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.avhnh.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.mainhealth.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.
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
12 Telltale Signs of Teen Drug Use & Abuse

Stop Addiction in its Tracks: Know the Signs so you can help your son, daughter, friend, or loved one.

Signs of the Most Commonly Abused Drugs by Young People

Some of the most popular recreational drugs used by young people are alcohol, marijuana, stimulants and opiates. Use and abuse of these drugs can cause several physical and behavioral problems.

Alcohol
- Anxiety
- Loss of appetite/weight loss
- Shakes and tremors
- Erratic behavior
- Nosebleeds
- Nausea
- Depression
- Fatigue
- Red eyes
- Seizures
- Sweating
- Headaches

Stimulants
- Exhaustion
- Apathy
- Depression
- Weight loss
- Shakes and tremors
- Erratic behavior
- Nosebleeds
- Cuts
- Sores and bruises
- Anger issues
- Deceit
- Loss of motivation
- Seizures
- Paranoia
- High body temperature
- Irregular heartbeat

Marijuana
- Red eyes
- Loss of motivation
- Rapid heart rate
- Increased blood pressure
- Faster breathing
- Dry mouth
- Appetite
- Delayed reaction times
- Paranoia
- Short-term memory loss
- Anxiety
- Depression

Opiates
- Constricted pupils
- Sweating
- Nausea
- Vomiting
- Diarrhea
- Needle or ‘track’ marks
- Loss of appetite
- Slurred speech
- Slow reflexes
- Drowsiness
- Fatigue
- Mood swings
- Bad coordination
- Depression
- Loss of motivation

What do all these signs mean? Read more below!
PHYSICAL & OVERALL HEALTH RESOURCES

COOS COUNTY

BERLIN
Coos County Family Health Services
133 Pleasant St., Berlin, NH
Tel. 603-752-2040
www.coosfamilyhealth.org

Coos County Family Health Services
59 Page Hill Road, Berlin, NH
Tel. 603-752-2900
www.coosfamilyhealth.org

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

GORHAM
Coos County Family Health Services
2 Broadway Ave., Gorham, NH
Tel. 603-466-2741
www.coosfamilyhealth.org

GROVETON
Weeks Medical Center
47 Church Street, Groveton, NH
Tel. 603-636-1101
www.weeksmedical.org

LANCASTER
Weeks Medical Center
173 Middle Street, Lancaster, NH
Tel. 603-788-2521
www.weeksmedical.org

NORTH STRATFORD
Weeks Medical Center
43 Main Street, North Stratford, NH
Tel. 603-922-5039
www.weeksmedical.org

WHITEFIELD
Ammonoosuc Community Health Services
14 King Square, Whitefield, NH
Tel. 603-837-2333
www.ammonoosuc.org

Weeks Medical Center
8 Clover Lane, Whitefield, NH
Tel. 603-837-9005

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.mainemarlin.org/memorial-hospital

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

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 603-569-2900
www.hugginshospital.org

