Table of Contents

About .................................................................................................................................................. 3
Alanon/Alateen .................................................................................................................................. 22
Alcoholics Anonymous ...................................................................................................................... 21
Coalitions .......................................................................................................................................... 20
Domestic Violence ............................................................................................................................. 5
Evaluation .......................................................................................................................................... 10, 11, 12, 13, 14
Family Support Groups ..................................................................................................................... 22
Food Pantries .................................................................................................................................... 21
Harm Reduction .................................................................................................................................. 10
Haven .................................................................................................................................................. 5
Health Centers ................................................................................................................................... 6, 7
Heroin Anonymous ........................................................................................................................... 21
Hospitals ............................................................................................................................................. 6
Housing ............................................................................................................................................... 17
Inpatient Treatment ........................................................................................................................... 13, 14
Insurance .......................................................................................................................................... 7
Intensive Outpatient Programs (IOP) ............................................................................................... 11, 12, 13, 14
Meals on Wheels .............................................................................................................................. 16
Medicaid ........................................................................................................................................... 7
Medically Assisted Treatment (MAT) ............................................................................................... 11, 12, 13, 14
Mental Health .................................................................................................................................... 18
Methadone ......................................................................................................................................... 12
Naloxone (Narcan) ............................................................................................................................. 8, 9
NAMI NH ......................................................................................................................................... 5, 18
Narcotics Anonymous ....................................................................................................................... 21
NH Statewide Addiction Crisis Line ................................................................................................. 5
Outpatient Treatment ....................................................................................................................... 11, 12, 13, 14
Prevention Initiatives ....................................................................................................................... 20
Police Departments .......................................................................................................................... 4
Recovery Centers ................................................................................................................................ 21
Sexual Assault .................................................................................................................................... 5
Shelters ............................................................................................................................................... 17
Smart Recovery ................................................................................................................................... 21
SNAP ................................................................................................................................................... 16
Soup Kitchens ..................................................................................................................................... 16
Suboxone ............................................................................................................................................ 11, 12, 13, 14
Suicide Prevention ............................................................................................................................ 5
Transportation ...................................................................................................................................... 19
Vivitrol ................................................................................................................................................. 11
WIC Nutrition Program ..................................................................................................................... 16

The information provided in this document is intended for informational purposes only and is subject to change without notice. Information may be changed or updated without notice.
Seacoast Public Health Network

The Seacoast Public Health Network became a program of Lamprey Health Care in July 2015, two years after the state merged the work of Substance Misuse Prevention networks with Public Health Emergency Preparedness networks. Seacoast PHN staff have 70+ years of combined experience in health education promotion, substance misuse prevention, and network development. We are one of 13 public health regions in the state of New Hampshire.

Our Mission

The mission of Seacoast Public Health Network is to strengthen public health partnerships in emergency preparedness, community health, and substance misuse prevention, treatment and recovery, in order to better serve our communities.

The Continuum of Care

A well-coordinated Continuum of Care includes networks of organizations, agencies and community members that provide a wide spectrum of prevention, treatment and recovery strategies and services. Led by a Continuum of Care Facilitator, SPHN’s Behavioral Health Continuum of Care efforts are focused on development of a Regional Continuum of Care (CoC) Plan based on a regional asset and gap analysis informed by regional network partner consensus. The CoC plan proposes regional actions to maximize awareness, access to information and to behavioral health (mental health and substance misuse) prevention, treatment and recovery services.

Continuum of Care efforts in the Seacoast Public Health Network include:
• Coordinating and delivering training for community based Narcan distribution events.
• Serving as a Subject Matter Expert for community coalitions/task forces/education.
• Convening partners and stakeholders to identify gaps, barriers and assets across systems of care.
• Convening Young Adult Substance Use Focus Groups across the region.

