



Feel Good.

- ProHealth NH brings mental health and primary care services together in one place.
- ProHealth NH offers wellness programs with tools, support, and gift cards to help you feel good.
- ProHealth NH is for youth and young adults age 16-35 years to improve health, mental health, and wellness.
- Clinics located in Manchester, Rochester, and Nashua



Community Partners
25 Old Dover Rd,
Rochester, NH 03867



ProHealth NH is supported by a grant from
the Substance Abuse and Mental Health
Services Administration.
IRB Approval Date: 3/28/2019



Get services for
physical and mental health,
your whole person,
ALL IN ONE PLACE.

Be ProHealth and Feel Good.



*"Be who you
want to be."
—Emma Watson*

ProHealth NH brings together doctors, counselors, health coaches, tools, rewards, and people who provide support to help you achieve your overall best health. All of the ProHealth staff and supports are in one location and are set up to meet your needs. ProHealth is for youth and young adults ages 16—35 years who want to feel good. The services are provided to meet unique needs. ProHealth cares about people from all backgrounds and provides services to everyone who qualifies. The program is ideal if you wish to have mental health services and primary health care in the same place or do not have a primary care doctor.



ProHealth NH Services

- ✓ Primary Care Visits
- ✓ Counseling Visits
- ✓ Medication
- ✓ Health Coaching
- ✓ Tobacco Information
- ✓ Phone Apps for Health
- ✓ Be a Healthy Weight
- ✓ Gym Memberships
- ✓ Money for Health

Does ProHealth NH Work?

Be part of finding out if ProHealth makes a difference.

Earn gift cards for answering a few questions about you and your health a couple times a year.



Where is ProHealth NH?

Community Partners
25 Old Dover Rd,
Rochester, NH 03867
Phone: 603-516-9610

Feel Good
Get Services
Get Insurance