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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMERICAN FOUNDATION FOR SUICIDE PREVENTION</strong></td>
</tr>
<tr>
<td>Education, advocacy, and research for suicide prevention.</td>
</tr>
<tr>
<td>NH Chapter Email: <a href="mailto:newhampshire@afsp.org">newhampshire@afsp.org</a></td>
</tr>
<tr>
<td>Tel. 1-888-333-AFSP (2377)</td>
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<tr>
<td><a href="http://www.afsp.org/chapter/afsp-new-hampshire">www.afsp.org/chapter/afsp-new-hampshire</a></td>
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<tr>
<td><strong>ANGELA JONES, LCMHC, MLADC, LCS, RYT</strong></td>
</tr>
<tr>
<td>103 Cottage Street</td>
</tr>
<tr>
<td>Littleton, NH 03561</td>
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<tr>
<td>Tel. 603-616-2019</td>
</tr>
<tr>
<td><a href="http://www.AngelaThomasJones.com">www.AngelaThomasJones.com</a></td>
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<tr>
<td><strong>CONNECTICUT RIVER COUNSELING SERVICES</strong></td>
</tr>
<tr>
<td>139 Central Street</td>
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<tr>
<td>Woodsville, NH 03785</td>
</tr>
<tr>
<td>Tel. 603-747-2801</td>
</tr>
<tr>
<td><a href="http://www.sites.google.com/site/connecticutcounseling/">www.sites.google.com/site/connecticutcounseling/</a></td>
</tr>
<tr>
<td><strong>GENESIS BEHAVIORAL HEALTH</strong></td>
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<tr>
<td>599 Tenney Mountain Highway</td>
</tr>
<tr>
<td>Plymouth, NH 03264</td>
</tr>
<tr>
<td>Tel. 603-536-1118</td>
</tr>
<tr>
<td><a href="http://www.genesisbh.org">www.genesisbh.org</a></td>
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<tr>
<td><strong>HALO EDUCATIONAL SYSTEMS</strong></td>
</tr>
<tr>
<td>44 Roberts Road</td>
</tr>
<tr>
<td>Canaan, NH 03741</td>
</tr>
<tr>
<td>Tel. 603-359-3321</td>
</tr>
<tr>
<td><a href="http://www.haloeducationalsystems.com">www.haloeducationalsystems.com</a></td>
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<tr>
<td><strong>HORIZONS COUNSELING CENTER</strong></td>
</tr>
<tr>
<td>258 Highland Street, Suite 13</td>
</tr>
<tr>
<td>Plymouth, NH 03264</td>
</tr>
<tr>
<td>Tel. 603-536-2010</td>
</tr>
<tr>
<td><a href="http://www.horizonscounseling@horizonsnh.org">www.horizonscounseling@horizonsnh.org</a></td>
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<tr>
<td><strong>INDIAN STREAM HEALTH CENTER</strong></td>
</tr>
<tr>
<td>141 Corliss Lane</td>
</tr>
<tr>
<td>Colebrook, NH 03576</td>
</tr>
<tr>
<td>Tel. 603-237-8336</td>
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<tr>
<td><a href="http://www.indianstream.org">www.indianstream.org</a></td>
</tr>
<tr>
<td><strong>LINDA M. BREWER, MSW, LICSW, MLADC</strong></td>
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<tr>
<td>262 Daniel Webster Hwy, PO Box 712</td>
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<tr>
<td>Meredith, NH 03253</td>
</tr>
<tr>
<td>Tel. 603-393-6292</td>
</tr>
<tr>
<td><strong>MID-SHATE HEALTH CENTER</strong></td>
</tr>
<tr>
<td>100 Robie Road</td>
</tr>
<tr>
<td>Bristol, NH 03222</td>
</tr>
<tr>
<td>Tel. 603-536-4000</td>
</tr>
<tr>
<td><a href="http://www.midstatehealth.org">www.midstatehealth.org</a></td>
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<tr>
<td><strong>NATIONAL ALLIANCE MENTAL ILLNESS NH</strong></td>
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<tr>
<td>Providing information, education and support to all families and communities affected by mental illness.</td>
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<tr>
<td>85 North State Street, Concord, NH 03301</td>
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<tr>
<td>Tel. 603-225-5359 1-800-242-6264</td>
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<tr>
<td><a href="http://www.naminh.org">www.naminh.org</a></td>
</tr>
<tr>
<td><strong>NH 211 HELPLINE</strong></td>
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<tr>
<td>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.</td>
</tr>
<tr>
<td><a href="http://www.211nh.org">www.211nh.org</a></td>
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<tr>
<td><strong>NORTHERN HUMAN SERVICES</strong></td>
</tr>
<tr>
<td>55 Colby Street</td>
</tr>
<tr>
<td>Colebrook, NH 03576</td>
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<tr>
<td>Tel. 603-237-4955</td>
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<tr>
<td><a href="http://www.northernhhs.org">www.northernhhs.org</a></td>
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<tr>
<td><strong>NORTHERN HUMAN SERVICES</strong></td>
</tr>
<tr>
<td>25 West Main Street</td>
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<tr>
<td>Conway, NH 03818</td>
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<tr>
<td>Tel. 603-447-2111</td>
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<tr>
<td><a href="http://www.northernhhs.org">www.northernhhs.org</a></td>
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<tr>
<td><strong>NORTHERN HUMAN SERVICES</strong></td>
</tr>
<tr>
<td>87 Washington Street</td>
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<tr>
<td>Conway, NH 03818</td>
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<tr>
<td>Tel. 603-447-3347</td>
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<tr>
<td><a href="http://www.northernhhs.org">www.northernhhs.org</a></td>
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<tr>
<td><strong>NORTHERN HUMAN SERVICES</strong></td>
</tr>
<tr>
<td>3 Twelfth Street</td>
</tr>
<tr>
<td>Berlin, NH 03570</td>
</tr>
<tr>
<td>Tel. 603-752-7404</td>
</tr>
<tr>
<td><a href="http://www.northernhhs.org">www.northernhhs.org</a></td>
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<tr>
<td><strong>NORTHERN HUMAN SERVICES</strong></td>
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<tr>
<td>29 Maple Street</td>
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<tr>
<td>Littleton, NH 03561</td>
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<tr>
<td>Tel. 603-444-5358</td>
</tr>
<tr>
<td><a href="http://www.northernhhs.org">www.northernhhs.org</a></td>
</tr>
<tr>
<td><strong>PETER STONE, MA, CAS, MLADC</strong></td>
</tr>
<tr>
<td>50 Seavey Street</td>
</tr>
<tr>
<td>North Conway, NH 03860</td>
</tr>
<tr>
<td>Tel. 603-702-0117</td>
</tr>
<tr>
<td><strong>ROBINSON-WOOD APPLIED PSYCHOLOGY, P.L.L.C.</strong></td>
</tr>
<tr>
<td>182 Windmill Road</td>
</tr>
<tr>
<td>Campton, NH 03223</td>
</tr>
<tr>
<td>Tel. 603-536-1902</td>
</tr>
<tr>
<td><a href="http://www.robinsonwoodappliedpsych.com">www.robinsonwoodappliedpsych.com</a></td>
</tr>
<tr>
<td><strong>W. KIERAN CUNNINGHAM, PH.D.</strong></td>
</tr>
<tr>
<td>2760 Main Street</td>
</tr>
<tr>
<td>North Conway NH 03860</td>
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<tr>
<td>Tel. 603-356-9955</td>
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</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. 603-647-2260
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. Scholarships are available for summer camps.
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
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

