We encourage you to reach out and get help.
NEED IMMEDIATE HELP?
CALL 911
IMMEDIATE RESOURCES

24-HOUR HELPLINE NUMBER
Toll-free 888-NA-HELP-U (888-624-3578)
The helpline offers daily meeting lists, individual callback support, as well as information on area events and activities.

COOS COUNTY

BERLIN
Androscoggin Valley Hospital
59 Page Hill Road, Berlin, NH
Tel. 603-752-2200
www.avhn.org

COLEBROOK
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH
Tel. 603-237-4971
www.ucvh.org

LANCASTER
Weeks Medical Center
173 Middle Street, Lancaster, NH
Tel. 603-788-4911
www.weeksmedical.org

GRAFTON COUNTY

LITTLETON
Littleton Regional Healthcare
600 St. Johnsbury Road
Littleton, NH 03561
Tel. 603-444-9000
www.littletonhealthcare.org

PLYMOUTH
Speare Memorial Hospital
16 Hospital Road, Plymouth, NH 03264
Tel. 603-536-1120
www.spearehospital.com

WOODSVILLE
Cottage Hospital
PO Box 2001, Swiftwater Road
Woodsville, NH 03785
Tel. 603-747-9000
www.cottagehospital.org

CARROLL COUNTY

NORTH CONWAY
Memorial Hospital
3073 White Mountain Highway
North Conway, NH 03860
Tel. 603-356-5461
www.mainehealth.org/memorial-hospital

WOLFEBORO
Huggins Hospital
240 South Main Street, Wolfeboro, NH
Tel. 603-569.7500
Fax 603-569-7564
www.hugginshospital.org
THE MISSION OF THE NORTH COUNTRY HEALTH CONSORTIUM

is “To lead innovative collaboration to improve the health status of Northern New Hampshire.”

Community Compass is a product of the North Country Health Consortium. Funding for the development and distribution of this guide is supported in part by the Bureau of Drug and Alcohol Services and New Hampshire Department of Health and Human Services.
This resource guide is dedicated to treatment providers who devote their careers to helping those suffering with addiction.

Thank you for your work.

To all of the providers listed in this guide, we are deeply thankful for your dedication to helping others find a pathway to a healthy life. You are a compass to our residents, helping them navigate systems of care, insurance and other barriers. You each play a role in making our communities healthier places to live, work, grow and play.

A special thanks to those who helped with the development of this project and provided subject-matter expertise.

The information provided in this guide is for informational purposes only and is not an endorsement of any organization or service. While we will make every effort to keep the information up to date and correct, we make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, suitability or availability of any of the organizations or providers listed herein or the information, products, services or related graphics contained in the guide for any purpose.
PHYSICAL & OVERALL HEALTH
Addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain function, which in turn affect human behavior. Once addiction develops, these brain changes interfere with an individual’s ability to make voluntary decisions, leading to compulsive drug craving, seeking, and use.

Drug abuse can lead to or worsen chronic illnesses, such as cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease. Some of these effects occur when drugs are used at high doses or after long-term use; however, some may occur after just one use.

Mental health and substance use disorders have a direct and measurable impact on your physical health and overall well-being. Poor mental health is a risk factor for chronic medical conditions, and drug overdoses have become the leading cause of injury-related deaths.

The impact of addiction can be far-reaching.

Mental and substance use disorders affect people from all walks of life and all age groups. These illnesses are common and often serious, but they are treatable, and many people do recover.

The integration of physical and behavioral health leads to better health outcomes and overall cost savings. Addressing the impact of substance use alone is estimated to cost Americans more than $600 billion each year.

Learn more by visiting drugabuse.gov or samhsa.gov/prevention
<table>
<thead>
<tr>
<th>Physical &amp; Overall Health Resources</th>
</tr>
</thead>
</table>

### COOS COUNTY

#### BERLIN
- Coos County Family Health Services
  - 133 Pleasant St., Berlin, NH
  - Tel. 603-752-2040
  - [www.coosfamilyhealth.org](http://www.coosfamilyhealth.org)
- Coos County Family Health Services
  - 59 Page Hill Road, Berlin, NH
  - Tel. 603-752-2900
  - [www.coosfamilyhealth.org](http://www.coosfamilyhealth.org)

#### COLEBROOK
- Indian Stream Health Center
  - 141 Corliss Lane, Colebrook, NH
  - Tel. 603-237-8336
  - [www.indianstream.org](http://www.indianstream.org)

#### GORHAM
- Coos County Family Health Services
  - 2 Broadway Ave., Gorham, NH
  - Tel. 603-466-2741
  - [www.coosfamilyhealth.org](http://www.coosfamilyhealth.org)

#### GROVETON
- Weeks Medical Center
  - 47 Church Street, Groveton, NH
  - Tel. 603-636-1101
  - [www.weeksmedical.org](http://www.weeksmedical.org)

#### LANCASTER
- Weeks Medical Center
  - 173 Middle Street, Lancaster, NH
  - Tel. 603-788-2521
  - [www.weeksmedical.org](http://www.weeksmedical.org)

#### NORTH STRATFORD
- Weeks Medical Center
  - 43 Main Street, North Stratford, NH
  - Tel. 603-922-5039
  - [www.weeksmedical.org](http://www.weeksmedical.org)

#### WHITEFIELD
- Ammonoosuc Community Health Services
  - 14 King Square, Whitefield, NH
  - Tel. 603-837-2333
  - [www.ammonoosuc.org](http://www.ammonoosuc.org)
- Weeks Medical Center
  - 8 Clover Lane, Whitefield, NH
  - Tel. 603-837-9005
## PHYSICAL & OVERALL HEALTH RESOURCES

### GRAFTON COUNTY

**BRISTOL**
Mid-State Health Center  
100 Robie Road, Bristol, NH  
Tel. 603-744-6200  
www.midstatehealth.org

**FRANCONIA**
Ammonoosuc Community Health Services  
155 Main Street, Franconia, NH  
Tel. 603-823-7078  
www.ammonoosuc.org

**LITTLETON**
Ammonoosuc Community Health Services  
25 Mt Eustis Road, Littleton, NH  
Tel. 603-444-2464  
www.ammonoosuc.org

- North Country Primary Care at Littleton Regional Healthcare  
  580 St. Johnsbury Road, Littleton, NH  
  Tel. 603-444-7070

Littleton Regional Healthcare  
600 St. Johnsbury Road, Littleton, NH  
Tel. 800-464-7731  
www.littletonhealthcare.org