Prevention

The Substance Misuse Prevention Coordinator for the Seacoast Public Health Region is tasked with assuring that the region has adequate prevention resources to protect and improve the health of the public. Some of the various roles of the SMP Coordinator include:
• Building the Seacoast’s capacity to address substance misuse
• Engaging the six core sectors (business, community & family supports, education, government, health/medical and safety/law enforcement) in prevention efforts
• Compiling, sharing and using data and research for decision-making.
• Raising awareness and providing community-level information with the long-term aim of changing social and cultural norms.

For more information on the Seacoast Public Health Network please visit our website: www.seacoastphn.org

Continuum of Care Facilitator
Maria Reyes, BA, CADC
603.244.7312
mreyes@seacoastphn.org

Substance Misuse Prevention Coordinator
Olivia Dupell, CRSW
603.244.7312
odupell@seacoastphn.org
<table>
<thead>
<tr>
<th>Town</th>
<th>Police Chief</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brentwood</td>
<td>Chief Ellen Arcieri</td>
<td>1 Dalton Road, Brentwood, NH</td>
<td>603.642.8817</td>
</tr>
<tr>
<td>East Kingston</td>
<td>Chief Timothy Connell</td>
<td>3 Bowley Road, East Kingston, NH</td>
<td>603.642.5427</td>
</tr>
<tr>
<td>Epping</td>
<td>Chief Michael Wallace</td>
<td>37 Pleasant Street, Epping, NH</td>
<td>603.679.5122</td>
</tr>
<tr>
<td>Exeter</td>
<td>Chief William Shupe</td>
<td>20 Court Street, Exeter, NH</td>
<td>603.772.1212</td>
</tr>
<tr>
<td>Fremont</td>
<td>Chief Jon Twiss</td>
<td>425 Main Street, Fremont, NH</td>
<td>603.895.2229</td>
</tr>
<tr>
<td>Greenland</td>
<td>Chief Tara Laurent</td>
<td>16 Town Square, Greenland, NH</td>
<td>603.431.4624</td>
</tr>
<tr>
<td>Hampton</td>
<td>Chief Richard Sawyer</td>
<td>100 Brown Avenue, Hampton, NH</td>
<td>603.929.4444</td>
</tr>
<tr>
<td>Hampton Falls</td>
<td>Chief Robert Dirsa</td>
<td>3 Drinkwater Road, Hampton Falls, NH</td>
<td>603.926.4619</td>
</tr>
<tr>
<td>Kensington</td>
<td>Chief Scott Sanders</td>
<td>95 Amesbury Road, Kensington, NH</td>
<td>603.772.2929</td>
</tr>
<tr>
<td>Kingston</td>
<td>Chief Don Briggs</td>
<td>16 Main Street, Kingston, NH</td>
<td>603.642.5742</td>
</tr>
<tr>
<td>New Castle</td>
<td>Chief Donald White</td>
<td>49 Main Street, New Castle, NH</td>
<td>603.436.3113</td>
</tr>
<tr>
<td>Newfields</td>
<td>Chief Nathan Liebenow</td>
<td>65 Main Street, Newfields, NH</td>
<td>603.772-9010 or 603.679.2225</td>
</tr>
<tr>
<td>Newington</td>
<td>Chief Michael Bilodeau</td>
<td>71 Fox Point Road, Newington, NH</td>
<td>603.431.5461</td>
</tr>
<tr>
<td>Newmarket</td>
<td>Chief Kyle True</td>
<td>70 Exeter Street, Newmarket, NH</td>
<td>603.659.6636</td>
</tr>
<tr>
<td>Newton</td>
<td>Chief Michael Jewett</td>
<td>8 Merrimac Road, Newton, NH</td>
<td>603.382.6774</td>
</tr>
<tr>
<td>North Hampton</td>
<td>Interim Administrator</td>
<td>233 Atlantic Avenue, North Hampton, NH</td>
<td>603.964.8621</td>
</tr>
<tr>
<td>Nottingham</td>
<td>Chief Gunnar Foss</td>
<td>139 Stage Road, Nottingham, NH</td>
<td>603.679.5022</td>
</tr>
<tr>
<td>Portsmouth</td>
<td>Chief Robert Merner</td>
<td>3 Junkins Avenue, Portsmouth, NH</td>
<td>603.427.1500</td>
</tr>
<tr>
<td>Raymond</td>
<td>Chief Robert Label</td>
<td>1 Scribner Road, Raymond, NH</td>
<td>603.895.4222</td>
</tr>
<tr>
<td>Rye</td>
<td>Chief Kevin Walsh</td>
<td>555 Washington Road, Rye, NH</td>
<td>603.964.5522</td>
</tr>
<tr>
<td>Seabrook</td>
<td>Chief Michael Gallagher</td>
<td>7 Liberty Lane, Seabrook, NH</td>
<td>603.474.5200</td>
</tr>
<tr>
<td>South Hampton</td>
<td>Chief Robert Roy</td>
<td>128 Main Avenue, South Hampton, NH</td>
<td>603.394.0105</td>
</tr>
<tr>
<td>Stratham</td>
<td>Chief Jon Scippa</td>
<td>76 Portsmouth Avenue, Stratham, NH</td>
<td>603.778.9691</td>
</tr>
</tbody>
</table>
If you or someone you know is experiencing an addiction related crisis, DIAL 211 today! (24/7)