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

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

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

WHITE MOUNTAINs REGIONAL HIGH SCHOOL
Kathryn McKinnon
Tel. 603-837-2528

BERLIN HIGH SCHOOL
Cassandra Micucci
Tel. 603-752-4122 ext. 1557

WOODSVILLE HIGH SCHOOL
Charlie-Mae Johnson
Tel. 603-747-2781 ext. 137

GROVETON HIGH SCHOOL
Erik Becker
Tel. 603-636-1619

GROVETON HIGH SCHOOL
Erik Becker
Tel. 603-636-1619

LISBON SCHOOL
Jane King
Tel. 802-535-1573

NORTH COUNTRY CHARTER ACADEMY
Georgia Caron
Tel. 603-444-1535

WHITE MOUNTAINS COMMUNITY COLLEGE
Jeff Swayze
Tel. 603-342-3058 (office)
Tel. 603-986-497 (cell)

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 are 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
• 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
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

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
Northern Human Services
3 Twelfth Street, Berlin, NH 03570
Tel. 603-752-7404 www.northernhhs.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

BETLEHEM
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

BETLEHEM
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

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

LANCASTER
Weeks Medical Center
173 Middle Street, Lancaster, NH 03561
Tel. 603-788-4911 www.weeksmedical.org

LITTLETON
Angela Jones, LCMHC, MLADC, LCS, RYT
103 Cottage Street, Littleton, NH 03561
Tel. 603-616-2019
www.AngelaThomasJones.com
Northern Human Services
29 Maple Street, Littleton, NH 03561
Tel. 603-444-5358 www.northernhhs.org