**PLYMOUTH**
Mid-State Health Center  
101 Boulder Point Dr., Suite 1, Plymouth, NH  
Tel. 603-536-4000  
www.midstatehealth.org

- Speare Primary Care  
  103 Boulder Point Drive, Plymouth, NH  
  Tel. 603-536-6355  
  www.spearehospital.com

**WARREN**
Ammonoosuc Community Health Services  
Route 25, Main Street, Warren, NH  
Tel. 603-764-5704  
www.ammonoosuc.org

**WOODSVILLE**
Ammonoosuc Community Health Services  
79 Swiftwater Road, Woodsville, NH  
Tel. 603-747-3740  
www.ammonoosuc.org

- Rowe Health Center  
  90 Swiftwater Road, Woodsville, NH  
  Tel. 603-747-2900  
  www.cottagehospital.org

### CARROLL COUNTY

**ALTON**
Alton Family Medicine  
27 New Durham Road, Alton, NH  
Tel. 603-875-6151  
Fax 603-875-2944  
www.hugginshospital.org

**CONWAY**
White Mountain Community Health Center  
298 White Mountain Hwy., Conway, NH  
Tel. 603-447-8900  
www.whitemountainhealth.org

**MOULTONBOROUGH**
Moultonborough Family Medicine  
984 Whittier Highway, Moultonborough, NH  
Tel. 603-476-2216  
Fax 603-476-5396  
www.hugginshospital.org

**NORTH CONWAY**
Primary Care at Memorial Hospital  
3073 White Mtn. Hwy, N. Conway, NH  
Tel. 603-356-5472  
www.mainhealth.org/memorial-hospital

**OSSIPEE**
Ossipee Family Medicine  
3 Water Village Road, Ossipee, NH  
Tel. 603-539-6996  
Fax 603-539-5284  
www.hugginshospital.org

**SACO RIVER MEDICAL GROUP**
7 Greenwood Ave.  
Conway, NH 03818  
Tel.603-447-3500  

- 15 US RTE 302  
  Glen, NH 03838  
  Tel.603-383-3005  

### CARROLL COUNTY

**TAMWORTH**
Tamworth Family Medicine  
577 White Mtn. Hwy., Tamworth, NH  
Tel. 603-323-3311  
Fax 603-323-9305  
www.hugginshospital.org

**WOLFEBORO**
Back Bay Rehabilitation  
90 Mill Street, Wolfeboro, NH  
Tel. 603-569.7565  
Fax 603-569-3026  
www.hugginshospital.org

- Internal Medicine Assoc. of Wolfeboro  
  Tel. 603-569-7588  
  Fax 603-569-7589  
  www.hugginshospital.org

- Medical Arts Center  
  240 South Main Street, Wolfeboro, NH  
  Wolfeboro Family Medicine 603-569-7574  
  Wolfeboro Pediatrics 603-569-7620  
  Wolfeboro Women’s Health 603-569-7585  
  www.hugginshospital.org
BEHAVIORAL HEALTH IS ESSENTIAL
WHAT YOU SHOULD KNOW ABOUT BEHAVIORAL HEALTH

01 Mental and substance use disorders affect people from all walks of life and all age groups. Nearly one in five Americans in all age groups has some form of diagnosable mental illness. Stigma keeps some people from accessing care. Remember that, just as with any disease, it is not a sign of weakness to admit that a person or a family member needs help. In fact, it really is a sign of strength. We know the number one way to start someone on the road to recovery is for them to talk about their feelings with others. Yes, simple talking may be the best way to treat mental illness. We also know that the sooner a person does this, the better the outcome of their treatment.

02 Mental health care is not always easy to access. Sometimes the process is hard to understand, but the good news is that there are providers in your community to help you navigate complicated systems of care and insurance. Keep at it and use this guide to help you find your way. Some recent changes to the United States health system are removing barriers to accessing behavioral health services. A range of health plans are required to cover essential benefits, including mental health and substance use disorders.

DON’T GIVE UP. Not every program fits everyone.

03 DON’T GIVE UP. Not every program fits everyone. Sometimes people need to explore a few programs until they find the right fit. Remember we are all different and have different needs; that is what makes us all special. Successful treatment should focus on you and not the program.

To learn more visit samhsa.gov/treatment
CONSIDER BEHAVIORAL HEALTH RESOURCES IF YOU NOTICE:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don’t exist in reality)
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)
<table>
<thead>
<tr>
<th>BEHAVIORAL HEALTH RESOURCES</th>
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</thead>
<tbody>
<tr>
<td><strong>AMERICAN FOUNDATION FOR SUICIDE PREVENTION</strong></td>
</tr>
<tr>
<td>Education, advocacy, and research for suicide prevention. NH Chapter Email: <a href="mailto:newhampshire@afsp.org">newhampshire@afsp.org</a> Tel. 1-888-333-AFSP (2377) <a href="http://www.afsp.org/chapter/afsp-new-hampshire">www.afsp.org/chapter/afsp-new-hampshire</a></td>
</tr>
<tr>
<td><strong>AMMONOOSUC COMMUNITY HEALTH SVC.</strong></td>
</tr>
<tr>
<td>25 Mt Eustis Road, Littleton, NH Tel. 603-444-2464 <a href="http://www.ammonoosuc.org">www.ammonoosuc.org</a></td>
</tr>
<tr>
<td><strong>ANGELA JONES, LCMHC, MLADC, LCS, RYT</strong></td>
</tr>
<tr>
<td><strong>CENTER FOR NEW BEGINNINGS</strong></td>
</tr>
<tr>
<td>229 Cottage Street, Littleton, NH 03561 Tel. 603-444-6465 <a href="http://www.centerfornewbeginnings.org">www.centerfornewbeginnings.org</a></td>
</tr>
<tr>
<td><strong>CONNECTICUT RIVER COUNSELING SERVICES</strong></td>
</tr>
<tr>
<td>139 Central Street Woodsville, NH 03785 Tel. 603-747-2801 <a href="http://www.sites.google.com/site/connecticutrivershopping/">www.sites.google.com/site/connecticutrivershopping/</a></td>
</tr>
<tr>
<td><strong>COOS COUNTY FAMILY HEALTH SERVICES</strong></td>
</tr>
<tr>
<td>133 Pleasant St., Berlin, NH Tel. 603-752-2040 <a href="http://www.coosfamilyhealth.org">www.coosfamilyhealth.org</a></td>
</tr>
<tr>
<td><strong>COTTAGE HOSPITAL</strong></td>
</tr>
<tr>
<td>Rowe Health Center 103 Swiftwater Road, Woodsville, NH 03785 Tel. 603-747-3740 <a href="http://www.cottagehospital.org">www.cottagehospital.org</a></td>
</tr>
<tr>
<td><strong>GENESIS BEHAVIORAL HEALTH</strong></td>
</tr>
<tr>
<td>599 Tenney Mountain Highway Plymouth, NH 03264 Tel. 603-536-1118 <a href="http://www.genesisbh.org">www.genesisbh.org</a></td>
</tr>
</tbody>
</table>
Prevention starts at birth and continues across the lifespan.

