



Integrated Delivery Network: Region 7

If you or someone else is at risk of hurting them self or others call **911 immediately.**

Substance Use Disorder and Mental Health crisis resources

- **NH Statewide Alcohol and Addiction Crisis Hotline 1- 844-711- HELP (4357)**
- **National Suicide Prevention Hotline 1-800-273- TALK (8255) For Veterans press 1**
- **Mental Health Emergency Services 24/7Contact Northern Human Services 603-444-5358**