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

NORTH CONWAY
Peter Stone, MA, CAS, MLADC
50 Seavey Street, North Conway, NH 03860
Tel. 603-702-0117 www.MyDiscover.org
North Country Health Consortium - Substance Use Disorder Clinical Services
15 Grove Street, North Conway, NH 03860
Tel. 603-869-2210
W. Kieran Cunningham, Ph.D.
2760 Main Street, North Conway, NH 03860
Tel. 603-356-9955

PLYMOUTH
Genesis Behavioral Health
599 Tenney Mountain Hwy, Plymouth, NH 03264
Tel. 603-536-1118 www.genesisbh.org
Horizons Counseling Center
258 Highland St., Suite 13, Plymouth, NH 03264
Tel. 603-536-2010 email: horizonscounseling@horizonsnh.org

TAMWORTH
North Country Health Consortium - Substance Use Disorder Clinical Services
448B White Mountain Hwy, Tamworth, NH 03886
Tel. 603-869-2210 Fax 603-869-2355

WOODSVILLE
Connecticut River Counseling Services
139 Central Street, Woodsville, NH 03785
Tel. 603-747-2801
North Country Health Consortium - Substance Use Disorder Clinical Services
6 Church Street, Woodsville, NH 03785
Tel. 603-869-2210 Fax 603-869-2355

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
Northern Human Services
3 Twelfth Street, Berlin, NH 03570
Tel. 603-752-7404 www.northernhhs.org

CAMPTON
Robinson-Wood Applied Psychology, P.L.L.C.
182 Windmill Road, Campton, NH 03223
Tel. 603-536-1902
www.robinsonwoodappliedpsych.com

CONWAY
Northern Human Services
25 West main Street, Conway, NH 03818
Tel. 603-447-2111 www.northernhhs.org
Northern Human Services
87 Washington Street, Conway, NH 03818
Tel. 603-447-3347 www.northernhhs.org

COLEBROOK
Indian Stream Health Center
141 Corliss Lane, Colebrook, NH 03576
Tel. 603-237-8336 www.indianstream.org
Northern Human Services
55 Colby Street, Colebrook, NH 03576
Tel. 603-237-4955 www.northernhhs.org

NORTH CONWAY
Peter Stone, MA, CAS, MLADC
50 Seavey Street, North Conway, NH 03860
Tel. 603-702-0117 www.MyDiscover.org
North Country Health Consortium - Substance Use Disorder Clinical Services
15 Grove Street, North Conway, NH 03860
Tel. 603-869-2210
W. Kieran Cunningham, Ph.D.
2760 Main Street, North Conway, NH 03860
Tel. 603-356-9955

LEBANON
Headrest
14 Church Street, Lebanon, NH 03766
Tel. 603-447-2111
www.headrest.org

LITTLETON
Angela Jones, LCMHC, MLADC, LCS, RYT
103 Cottage Street, Littleton, NH 03561
Tel. 603-616-2019
www.AngelaThomasJones.com
Northern Human Services
29 Maple Street, Littleton, NH 03561
Tel. 603-444-5358 www.northernhhs.org

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Northern Human Services
29 Maple Street, Littleton, NH 03561
Tel. 603-444-5358 www.northernhhs.org

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Linda M. Brewer, MSW, LICSW, MLADC
262 Daniel Webster Hwy, PO Box 712, Meredith, NH 03253
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W. Kieran Cunningham, Ph.D.
2760 Main Street, North Conway, NH 03860
Tel. 603-356-9955

PLYMOUTH
Genesis Behavioral Health
599 Tenney Mountain Hwy, Plymouth, NH 03264
Tel. 603-536-1118 www.genesisbh.org
Horizons Counseling Center
258 Highland St., Suite 13, Plymouth, NH 03264
Tel. 603-536-2010 email: horizonscounseling@horizonsnh.org