Prevention includes helping people develop the knowledge, attitudes and skills to make healthy choices or change harmful behaviors. Prevention also includes creating safe communities and neighborhoods where we can live, work, grow and play.

Resilience is a key component in prevention. Resilience refers to a person’s ability to cope with difficulty and adapt to challenges or change. Resilience can be built over time and at any age.

Lock up prescription drugs and safely dispose of unused or expired prescriptions. Medication drop boxes are available 24/7 at police departments in Haverhill, Littleton, and Lancaster.

Parents play a huge role in prevention. In fact, 83% of 10 to 18-year-olds said their parents were the leading influence in their decisions about drinking. You can influence your children by modeling healthy behaviors, talking to your children about your family values and expectations, setting clear limits and enforcing discipline consistently. Lastly, make sure you are well informed and taking good care of yourself first.

Learn more by visiting drugfreenh.org/
WARNING SIGNS OF SUBSTANCE USE DISORDERS:

- Changes in your behavior such as suddenly becoming unreliable; not being as involved as you once were with friends or family; not fulfilling important personal obligations; and isolating yourself from people who you normally enjoy spending time with.

- Physical changes such as losing weight; sores on your face, arms, or legs; issues with your dental health; nosebleeds; or a general overall untidy appearance.

- A lack of attention to your appearance or personal hygiene.

- Red, bloodshot, or glassy eyes.

- Being congested all the time.

- Your basic lifestyle patterns are altered, such as sleeping and eating patterns.

- Sudden intermittent complaints of feeling ill or having flulike symptoms.

- Needing more of the substance to achieve the same effect that was once achieved at lower doses (a warning sign of tolerance).

- Experiencing depression, anxiety, or severe cravings after attempts to quit your drug of choice (warning signs of withdrawal symptoms).

- You frequently begin using your drug of choice to alleviate these symptoms.

- Increased aggression or irritability.

- Changes in attitude/personality.

- Lethargy.

- Depression.

- Sudden changes in a social network.

- Dramatic changes in habits and/or priorities.

- Financial problems.

- Involvement in criminal activity.
PREVENTION RESOURCES

ALATEEN
Peer support for teens ages 12-19 who have a relationship with an alcoholic.
Tel. 1-888-425-2666
www.alateen.org

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
Education, advocacy, and research for suicide prevention.
Contact the New Hampshire chapter, email: newhampshire@afsp.org
Tel. 1-888-333-AFSP (2377)
www.afsp.org/chapter/afsp-new-hampshire

BOYS AND GIRLS CLUB OF THE NORTH COUNTRY
The Boys & Girls Club of the North Country’s mission is to provide a fun, safe, positive place for all the children of the North Country.
2572 Route 302, Lisbon, NH 03585
(located behind Evergreen Sports)
Tel. 603-838-5954
http://bgcnorthcountry.org

FOUNDATION FOR HEALTHY COMMUNITIES
Non-profit organization that engages in innovative partnerships to improve health and health care in New Hampshire - working to address quality of care, access to care and community prevention.
125 Airport Road, Concord, NH 03301
Tel. 603-225-0900
www.healthynh.com

JOB CORPS
A no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through vocational and academic training.
943 Dunbarton Road, Manchester, NH 03102
Tel. 603-695-8800
www.newhampshire.jobcorps.gov

LIFE OF AN ATHLETE
Education for students about healthy living choices including abstaining from alcohol and other drugs.
251 Clinton Street, Concord, NH 03301
Tel. 603-228-8671
www.loahn.org

NATIONAL ALLIANCE MENTAL ILLNESS NH
Providing information, education and support to all families and communities affected by mental illness.
85 North State Street, Concord, NH 03301
Tel. 603-225-5359
www.naminh.org

NH JAG (JOBS FOR AMERICA’S GRADS)
Programs help students focus on staying in school and learning skills for entering the workforce.
175 Ammon Drive, Suite 212
Manchester, NH 03103
Tel. 603-647-2300
www.nh-jag.org

PARTNERSHIP FOR A DRUG-FREE NH
Creating and promoting consistent statewide messages about the problems and solutions of substance misuse in New Hampshire through engagement of partners, members and champions.
Tel. 603-716-0266
www.drugfreenh.org

TEEN INSTITUTE
Life-changing, experiential camps and workshops empowering a new generation of school and community leaders across New Hampshire and New England.
112 West Pearl Street, Nashua, NH 03060
Tel. 603-545-7341
www.nhteeninstitute.org

WAUKEELA CAMP FOR GIRLS
A summer at Waukeela is a coming of age experience for girls. Beyond all of the amazing activities offered, the camp truly prepares girls for life as independent, thoughtful and self-confident young women.
P.O. Box 265, Eaton Center, NH 03832
Tel. 603-447-2260
www.waukeela.com

YOUNG ADULT STRATEGIES

Young adults at risk for substance misuse, mental illness, or suicide often lack critical support once they are out of school. The Young Adult programs were created to help individuals navigate the difficult transition between school and a healthy successful adult life.

In the YOUNG ADULT LEADERSHIP PROGRAM, young people ages 18 - 25 learn to recognize substance misuse, mental illness, and suicide risk in their communities, and to increase awareness among their peers.

THE HEALTHY WORKLIFE PROGRAM addresses anger and stress management, nutrition, tobacco, and substance misuse to help young adults connect their personal health behavior choices with a happy and productive worklife.

Local employers currently offering this program include: AMMONOOSUC COMMUNITY HEALTH SERVICES, SHILLINGS, AND GENFOOT.
PREVENTION RESOURCES
COMMUNITY COALITIONS

WANT TO HELP?
Reach out to your local community coalition. Coalitions are a formal arrangement for collaboration among groups or sectors of a community, in which each group retains its identity but all agree to work together toward the common goal of a safe, healthy and drug-free community. If you have more questions or would like to help, contact prevention@nchcnh.org.