**National Suicide Prevention Lifeline (24/7)**
1.800.273.TALK (8255)

**National Domestic Violence Hotline (24/7)**
1.800.799.SAFE (7233)

**National Sexual Assault Hotline (24/7)**
1.800.656.HOPE (4673)

**NAMI New Hampshire**
1.800.242.6264

**NAMI Crisis Text Line (24/7)**
Text NAMI to 741-741

**Haven Confidential Hotline (24/7)**
603.994.7233

**PARS Psychiatric & Referral Services**
603.433.5270
Healthcare

Exeter Hospital
5 Alumni Drive
Exeter, NH, 03833
603.778.7311
www.exeterhospital.com
Medicaid Accepted

Portsmouth Regional Hospital
333 Borthwick Avenue
Portsmouth, NH, 03801
603.436.5110
www.portsmouthhospital.com
Medicaid Accepted

Families First Health and Support Center
100 Campus Drive, Suite 12
Portsmouth, NH 03801
603.422.8208
www.familiesfirstseacoast.org
Medicaid Accepted

Families First Health and Support Center
146 Lafayette Road
Seabrook, NH, 03874
603.766.2626
www.familiesfirstseacoast.org
Medicaid Accepted

Lamprey Health Care
207 South Main Street
Newmarket, NH, 03857
603.659.3106
www.lampreyhealth.org
Medicaid Accepted

Lamprey Health Care
128 Route 27
Raymond, NH, 03077
603.895.3351
www.lampreyhealth.org
Medicaid Accepted
Frequently Asked Questions

1. Who is eligible for New Hampshire Medicaid?
   
   New Hampshire Medicaid pays for medical services for certain residents of the state with low income, including parents and their children, pregnant women, and people who are aged, blind, or disabled. To receive medical benefits you must apply for Medicaid and meet certain eligibility requirements.

2. How do I apply for New Hampshire Medicaid?
   
   There are several ways to apply for New Hampshire Medicaid
   
   - Visit www.nheasy.nh.gov and fill out an online application
   - Visit www.dhhs.nh.gov and download an application. Upon completion, print the application and submit by mail or in person to the Seacoast District Office
   - Call 1.800.852.3345, Ext. 9700, and request an application be sent to you. Upon completion, submit by mail or in person to the Seacoast District Office
   
   **Seacoast District Office**
   
   50 International Drive, Portsmouth, NH, 03801
   603.433.8300  Monday-Friday  8:00AM—4:00PM

   - Make an appointment with an insurance navigator or application counselor at one of the federally qualified health centers listed below

