FOR ALL!**

Behavioral Health



Ammonoosuc Community Health Services, Inc.

25 Mount Eustis Road
Littleton, NH 03561
603-444-2464
Ammonoosuc.org