HAVERHILL AREA SUBSTANCE MISUSE PREVENTION COALITION (HASMPC)
- WOODSVILLE/HAVERHILL
Karen A. Woods RT R M CT
Administrative Director, Cottage Hospital
90 Swiftwater Road, Woodsville, NH 03785
Tel. 603-747-9109       Fax 603-747-3310
email: kwoods@cottagehospital.org

LITTLETON ALCOHOL, TOBACCO, AND OTHER DRUGS (ATOD)
- LITTLETON/ BETHLEHEM
Greg Williams, SMP Coordinator
North Country Health Consortium
262 Cottage Street, Suite 230
Littleton, NH 03561
Tel. 603-259-3700 ext 295
Fax 603-444-0945
email: gwilliams@nchcnh.org

STAND UP ANDROSCOGGIN VALLEY (SUAV)
- BERLIN/GORHAM
Pamela E. Laflamme, Community Development Director, City of Berlin
168 Main Street, Berlin, NH 03570
Tel. 603-752-8587

LANCASTER/GROVETON
Greg Williams, SMP Coordinator,
North Country Health Consortium
262 Cottage Street, Suite 230
Littleton, NH 03561
Tel. 603-259-3700 ext 295
Fax 603-444-0945
email: gwilliams@nchcnh.org

NORTH WOODS ADDICTION COALITION
- COLEBROOK
Brenda Tibbetts
email: btibbetts021@gmail.com
STUDENT ASSISTANCE PROFESSIONALS

Student Assistance Programs (SAP) are one of the most comprehensive, evidence-based school approaches to preventing and reducing alcohol, tobacco, and other drug use. Across the North Country, SAP Counselors work with youth in middle and high schools to teach prevention education classes covering topics such as alcohol, tobacco and other drugs and stress-coping skills. SAPs are trusted adults who students can engage with and confide in. SAPs provide an opportunity for students to talk about struggles, concerns, fears, and substance misuse in a safe and confidential space.

SAP REGIONAL LEADER
Annette Carbonneau
Tel. 603-259-3700

BERLIN HIGH SCHOOL
Tel. 603-752-4122

GROVETON HIGH SCHOOL
Tel. 603-636-1619

GORHAM MIDDLE HIGH SCHOOL
Tel. 603-466-2776 ext. 3116

LISBON SCHOOL
Tel. 802-535-1573

NORTH COUNTRY CHARTER ACADEMY
Tel. 603-444-1535

WHITE MOUNTAINS REGIONAL HIGH SCHOOL
Tel. 603-837-2528

WOODSVILLE HIGH SCHOOL
Tel. 603-747-2781

WHITE MOUNTAINS COMMUNITY COLLEGE
Tel. 603-342-3058

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

SBIRT is an evidence-based, integrated, public health approach to the delivery of early intervention and treatment services for persons with or at risk of developing substance use disorder. SBIRT requires screening of every patient for potential alcohol or other drug problems and a response which reinforces non-harmful use, educates about the impact of substance misuse on overall health and safety, and supports patients with problematic use in accessing further assessment, diagnosis, and treatment. New Hampshire has several initiatives in place to expand SBIRT in Primary Care settings and Community Health Centers.
INTERVENTION
It’s difficult to help a loved one struggling with substance misuse. It is not uncommon for a person to be unable to recognize the true impact substance misuse is having on their lives. They may not realize the negative effects their behavior has on themselves and others.

Intervening in someone’s substance use can occur at any time. The goal of intervention is to reduce the harm associated with substance misuse and provide your loved one with an opportunity to make changes before their addiction progresses further.

Asking for help is a sign of courage and a first step towards recovery.

A professional can help assess the extent of the substance misuse and make recommendations for treatment. Professionals can be found at your primary care provider’s office, your Employee Assistance Program, or many community-based organizations throughout the North Country listed in this guide.

As with any disease, it is not a sign of weakness to admit that you or a loved one needs help. Asking for help is a sign of courage and a first step towards recovery.

If your loved one is not ready to accept help, you can find help for yourself by learning more about addiction and accessing community support services.

Learn more by visiting www.drugabuse.gov/related-topics/treatment
WARNIMG SIGNS OF POSSIBLE CRISIS

• Feeling very sad, withdrawn or unmotivated for more than two weeks.
• Making plans or trying to harm or kill oneself.
• Out-of-control, risk-taking behaviors.
• Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing.
• Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
• Severe mood swings causing problems in relationships.
• Excessive use of drugs or alcohol.
• Drastic changes in behavior, personality or sleeping habits.
• Extreme difficulty in concentrating or staying still.
• Intense worries or fears getting in the way of daily activities like hanging out with friends or going to classes.
INTERVENTION RESOURCES

CHILD AND FAMILY SERVICES
Serving adolescents, children, young adults, adults, pregnant or parenting women, and homeless individuals. Programs include parenting, assessment, care coordination, individual and group outpatient counseling, recovery support services, and transitional living program (18-21). Family and support groups are listed under “Other” in this guide. Insurance: Accepts most insurance plans and self-pay; supported by DHHS using a sliding fee scale.
464 Chestnut Street
Manchester, NH 03105
(additional offices are located throughout the state)
Tel. 603-518-4000 or 800-640-6486.
www.cfsnh.org

THE FAMILY RESOURCE CENTER
123 Main Street, Gorham, NH 03581
Tel. 603-466-5190
Fax 603-466-9022
www.family-resource-center.org

NORTH COUNTRY HEALTH CONSORTIUM
IMPAIRED DRIVER CARE MANAGEMENT PROGRAM (IDCMP)
262 Cottage Street, Suite 230
Littleton, NH 03561
Tel. 603-259-3700 ext 213
Fax: 603-444-0945
www.nchcnh.org
TREATMENT IS EFFECTIVE
The first step to finding the appropriate level of treatment is an assessment by a medical or substance use disorder professional.

Treatment is highly personal and occurs via many pathways. Treatments and supportive services for substance use disorders should be tailored to fit individual needs. For many people, the most effective approach often involves a combination of counseling and medication. Some forms of treatment are tailored for specific populations such as youth or veterans.

Treatment may include: individual and group counseling; inpatient and residential treatment; intensive outpatient treatment; partial hospital programs; case or care management; medication; recovery support services; 12-step fellowship and/or peer supports.

Treatment is effective and people recover and go on to lead healthy and happy lives.

