Recovery: A word with many meanings.

Relapse: A minor setback of continued use.

Personal Growth: Define your recovery path by choosing the direction.

Recovery Supports: Help guide your chosen path.

Treatment: Clinical support to help you choose the best option.

Start Where You Are

Take a Step on Your Path to Recovery!

Resources for creating your path:

- For Emergencies, call: 9-1-1
- For the Suicide Hotline, call: 1-800-273-8255
- For connection to The Doorway program for treatment services, call: 2-1-1
- To connect with a Community Health Worker/Recovery Coach with the NCHC Wellness And Recovery Model, call: 603-259-1729
What Does Your Path to Recovery Look Like?

Health Consortium North Country

Wellness and Recovery Model

Reducing the impact of Opioid Use Disorder in the North Country through:

- Education
- Access
- Support
- Treatment
- Recovery