TAMWORTH
North Country Health Consortium - Substance Use Disorder Clinical Services
448B White Mountain Hwy, Tamworth, NH 03886
Tel. 603-869-2210 Fax 603-869-2355

WOODSVILLE
Connecticut River Counseling Services
139 Central Street, Woodsville, NH 03785
Tel. 603-747-2801
North Country Health Consortium - Substance Use Disorder Clinical Services
6 Church Street, Woodsville, NH 03785
Tel. 603-869-2210 Fax 603-869-2355
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 - Wesbter Place (Men)
Headrest
North Country Health Consortium - Substance Use Disorder Clinical Services
Phoenix House
Serenity Place
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
Peter Stone, MA, CAS, MLADC
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
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. 603-730-2378
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
KMI 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
Center for Acupuncture and Oriental Medicine, PLLC
148 Main Street, Lancaster, NH 03584
Tel. 603-631-0046
email: gary@centerforacupuncturenh.com
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 Sidelingar 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: ginaformeister@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

<table>
<thead>
<tr>
<th><strong>24-HOUR HELPLINE NUMBER</strong></th>
<th><strong>HEROIN ANONYMOUS</strong></th>
<th><strong>SMART RECOVERY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Toll-free 888-NA-HELP-U (888-624-3578)</td>
<td><a href="http://www.heroinanonymous.org">www.heroinanonymous.org</a></td>
<td><a href="http://www.smartrecovery.org">www.smartrecovery.org</a></td>
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<tr>
<th><strong>ALCOHOLICS ANONYMOUS (AA)</strong></th>
<th><strong>NARCOTICS ANONYMOUS (NA)</strong></th>
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<tbody>
<tr>
<td><a href="http://www.nhaa.net/nh-meeting-info">www.nhaa.net/nh-meeting-info</a></td>
<td><a href="http://www.gsana.org">www.gsana.org</a></td>
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## DISABILITY RESOURCES

<table>
<thead>
<tr>
<th><strong>ALZHEIMER’S HEALTH CARE SERVICES</strong></th>
<th><strong>FAMILY SUPPORT SERVICES OF NORTHERN NH MENTAL HEALTH</strong></th>
<th><strong>NH ASSOCIATION FOR THE BLIND</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>610 Sullivan Street, Berlin, NH 03570</td>
<td>29 Maple Street, Littleton, NH 03561</td>
<td>25 Walker Street, Concord, NH 03301</td>
</tr>
<tr>
<td>Tel. 603-752-3336 or 1-800-700-7654</td>
<td>Tel. 603-444-5358</td>
<td>Tel. 603-224-4039 or 1-800-464-3075</td>
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</tbody>
</table>

<table>
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<tr>
<th><strong>COMMON GROUND</strong></th>
<th><strong>GRANITE STATE INDEPENDENT LIVING</strong></th>
<th><strong>PARENT INFORMATION CENTER</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>29 Maple Street, Littleton, NH 03561</td>
<td>267 Main Street, Suite 400</td>
<td>151a Manchester St., Concord, NH 03302</td>
</tr>
<tr>
<td>Tel. 603-444-6894</td>
<td>Littleton, NH 03561</td>
<td>Tel. 603-224-7005 or 1-800-947-7005</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>DISABLED AMERICAN VETERANS</strong></th>
<th><strong>SEWING FOR SPECIAL NEEDS/ EASY ON SHOULDERSHAWLS</strong></th>
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<tbody>
<tr>
<td>Berlin, NH, 03570</td>
<td>54 Union Street, Whitefield, NH 03598</td>
</tr>
<tr>
<td>Tel. 603-752-3024 or 1-866-687-8387</td>
<td>Tel. 603-837-9101</td>
</tr>
</tbody>
</table>

## DOMESTIC VIOLENCE / SEXUAL ASSAULT RESOURCES

<table>
<thead>
<tr>
<th><strong>RESPONSE TO SEXUAL AND DOMESTIC VIOLENCE</strong></th>
<th><strong>SUPPORT CENTER AT BURCH HOUSE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>54 Willow Street, Berlin, NH 03570</td>
<td>P.O. Box 965, Littleton, NH 03561</td>
</tr>
<tr>
<td>Tel. 603-752-5679</td>
<td>Tel. 603-444-0624</td>
</tr>
</tbody>
</table>