If your loved one is not ready to accept help, you can begin this process by getting educated on the options available and by finding support services for yourself. It is important to take good care of yourself. Sometimes families suffer alongside a loved one for many years and through many relapses, but remember treatment is effective and people do recover.

Learn more by visiting samhsa.gov/treatment
WARNING SIGNS OF AN OVERDOSE

- Bluish nails or lips
- Weak pulse
- Pinpoint pupils
- Disorientation or delirium
- Extreme drowsiness
- Repeated episodes of loss of consciousness
- Coma
- Increased use / quantity of use
- Nausea
- Vomiting
- Abdominal cramps
- Diarrhea
- Dizziness
- Loss of balance
- Seizures (fitting)
- Confusion
- Breathing difficulties/not breathing
- Internal bleeding
- Hallucination
- Visual disturbances
- Snoring deeply
- Drastic change in body temperature
TREATMENT RESOURCES

NH STATEWIDE ADDICTION CRISIS LINE
Trained counselors to help you find the right next step for you. Call 24/7. Free and Confidential.
Tel. 844-711-4357
email: hope@keystonehall.org

NH TREATMENT LOCATOR
Use this locator to find agencies and individual practitioners offering substance use disorder services, including evaluation (this is a critical first step to determine level of treatment needed), withdrawal management (detox), outpatient counseling, residential treatment, recovery supports, and other types of services for people experiencing problems with alcohol and other drug use, including addiction.
www.nhtreatment.org

HELPLINE 211
2-1-1 is an easy-to-remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. Dial 211.
www.211nh.org

NH CATHOLIC CHARITIES
Provides individual, marital, family, and couples’ counseling, helping people with personal difficulties, including: depression, stress, family conflicts, relationship problems, anxiety, substance abuse, life adjustment issues, grief and loss.
215 Myrtle Street, Manchester, NH 03104
Tel. 603-669-3030 or 800-562-5249
www.nh-cc.org

IS YOUR COMMUNITY IN NEED OF A NARCAN TRAINING?
Narcan administration can save someone from overdosing on heroin. If you or your community would like to schedule a Narcan Training, contact Elaine Belanger, Public Health Coordinator, NCHC (603) 259-3700 ext. 229, ebelanger@nchcnh.org
# Treatment Resources

## Residential Treatment

### Bethlehem
North Country Health Consortium - Substance Use Disorder Clinical Services  
2957 Main St., PO Box 7171, Bethlehem, NH 03574  
Tel. 603-869-2210 | Fax 603-869-2355  
www.nchcnh.org

### Dover
Southeastern New Hampshire Services  
272 County Farm Road, Dover, NH 03820  
Crisis Center 603-516-8181  
Main 603-916-8160 | Fax 603-749-3983  
www.dovernhtreatmentcenter.org

### Dublin
Phoenix House Comprehensive Addiction Treatment Services  
3 Pierce Road, Dublin, NH 03444  
Tel. 603-563-8501  
www.phoenixhouse.org

### Franklin
Farnum North - Ray House (Women)  
14 Holy Cross Road, Franklin, NH 03235  
Farnum North - Webster Place (Men)  
27 Holy Cross Road, Franklin, NH 03235  
Tel. 603-622-3020  
www.farnumcenter.org

### Keene
Phoenix House Comprehensive Addiction Treatment Services  
106 Roxbury Street, Keene, NH 03431  
Tel. 603-358-4041 Option 1  
www.phoenixhouse.org

### Lebanon
Headrest  
14 Church Street, Lebanon, NH 03766  
Tel. 603-448-4400

### Manchester
Farnum Center  
140 Queen City Avenue, Manchester, NH 03101  
Tel. 603-622-3020 | Fax 603-621-4295  
www.farnumcenter.org

### Berlin
North Country Health Consortium - Substance Use Disorder Clinical Services  
2957 Main St., PO Box 7171, Bethlehem, NH 03574  
Tel. 603-869-2210 | Fax 603-869-2355  
www.nchcnh.org

### Bethel
North Country Health Consortium - Substance Use Disorder Clinical Services  
2957 Main St., PO Box 7171, Bethlehem, NH 03574  
Tel. 603-869-2210 | Fax 603-869-2355  
www.nchcnh.org

### Bristol
Mid-State Health Center  
100 Robie Road, Bristol, NH 03222  
Tel. 603-536-4000  
www.midstatehealth.org

### Canaan
HALO Educational Systems  
44 Roberts Road, Canaan, NH 03741  
Tel. 603-523-8804  
www.haloeducationalsystems.com

### Center Ossipee
White Horse Addiction Center  
68 Route 16B, Center Ossipee, NH 03814  
Tel. 603-651-1441 | www.whitehorseac.com

### Colebrook
Indian Stream Health Center  
141 Corliss Lane, Colebrook, NH 03576  
Tel. 603-237-8336 | www.indianstream.org

### Conway
North Country Health Consortium - Substance Use Disorder Clinical Services  
1620 Main Street, North Conway, NH 03860  
Tel. 603-869-2210

### Effingham
Genesis Behavioral Health  
90 Tenney Mountain Hwy, Plymouth, NH 03264  
Tel. 603-536-1118 | www.genesisbh.org

### Lancaster
Northern Human Services  
29 Maple Street, Littleton, NH 03561  
Tel. 603-444-5358 | www.northernhs.org

### Littleton
Angela Jones, LCMHC, MLADC, LCS, RYT  
103 Cottage Street, Littleton, NH 03561  
Tel. 603-393-6292

### Meredith
Linda M. Brewer, MSW, LICSW, MLADC  
261 Daniel Webster Hwy, PO Box 712, Meredith, NH 03253  
Tel. 603-393-6292

### North Conway
W. Kieran Cunningham, Ph.D.  
2760 Main Street, North Conway, NH 03860  
Tel. 603-356-9955

### North Haverhill
Groups Recover Together -  
3801 Dartmouth College Hwy, North Haverhill, NH 03774  
Tel. 800-863-8313

### Plymouth
Horizons Counseling Center  
258 Highland St., Suite 10, Plymouth, NH 03264  
Tel. 603-536-2010  
email: horizonscounseling@horizonsnh.org

### Woodsville
Connecticut River Counseling Services  
139 Central Street, Woodsville, NH 03785  
Tel. 603-447-2801 | www.nchcnh.org

### Woodsville
North Country Health Consortium - Substance Use Disorder Clinical Services  
6 Church Street, Woodsville, NH 03785  
Tel. 603-869-2210 | Fax 603-869-2355