   **Families First Health and Support Center**
   
   www.familiesfirstseacoast.org
   info@familiesfirstseacoast.org
   
   100 Campus Drive Suite 12
   Portsmouth, NH, 03801
   603.422.8208

   146 Lafayette Road
   Seabrook, NH, 03874
   603.766.2626

   **Lamprey Health Care**
   
   www.lampreyhealth.org
   getcoverage@lampreyhealth.org
   
   207 South Main Street
   Newmarket, NH, 03857
   603.659.3106

   128 Route 27
   Raymond, NH, 03077
   603.895.3351
There are currently four ways for New Hampshire residents to access Naloxone (Narcan) kits:

1. Your physician or any licensed prescriber can write a prescription for naloxone that you can purchase at a pharmacy.
2. You can buy naloxone at a pharmacy with standing orders, which sells the medication without a prescription.
3. You may receive free kits if you are a client of a Federally Qualified Health Center or treatment provider, at risk for opioid overdose and don’t have insurance that covers the cost or cannot afford to purchase naloxone.
4. If you are at risk for opioid overdose and don’t have insurance that covers the cost or cannot afford to purchase naloxone, you may attend an event held by your Regional Public Health Network, where the state’s free kits are distributed.

About Narcan

NARCAN® Nasal Spray is a prescription medicine used for the treatment of an opioid emergency such as an overdose or a possible opioid overdose with signs of breathing problems and severe sleepiness or not being able to respond. NARCAN® Nasal Spray is to be given right away and does not take the place of emergency medical care. Get emergency medical help right away after giving the first dose of NARCAN® Nasal Spray, even if the person wakes up.

There are currently four ways for New Hampshire residents to access Naloxone (Narcan) kits:

1. Your physician or any licensed prescriber can write a prescription for naloxone that you can purchase at a pharmacy.
2. You can buy naloxone at a pharmacy with standing orders, which sells the medication without a prescription.
3. You may receive free kits if you are a client of a Federally Qualified Health Center or treatment provider, at risk for opioid overdose and don’t have insurance that covers the cost or cannot afford to purchase naloxone.
4. If you are at risk for opioid overdose and don’t have insurance that covers the cost or cannot afford to purchase naloxone, you may attend an event held by your Regional Public Health Network, where the state’s free kits are distributed.
Seacoast Pharmacies with Standing Orders of Narcan

**EPPING**
- CVS PHARMACY
  - 26 CALEF HIGHWAY
  - 603.679.2419
- WALGREENS
  - 12 MAIN STREET
  - 603.679.5839

**EXETER**
- HANNAFORD
  - 141 PORTSMOUTH AVENUE
  - 603.772.6252
- RITE AID PHARMACY
  - 75 PORTSMOUTH AVENUE
  - 603.778.0553
- WALGREENS
  - 48 PORTSMOUTH AVENUE
  - 603.772.3551

**GREENLAND**
- CVS PHARMACY
  - 1450 GREENLAND ROAD
  - 603.501.1471

**HAMPTON**
- CVS PHARMACY
  - 321A LAFAYETTE ROAD
  - 603.926.2885
- WALGREENS
  - 620 LAFAYETTE ROAD
  - 603.929.1258

**KINGSTON**
- RITE AID PHARMACY
  - 53 CHURCH STREET
  - 603.642.3191

**NEWMARKET**
- RITE AID PHARMACY
  - 73 EXETER ROAD
  - 603.659.7852

**PORTSMOUTH**
- CVS PHARMACY
  - 674 ISLINGTON STREET
  - 603.431.0234
- RITE AID PHARMACY
  - 1303 WOODBURY AVENUE
  - 603.431.1580
- RITE AID PHARMACY
  - 800 ISLINGTON STREET
  - 603.436.2214

