



SEACOAST MENTAL HEALTH CENTER *Inc.*

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New mental health website offers easy access to care

Seacoast Mental Health Center announces the launch of its new web site at <http://www.smhc-nh.org>. The public is invited to visit this comprehensive source of online information about Seacoast Mental Health Center's full range of services.

"We strive to provide the highest quality of service to everyone who comes to us for help. The new website helps us do that," says Jay Couture, executive director of Seacoast Mental Health Center. "Every aspect of our organization can now be found in one place; plus there's information and education – all easy to find and learn about in a design that's easy to navigate."

Made possible through an in-kind donation of design and hosting services by Daystar Computer Services Inc. of Portsmouth, the site will advance Seacoast Mental Health Center's mission to provide accessible, high quality mental and behavioral health services in a safe and confidential environment.

Seacoast Mental Health Center (SMHC) helps people of all ages cope with the effects of mental illness, as it's done since it started in 1963. Each person is recognized as unique and deserving of understanding and respect. Services include couple and family therapy; psychological assessments; special services for children, adolescents and elders; help with sexual abuse, substance abuse, plus more.

Daystar regularly donates in-kind services to charitable organizations in the area. When Daystar contacted the United Way of the Seacoast with an offer to build a web site for a deserving non-profit agency, a contest was held and SMHC was selected.

"Our main objective is to help our clients design and implement technologies that allow them to better serve their customers; our efforts are particularly gratifying when working with such a commendable agency as the Seacoast Mental Health Center," says Keith Bamford, founder and CEO of Daystar Computer Services. "Knowing that our services truly add to the vital work that SMHC is performing every day is our reward. We look forward to continuing our relationship with this worthwhile organization."

"We never could have created this resource without the generosity and hard work of Daystar," says Chris Drew, chief information officer. "Because of their continuing help, we can focus our resources on what we do best - helping people."



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The spirit of cooperation between Daystar and the agency extends throughout SMHC. People in every department make contributions to the wealth of information available at www.smhc-nh.org. Detailed information about the Center for Learning and Attention Disorders, the Community Support Program, and more are all available now, at your fingertips.

“Prospective clients and loved ones of those affected by mental illness can now access information, find our business hours or directions to our Portsmouth and Exeter offices as well as support groups and upcoming events,” says Kristin Howard, SMHC Information Systems Assistant, who assembled and edited the information and works with Daystar as Webmaster.

An example of an upcoming event open to the public is the 4th Annual Erik Cogswell Memorial Bipolar Disorder Conference to be held at Yoken's on May 7th. People can find out more about this conference by clicking on the "News & Upcoming Events" link on the front page of the website.

When the loneliness, stress, depression, or anxiety of mental illness strikes a person or a loved one, there is a feeling of helplessness. Not knowing what to do can make the illness worse. Now there is an answer. People of the Seacoast can find help – and answers – 24 hours a day, seven days a week at the Seacoast Mental Health Center web site.

For more information visit the new SMHC website: <http://www.smhc-nh.org>; or please call (603) 431-6703 or email jgrady@smhc-nh.org.

Founded in 1963, Seacoast Mental Health Center is a comprehensive provider of psychiatry, counseling and psychological services in the Seacoast. Its mission is to provide accessible, high quality mental and behavioral health services for people of all ages in a safe and confidential environment.

Daystar Computer Services, Inc. was founded in 2000 with a single guiding principle: to deliver complete technology solutions and services designed to meet the individual needs and goals of a diverse base of clients. Daystar proudly applies its core values of quality service and integrity to each of its services, including: network design and implementation, network maintenance, web hosting and design, customized database design and hardware sales and services. The Daystar team is committed to fostering collaborative, partner-driven client relationships. For more information about Daystar Computer Services, please visit www.daystarinc.com.



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