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### North Country Outpatient

### Berlin
North Country Health Consortium - Substance Use Disorder Clinical Services  
610 Sullivan St., Suite 303, Berlin, NH 03570  
Tel. 603-752-7941 | www.nchcnh.org

### Béthel
North Country Health Consortium - Substance Use Disorder Clinical Services  
2957 Main St., PO Box 7171, Bethlehem, NH 03574  
Tel. 603-869-2210 | www.nchcnh.org

### Brimstone
Mid-State Health Center  
100 Robie Road, Bristol, NH 03222  
Tel. 603-536-4000  
www.midstatehealth.org

### Canaan
HALO Educational Systems  
44 Roberts Road, Canaan, NH 03741  
Tel. 603-523-8804  
www.haloeducationalsystems.com

### Center Ossipee
White Horse Addiction Center  
68 Route 16B, Center Ossipee, NH 03814  
Tel. 603-651-1441 | www.whitehorseac.com

### Colebrook
Indian Stream Health Center  
141 Corliss Lane, Colebrook, NH 03576  
Tel. 603-237-8336 | www.indianstream.org

### Conway
North Country Health Consortium - Substance Use Disorder Clinical Services  
1620 Main Street, North Conway, NH 03860  
Tel. 603-869-2210

### Effingham
Genesis Behavioral Health  
90 Tenney Mountain Hwy, Plymouth, NH 03264  
Tel. 603-536-1118 | www.genesisbh.org

### Lancaster
Northern Human Services  
29 Maple Street, Littleton, NH 03561  
Tel. 603-444-5358 | www.northernhs.org

### Littleton
Angela Jones, LCMHC, MLADC, LCS, RYT  
103 Cottage Street, Littleton, NH 03561  
Tel. 603-393-6292

### Meredith
Linda M. Brewer, MSW, LICSW, MLADC  
261 Daniel Webster Hwy, PO Box 712, Meredith, NH 03253  
Tel. 603-393-6292

### North Conway
W. Kieran Cunningham, Ph.D.  
2760 Main Street, North Conway, NH 03860  
Tel. 603-356-9955

### North Haverhill
Groups Recover Together -  
3801 Dartmouth College Hwy, North Haverhill, NH 03774  
Tel. 800-863-8313

### Plymouth
Horizons Counseling Center  
258 Highland St., Suite 10, Plymouth, NH 03264  
Tel. 603-536-2010  
email: horizonscounseling@horizonsnh.org

### Woodsville
Connecticut River Counseling Services  
139 Central Street, Woodsville, NH 03785  
Tel. 603-447-2801 | www.nchcnh.org

### Woodsville
North Country Health Consortium - Substance Use Disorder Clinical Services  
6 Church Street, Woodsville, NH 03785  
Tel. 603-869-2210 | Fax 603-869-2355

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WANT HELP?

NOT YET
Call the NH Statewide Addiction Crisis Line at 844-711-4357.

WHERE DO I GET AN ASSESSMENT?
INSURANCE
Visit your primary care doctor or any of the providers listed on this page.

INPATIENT
- Farnum Center
- Farnum North - Ray House (Women)
- Farnum North - Webster Place (Men)
- Headrest
- North Country Health Consortium - Substance Use Disorder Clinical Services
- Phoenix House
- Southeastern New Hampshire Services

OUTPATIENT
- Angela Jones, LCMHC, MLADC, LCS, RYT
- Connecticut River Counseling Services
- Genesis Behavioral Health
- HALO Educational Systems
- Horizons Counseling Center
- Indian Stream Health Center
- Linda M. Brewer, MSW, LICSW, MLADC
- Mid-State Health Center
- North Country Health Consortium - Substance Use Disorder Clinical Services
- Northern Human Services
- Green Mountain Treatment Center
- Robinson-Wood Applied Psychology, P.L.L.C.
- W. Kieran Cunningham, Ph.D.
- Weeks Medical Center
- White Horse Addiction Center

NEED TO TALK
Need help understanding all of this? Call Hope for NH Recovery at 603-935-7524. You can get connected to a Recovery Coach who can help you find a path that meets you where you are. Family and friends can call or visit too.

YOU CAN ALSO CONTACT NH REGIONAL ACCESS POINT SERVICES
Regional Access Point Services is a statewide network, accessible by phone or in person to help New Hampshire residents struggling with addiction, to get the timely, supportive services they need; helping both individuals and families navigate the complex systems of care to real solutions.
1-844-711-HELP (4357)
WHAT YOU SHOULD KNOW ABOUT RECOVERY

01 You are not alone. Millions of your peers have found a path to recovery and are leading healthy, happy lives. Many of those individuals want to give back and help you through peer supports, 12-step programs, and recovery centers. Remember, anyone, at any time, can recover.

02 Recovery addresses the whole person and their community and is supported by peers, friends, and family members as well as the health care community. It is vitally important that a person in recovery finds a supportive community and stays connected. You are worth it!

03 The process of recovery is highly personal and occurs via many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one’s health and wellness that may involve setbacks, but doesn’t have to. With the right supportive environment, setbacks can be minimized and a full potential for a healthy life is possible to achieve.

It is vitally important that a person in recovery finds a supportive community and stays connected.

04 Resilience is a key component in recovery. Resilience refers to a person’s ability to cope with difficulty and adapt to challenges or change. Resilience can be built over time and at any age.

05 Relapse is not a part of recovery, it is a symptom of the disease of addiction. When relapse occurs, you can get support so that all the work you have done to regain a healthy lifestyle is not lost. Many who use recovery supports have fewer and shorter relapses. Timely support can reconnect you with your recovery pathway and treatment.