**RAYMOND**
- WALGREENS
  - 53 ROUTE 27
  - 603.895.9842

**SEABROOK**
- CVS PHARMACY
  - 628 LAFAYETTE ROAD
  - 603.474.9511

**STRATHAM**
- CVS PHARMACY
  - 1 WEST ROAD
  - 603.772.3768
- SHAW’S OSCO PHARMACY
  - 100 SHAWS LANE
  - 603.773.9994

**WALGREENS**
- 48 PORTSMOUTH AVENUE
  - 603.772.3551

HAND-UP comprises a diverse group of volunteers delivering free, community-based services that reduce the personal and social harms associated with drug use. We are a direct services program of the New Hampshire Harm Reduction Coalition operating in Strafford and Rockingham Counties and the surrounding area. HAND-UP supports people to make any positive change in their lives and to reduce the risk of drug overdose, HIV/HCV and other viral and bacterial infection, and other harms associated with the drug use and misuse. We reach people through direct outreach and by referral from health care and other service providers and peers in the community. Our services are confidential; we do not collect or share identifying information about anyone we serve.

Services & Materials Offered
- Naloxone & safer-use education, materials and support
- Sterile syringes/needles
- Collection and disposal of used syringes/needles
- Wound care services
- STD prevention education and materials
- Rapid Testing for infectious diseases
- Referral to follow-up testing, treatment, counseling and/or peer support for infections and other physical and mental health conditions, substance use disorders, sexual & domestic violence, housing and food insecurity, etc.

Use sterile injecting supplies
You can prevent harm to yourself + others by using injection supplies once, never sharing them, and disposing of them properly afterward. Call HAND-UP for sterile injecting materials, disposal containers, and collection of used materials.

Take Care of your veins
Use arms when possible. Start low + work your way up vein in direction of heart. Switch up veins each day. Avoid arteries (wrist, neck, groin) and feet. Make sure you can see the hole in needle as you inject.

Take your time
Fear causes mistakes. Mistakes can be deadly. Take control by taking your time. Use a tiny tester amount first. You can always put more in, but you can’t squeeze it out.

Carry Naloxone (Narcan)
You can save a life. Naloxone (brand name Narcan) is legal and safe to have and use for a suspected opioid overdose. Make sure others know how to use it. Call HAND-UP for free naloxone or visit nhhrc.org/naloxone.

Don’t Use Alone
Nobody can help you if they don’t know you’re there.

Seek Care + Challenge Yourself
If you’re hurt, vulnerable, or want to make a change – speak up for yourself. You deserve safety, health, happiness.
BARBARA BEARDSLEY, LCMHC, MLADC, CCFC
19 HAMPTON ROAD, A2
EXETER, NH, 03833
603.674.5331
Medicaid Accepted

DEBRA BRAUN MILLS, MLADC
4 GREENLEAF WOODS DRIVE SUITE 302
PORTSMOUTH, NH, 03801
603.531.3704
Medicaid Accepted

PEG CORREIA, MLADC
6 GREENLEAF WOODS DRIVE SUITE 202
PORTSMOUTH, NH, 03801
603.427.5392
Medicaid Accepted

WILLIAM DEMARS, LADC
36 EVELYN AVENUE
RAYMOND, NH, 03077
603.339.1490

BARBARA DUGAN, MLADC, SAP
24 FRONT STREET, SUITE 301
EXETER, NH, 03833
603.770.6239

MARTHA DWYER, LADC
77 HANOVER STREET
PORTSMOUTH, NH, 03801
603.373.8765

ROBERT FAGHAN, MLADC
2 PUZZLE LANE, BUILDING 2 UNIT 1
NEWTON, NH, 03858
603.702.2461
Medicaid Accepted

PETER FIFIELD, MLADC
100 CAMPUS DRIVE
PORTSMOUTH, NH, 03801
603.422.8208
Medicaid Accepted

