



ProHealth

ProHealth NH brings mental health and primary care services to one location, improving access to care for youth and young adults ages 16-35 years who experience mental health issues. Services focus on health, mental health and overall wellness.



ProHealth is a health care partnership between **The Mental Health Center of Greater Manchester** and **Amoskeag Health** (formerly Manchester Community Health Center).

Services will be available from 9:00 am—4:00 pm on Mondays, Tuesdays and Thursdays.

Pro Health Services Include:

- Primary Care Visits
- Counseling Visits
- Medication Services
- Health Coaching
- Workforce Training & Education Services
- Phone Apps for Maintaining Health
- Gym Membership
- Cash Incentives
- Individual and Family Support
- On-site Pharmacy

- **Get Services**
- **Get Insurance**
- **Earn Gift Cards**
- **Feel Good!**



ProHealth staff and support services are set up to meet your needs and help you achieve your overall best health for getting back to work, school or healthy living!

How Will We Support You?

Your whole health “team” will provide you with many unique services to support your overall wellness, such as:

- Primary care services to help you address any medical concerns you may have.
- Counseling to help you define your goals.
- Support for smoking or vaping cessation and access to medication therapy if needed.
- A health mentor to support you with your health and fitness goals and a one year gym membership.
- Weight Watchers nutrition counseling for healthy eating.
- Workforce training and consultation to help you with your career goals.



ProHealth will utilize evidence based care and integrated services to treat physical as well as mental health care needs.

The goal of ProHealth NH is to integrate Federally Qualified Health Care services, such as screening, detection and treatment of physical health conditions, within the Community Mental Health Centers to improve and prevent future health conditions.

The Mental Health Center of Greater Manchester is dedicated to delivering the best health outcomes for patients with multiple healthcare needs. ProHealth NH will help to ensure that young adults in the community are provided with:

- Mental health and substance use disorder treatments
- Integration of physical and behavioral health care
- Improved transitions of care across settings



ProHealth Manchester Location:

1555 Elm Street
Manchester, NH



The Mental Health Center
of Greater Manchester

(603) 668-4111

www.mhcgm.org

ProHealth is funded by SAMHSA in partnership with NH DHHS