## EDUCATION RESOURCES

<table>
<thead>
<tr>
<th><strong>HEAD START</strong></th>
<th><strong>BIRTH AND PARENTING PROGRAM</strong></th>
<th><strong>WHITE MOUNTAINS COMMUNITY COLLEGE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Start - Berlin</td>
<td>600 Saint Johnsbury Road</td>
<td>Berlin</td>
</tr>
<tr>
<td>Tel. 603-752-5464</td>
<td>Littleton, NH 03561</td>
<td>2020 Riverside Drive, Berlin, NH</td>
</tr>
<tr>
<td>Head Start - Conway/Carroll County</td>
<td>Tel. 603-444-5026</td>
<td>Tel. 603-752-1113</td>
</tr>
<tr>
<td>Tel. 603-237-8190</td>
<td>Head Start - Colebrook/Pittsburg</td>
<td>Littleton</td>
</tr>
<tr>
<td>Head Start - Groveton</td>
<td>Tel. 603-356-2625</td>
<td>646 Union Street, Littleton, NH 03561</td>
</tr>
<tr>
<td>Tel. 603-636-6022</td>
<td>Head Start - Littleton</td>
<td>Tel. 603-444-1326</td>
</tr>
<tr>
<td>Tel. 603-539-5094</td>
<td>Head Start - Ossipee</td>
<td>North Conway</td>
</tr>
<tr>
<td>Tel. 603-536-1393</td>
<td>Head Start - Plymouth</td>
<td>2541 White Mountain Hwy., N. Conway, NH 03860</td>
</tr>
<tr>
<td>Tel. 603-536-1393</td>
<td>Head Start - Whitefield</td>
<td>Tel. 603-356-7926</td>
</tr>
<tr>
<td>Tel. 603-837-3026</td>
<td>Head Start - Woodsville</td>
<td>UNIVERSITY OF NH COOPERATIVE EXTENSION</td>
</tr>
<tr>
<td>Tel. 603-747-4186</td>
<td>Tel. 603-444-9000 ext 335</td>
<td>Grafton County Administrative Office</td>
</tr>
<tr>
<td>GRANITE STATE COLLEGE</td>
<td>Head Start - Colebrook/Pittsburg</td>
<td>3855 Dartmouth College Rd. Box 5</td>
</tr>
<tr>
<td>646 Union Street, Littleton, NH 03561</td>
<td>Tel. 603-356-7926</td>
<td>North Haverhill, NH 03774</td>
</tr>
<tr>
<td>Tel. 603-444-3439</td>
<td><a href="http://www.granite.edu">www.granite.edu</a></td>
<td>Tel. 603-787-6944</td>
</tr>
<tr>
<td>THE ADULT TUTORIAL PROGRAM</td>
<td><strong>THE ADULT TUTORIAL PROGRAM</strong></td>
<td><strong>WHITE MOUNTAINS COMMUNITY COLLEGE</strong></td>
</tr>
<tr>
<td>30 Bronson Street, Littleton, NH 03561</td>
<td>Head Start - Berlin</td>
<td>Berlin</td>
</tr>
<tr>
<td>Tel. 603-752-5464</td>
<td>Tel. 603-752-5464</td>
<td>2020 Riverside Drive, Berlin, NH</td>
</tr>
<tr>
<td>Head Start - Conway/Carroll County</td>
<td>Tel. 603-747-4186</td>
<td>Tel. 603-752-1113</td>
</tr>
<tr>
<td>Tel. 603-447-5161</td>
<td>Head Start - Colebrook/Pittsburg</td>
<td>Littleton</td>
</tr>
<tr>
<td>Head Start - Groveton</td>
<td>Tel. 603-356-2625</td>
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<td>Tel. 603-787-6944</td>
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</tbody>
</table>
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