KARIN GOSCINSKI-BRETON, MLADC
1145 SAGAMORE AVENUE
PORTSMOUTH, NH, 03801
603.957.5840

JOHN IUDICE, MLADC
1145 SAGAMORE AVENUE
PORTSMOUTH, NH, 03801
603.433.625
Medicaid Accepted

SHEILA JENKINS, MLADC
4 GREENLEAF WOODS DRIVE SUITE 302
PORTSMOUTH, NH, 03801
603.988.6239
Medicaid Accepted

KAREN KELLEY, MLADC
54 MARSHALL ROAD
KINGSTON, NH, 03848
603.642.3327

JOSEPH KILCULLEN, MLADC
370 PORTSMOUTH AVENUE UNIT 12
GREENLAND, NH, 03840
603.498.4135

SISTER MARY JOSEPH MAY, LCMHC, MLADC
SOCIETY OF ST. VINCENT DE PAUL
53 LINCOLN STREET
EXETER, NH, 03833
603.332.7701
Medicaid Accepted

CAITLIN MIFTARI, MLADC
1145 SAGAMORE AVENUE
PORTSMOUTH, NH, 03801
603.957.5742

LEONARD MURPHY, LADC
370 PORTSMOUTH AVENUE
GREENLAND, NH, 03840
603.502.7364

KEVIN O’CONNELL, MLADC
127 WATER STREET
EXETER, NH, 03833
603.781.7268

MEREDITH ORCHARD BLOWEN, MLADC
4 GREENLEAF WOODS DRIVE SUITE 302
PORTSMOUTH, NH, 03801
603.793.6402
Medicaid Accepted

DANA PETERS, MLADC
56 MIDDLE STREET
PORTSMOUTH, NH, 03801
603.427.6858

WENDY QUINN, LADC
118 MAPLEWOOD AVENUE
PORTSMOUTH, NH, 03801
603.969.5681
Medicaid Accepted

LORRAINE MARIE SOUKUP, LCMHC, LCPC, LADC
4 GREENLEAF WOODS DRIVE SUITE 302
PORTSMOUTH, NH, 03801
(603) 292-3335
Medicaid Accepted

BARRY TIMMERMAN, MLADC
867 LAFAYETTE ROAD
SEABROOK, NH,
603.474.3332

DOROTHY WATERS, LADC
49 MAIN STREET
EPPING, NH, 03042
603.706.5842

FREDERIC WHITE, LADC
14 FRONT STREET
EXETER, NH, 03833
603.598.7123

RACHAEL WIZWER, MLADC
161 CORPORATE DRIVE
PORTSMOUTH, NH, 03801
603.430.5009

SALLY WOOL, MLADC
6 GREENLEAF WOODS DRIVE SUITE 202
PORTSMOUTH, NH, 03801
603.427.5392
Medicaid Accepted
<table>
<thead>
<tr>
<th><strong>Outpatient Treatment</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Addiction Recovery Services</strong></td>
</tr>
<tr>
<td>1145 Sagamore Avenue</td>
</tr>
<tr>
<td>Portsmouth, NH, 03801</td>
</tr>
<tr>
<td>603.433.6250</td>
</tr>
<tr>
<td><a href="http://www.arsnh.com">www.arsnh.com</a></td>
</tr>
<tr>
<td>*Evaluation, IOP, MAT</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Chemical Dependency Consultants</strong></td>
</tr>
<tr>
<td>370 Portsmouth Avenue</td>
</tr>
<tr>
<td>Greenland, NH, 03840</td>
</tr>
<tr>
<td>603.498.4135</td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling, IOP</td>
</tr>
<tr>
<td><strong>Chestnut Hill Counseling</strong></td>
</tr>
<tr>
<td>539 Islington Street</td>
</tr>
<tr>
<td>Portsmouth, NH, 03801</td>
</tr>
<tr>
<td>603.427.6565</td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling, IOP, MAT, Recovery Support</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Exeter Counseling Center, PLLC</strong></td>
</tr>
<tr>
<td>163 Water Street</td>
</tr>
<tr>
<td>Exeter, NH, 03833</td>
</tr>
<tr>
<td>603.778.7433</td>
</tr>
<tr>
<td><a href="http://www.exetercounseling.com">www.exetercounseling.com</a></td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling</td>
</tr>
<tr>
<td><strong>Exeter Psychological Associates</strong></td>
</tr>
<tr>
<td>19 Hampton Road, A2</td>
</tr>
<tr>
<td>Exeter NH 03833</td>
</tr>
<tr>
<td>603.674.5331</td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling, Recovery Support</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
</tbody>
</table>