Learn more by visiting samhsa.gov/recovery
RECOVERY CENTERS

BERLIN
Hope for NH Berlin
823 Main Street
Berlin, NH
Tel. 603-752-9900
www.hopefornhrecovery.org/berlin

CENTER CONWAY
Mount Washington Valley Supports Recovery
1620 Main Street
Center Conway, NH
Tel. 603-662-0668
www.mwvsupportsrecovery.org

CENTER OSSIPEE
The Shed, White Horse Recovery Resource Center
70 Route 16B
Center Ossipee, NH
Tel. 603-301-0041
www.whitehorseac.com

LITTLETON
North Country Serenity Center
33 Main Street
Littleton, NH
Tel. 603-444-1300
email: recovery@northcountryserenitycenter.org

SOBER HOUSING

MEN
White Mountain Recovery Homes
69 Union Street
Littleton, NH 03561
Tel. 603-262-3964
www.whitemountainrecovery.com

WOMEN
Endeavor House
1620 Main Street
Conway, NH
Tel. 603-662-0668
www.mwvsupportsrecovery.org
ALTERNATIVE THERAPY

BERLIN
Coos County Chiropractic
15 Exchange Street, Berlin, NH 03570
Tel. 603-752-2310
Riverside Wellness Center, PLLC
630 Main Street, Gorham, NH 03581
Tel. 603-752-7727 Fax 603-752-2820
Northern Oasis
55 Maynesboro Street
Berlin, NH 03570
Tel. 603-752-5907
email: leane@mynorthernoasis.com
OSMOSIS - Berlin office
167 Blanchard Street
Berlin, NH 03570
Tel. 603-723-1628
Mark Evans Acupuncture
1831 Riverside Drive
Berlin, NH 03570
Tel. 603-752-3800

BETHELHEM
Balance Bethlehem
2087 Main Street, Bethlehem, NH 03574
email: info@osmosisnh.com
CAMPTON
Northern Roots Therapeutic
Massage & Bodywork
441 NH Route 49, 2nd Floor, Unit 2D
Campton, NH 03223
Tel. 603-455-1301

COLEBROOK
Stephen A. Druke, DC (Chiropractic)
107 Main Street, Colebrook, NH 03576
Tel. 603-237-5325

CONWAY
Jonathan Eldridge, DC
3294 White Mountain Highway
North Conway, NH 03860
Tel. 603-730-5478
Leo M. Kenney, D.C., F.A.C.O.
3316 White Mountain Highway, Suite 101
North Conway, NH 03860
Tel. 603-356-2471 Fax 603-356-8759
Mount Washington Valley Chiropractic
24 Pleasant Street, Suite 202, Conway, NH
Tel. 603-447-2244
email: mwvchiro@gmail.com
Taylor Chiropractic
486 White Mountain Hwy., Conway, NH 03818
Telephone: (603) 447-1131
email: taylorchironh@gmail.com
A Touch of Balance Massage - Be Well Studios
3358 White Mountain Highway
North Conway, NH 03860
Tel. 603-383-5328
www.atouchofbalancemassage.com
Center for Natural Health
200 East Side Road, Conway, NH 03818
Tel. 603-447-3070 Cell 617-959-1556
email: Dr@centerfornaturalhealth.com
Lindsey Pickering, LMT
24 Pleasant Street, Conway, NH 03818
Tel. 603-452-8619
www.lindseypickeringlmt.com
T Murray Wellness Center
24 Pleasant Street, Conway, NH 03818
Tel. 603-447-3112
www.tmurraywellness.com
Tola Massage
2757 White Mountain Highway, 3rd Floor
North Conway, NH
Tel. 603-986-0884
www.tolamassage.com
Trilogy Massage Therapy
64 Keasarge St., North Conway, N.H. 03860
Tel. 603-986-8337
www.trilogymassagetherapy.com
Authentic Thai Massage
51 Washington St., Apt. 2A, Conway, NH 03818
Tel. 603-733-6887
www.chompou-authenticthaimassage.com

DALTON
Everything Zen Massage & Bodyworks
281 French Road, Dalton, NH 03598
Tel. 603-616-3829

FRANCONIA
John Strasser, DC (Chiropractor)
Family Chiropractic
262 Main Street, Franconia, NH 03580
Tel. 603-823-7428

GORHAM
Riverside Wellness Center, PLLC, (Chiropractic)
630 Main Street, Gorham, NH 03581
Tel. 603-752-7727 Fax 603-752-2820
KML Structural Integration Cranio Sacral Therapy
Sports Medicine Medical Massage Therapy
10 Exchange Street, Gorham, NH 03581
Tel. 603-466-3679 Fax 603-466-3675
email: info@peakhealth.biz

LANCASTER
Riverside Wellness Center, PLLC, (Chiropractic)
104 Main Street, Suite 1, Lancaster, NH
Tel. 603-788-2465

LINCOLN
Bard Janelle DC (Chiropractic)
Main Street, Lincoln, NH 03251
Tel. 603-745-2777

LITTLETON
John Tatone, DC (Chiropractic)
120 Cottage Street, Littleton, NH 03561
Tel. 603-444-0606
Mt Peak Chiropractic
895 Manns Hill Road, Littleton, NH 03561
Tel. 603-444-4881
Eric W Sidelinger DC
110 Cottage Street, Littleton, NH
Tel. 603-444-6719
Steven M Walsh Chiropractor
53 Meadow Street, Littleton, NH 03561
Tel. 603-444-9449
Fresh Salon & Day Spa Massage Therapy
111 Saranac Street, Littleton, NH 03561
Tel. 603-259-3400
Littleton Healing Arts Studio
74 Cottage Street, Littleton, NH 03561
Tel. 603-991-9769
email: ginafromeister@gmail.com
Purify From Within
554 Union Street, Littleton, NH 03561
Tel. 603-444-5240
www.purify-from-within.massagetherapy.com

PLYMOUTH
Institute for Naturopathic Health
Dr. David Olarsch
572 Tenney Mountain Highway, Plymouth, NH 03264
Tel. 603-536-4888 Fax 603-536-8191
email: info@naturopathichealth.net

WHITEFIELD
Bennett Karie Massage Therapy
27 Prospect Street, Whitefield, NH 03598
Tel. 603-837-2258
Judi Scalley - Massage Therapy
105 Union St., Suite 3, Whitefield, NH 03598
Tel. 603-837-7044
www.judiscalley.massagetherapy.com

WOLFEBORO
Steve Clark, ND
646 Center Street, Wolfeboro, NH 03894
Tel. 603-569-5545 Fax 603-569-0545
email: steve@steveclarknd.com
SUPPORT GROUPS

SUPPORT GROUPS
24-HOUR HELPLINE NUMBER
Toll-free 888-NA-HELP-U (888-624-3578)

AL-ANON
al-anon.org

ALCOHOLICS ANONYMOUS (AA)
www.nhhaa.net/nh-meeting-info

HEROIN ANONYMOUS
www.heroinanonymous.org

F.A.S.T.E.R.
dhhs.nh.gov/dcbcs/bdas/documents/all-family-support-groups.pdf

NARCOTICS ANONYMOUS (NA)
www.gsana.org

SMART RECOVERY
www.smartrecovery.org

ALANON
www.nhal-anon.org

DISABILITY RESOURCES

ALZHEIMER’S HEALTH CARE SERVICES
610 Sullivan Street, Berlin, NH 03570
Tel. 603-752-3336 or 1-800-700-7654

COMMON GROUND
29 Maple Street, Littleton, NH 03561
Tel. 603-444-6894

DISABLED AMERICAN VETERANS
Berlin NH, 03570
Tel. 603-752-3024 or 1-866-687-8387

FAMILY SUPPORT SERVICES OF NORTHERN NH MENTAL HEALTH
29 Maple Street, Littleton, NH 03561
Tel. 603-444-5358

GRANITE STATE INDEPENDENT LIVING
267 Main Street, Suite 400
Littleton, NH 03561
Tel. 603-444-0904

NH ASSOCIATION FOR THE BLIND
25 Walker Street, Concord, NH 03301
Tel. 603-224-4039 or 1-800-464-3075

PARENT INFORMATION CENTER
151a Manchester St., Concord, NH 03302
Tel. 603-224-7005 or 1-800-947-7005

SEWING FOR SPECIAL NEEDS/
EASY ON SHOULDER SHAWLS
54 Union Street, Whitefield, NH 03598
Tel. 603-837-9101

DOMESTIC VIOLENCE / SEXUAL ASSAULT RESOURCES

RESPONSE TO SEXUAL AND DOMESTIC VIOLENCE
54 Willow Street, Berlin, NH 03570
Tel. 603-752-5679

SUPPORT CENTER AT BURCH HOUSE
P.O. Box 965, Littleton, NH 03561
Tel. 603-444-0624

EDUCATION RESOURCES

HEAD START
Head Start - Berlin
Tel. 603-752-5464

Head Start - Conway/Carroll County
Tel. 603-447-1611

Head Start - Colebrook/Pittsburg
Tel. 603-237-8190

Head Start - Groveton
Tel. 603-636-2625

Head Start - Littleton
Tel. 603-444-6022

Head Start - Ossipee
Tel. 603-539-5094

Head Start - Plymouth
Tel. 603-536-1393

Head Start - Whitefield
Tel. 603-837-3026

Head Start - Woodsville
Tel. 603-747-4186

BIRTH AND PARENTING PROGRAM
600 Saint Johnsbury Road
Littleton, NH 03561
Tel. 603-444-9000 ext 335

GRANITE STATE COLLEGE
646 Union Street, Littleton, NH 03561
Tel. 603-444-3439
www.granite.edu

THE ADULT TUTORIAL PROGRAM
30 Bronson Street, Littleton, NH 03561

WHITE MOUNTAINS COMMUNITY COLLEGE
Berlin
2020 Riverside Drive, Berlin, NH
Tel. 603-752-1113 www.wmcc.edu

Littleton
646 Union Street, Littleton, NH 03561
Tel. 603-444-1326 www.wmcc.edu

North Conway
2541 White Mountain Hwy., N. Conway, NH 03860
Tel. 603-356-7926 www.wmcc.edu

UNIVERSITY OF NH COOPERATIVE EXTENSION
Grafton County Administrative Office
3855 Dartmouth College Rd. Box 5
North Haverhill, NH 03774
Tel. 603-787-6944
OTHER RESOURCES

24-HOUR HELPLINE NUMBER
Toll-free 888-NA-HELP-U (888-624-3578)
The help line offers daily meeting lists, addict callback support, as well as information on area events and activities.

CENTER FOR EXCELLENCE
A resource that provides technical assistance, disseminates data and information, and promotes knowledge transfer in support of communities, practitioners, policymakers, and other stakeholders working to address alcohol and other drug misuse and related consequences throughout New Hampshire. (http://nhtreatment.org/).
501 South Street, 2nd Floor Bow, NH 03304
www.nhcenterforexcellence.org

FEDCAP
Each year, Fedcap offers an array of services through its four practice areas of Education, Workforce Development, Occupational Health, and Economic Development—helping more than 80,000 individuals graduate from high school, obtain vocational certification or a college degree, become work-ready, obtain meaningful employment, and achieve economic well-being.
www.fedcap.org

GRANITE UNITED WAY
Community Impact Committee volunteers in this region have targeted investments in the areas of literacy, financial stability and mental health & the prevention of substance misuse. (also manages 2-1-1 hotline).
22 Concord St., Floor 2, Manchester, NH 03101
Tel. 603-625-6939
www.graniteuw.org

JOB CORPS
New Hampshire Job Corps center is a residential career technical training center provided at no cost to eligible 16-24 year olds. Job Corps provides academic education, training in the most in-demand fields in the state, industry-recognized certifications, and all the tools and support needed to become employable, independent and successful.
www.newhampshire.jobcorps.gov

NEW FUTURES
Nonpartisan, nonprofit organization that advocates, educates and collaborates to prevent and reduce alcohol and other drug problems in New Hampshire.
10 Ferry Street, Suite 307, Concord, NH 03301
Tel. 603-225-9540
www.new-futures.org

NH BUREAU OF DRUG AND ALCOHOL SERVICES
State agency working to significantly reduce alcohol and other drug misuse and its social, health, and behavioral consequences for the citizens of New Hampshire. Effective and coordinated prevention and treatment services are ensured through public policy and resource development, education, and supporting initiatives.
www.dhhs.nh.gov

NH CHARITABLE FOUNDATION
Investing charitable assets; connecting donors with effective organizations, ideas and people; leading and collaborating on important public issues.
www.nhcf.org

NH PROVIDERS ASSOCIATION
Represents its members in advancing substance use prevention, treatment and recovery through public policy, leadership, professional development, and quality member services.
10 Ferry St., Suite 308, Concord NH 03301
Tel. 603-225-9540 ext 113
www.nhproviders.org

THE GOVERNOR’S COMMISSION ON ALCOHOL AND DRUG ABUSE PREVENTION, INTERVENTION AND TREATMENT
Created by the New Hampshire Legislature in 2000 to advise the Governor regarding the delivery of effective and coordinated alcohol and drug abuse prevention, intervention and treatment services throughout New Hampshire.
www.dhhs.nh.gov/dcbcs/bdas

TRANSPORTATION SERVICES
Community Action Tri-County CAP
Tri-County Transit Transportation Information about availability of transportation services in Coös, Carroll and Grafton Counties through Tri-County CAP
www.tccap.org/services/transportation
Follow this link to other sources of statewide transportation through New Hampshire Transit Association
www.nhtransit.com/members/operators.htm