*Medicaid Accepted*
**MAT (Medically Assisted Treatment)**

**Addiction Recovery Services**  
1145 Sagamore Avenue  
Portsmouth, NH, 03801  
814.515.9896  
www.arsnh.com  
*Evaluation, IOP, MAT  
**Medicaid Accepted**

**American Pain Institute**  
14 Manchester Square Suite 290  
Portsmouth, NH, 03801  
603.766.8500  
www.americanpain.org  
*Outpatient Counseling, MAT**

**Chestnut Hill Counseling**  
539 Islington Street  
Portsmouth, NH, 03801  
603.427.6565  
www.chestnuthillcounseling.com  
*Evaluation, Outpatient Counseling, IOP, MAT, Recovery Support**

**Community Substance Abuse Center**  
177 Shattuck Way  
Newington, NH, 03801  
603.436.0448  
www.hcrcenters.com  
*Outpatient Counseling, MAT  
**Medicaid Accepted**

**Families First Health & Support Center**  
100 Campus Drive, Suite 12  
Portsmouth, NH, 03801  
603.422.8208 Ext. 150  
familiesfirstseacoast.org  
*Outpatient Counseling, MAT  
**Medicaid Accepted**

**GROUPS, Recover Together**  
1 Greenleaf Woods Drive Suite 301  
Portsmouth, NH, 03801  
800.683.8313  
joingroups.com  
*MAT, Outpatient Counseling**

**Insight Medical Group**  
428 Lafayette Road Suite 101  
Hampton, NH, 03842  
978.267.1193  
insightmedicalgroup.com  
*Outpatient Counseling, MAT, Recovery Support  
**Medicaid Accepted**

**R.O.A.D. to a Better Life**  
2299 Woodbury Avenue  
Newington, NH, 03801  
603.766.8660  
roadtoabetterlifenh.com  
*Outpatient Counseling, MAT  
**Medicaid Accepted**

**Schopick Psychiatry**  
118 Maplewood Avenue  
Portsmouth, NH, 03801  
603.431.5411  
schopickpsychiatry.com  
*Evaluation, Outpatient Counseling, MAT**
<table>
<thead>
<tr>
<th>Inpatient Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Another Way</strong></td>
</tr>
<tr>
<td>46 Bridge Street, Unit I</td>
</tr>
<tr>
<td>Nashua, NH, 03060</td>
</tr>
<tr>
<td>603.512.7429</td>
</tr>
<tr>
<td><a href="http://www.anotherwaytlp.org">www.anotherwaytlp.org</a></td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling, IOP, Recovery Supports, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Antrim House</strong></td>
</tr>
<tr>
<td>55 Main Street</td>
</tr>
<tr>
<td>Antrim, NH, 03440</td>
</tr>
<tr>
<td>603.808.0185</td>
</tr>
<tr>
<td><a href="http://www.sobrietycentersofnh.com">www.sobrietycentersofnh.com</a></td>
</tr>
<tr>
<td>*Outpatient Counseling, MAT, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Aware Recovery Care</strong></td>
</tr>
<tr>
<td>15 Constitution Drive, Suite 2N</td>
</tr>
<tr>
<td>Bedford, NH, 03110</td>
</tr>
<tr>
<td>603.769.8462</td>
</tr>
<tr>
<td><a href="http://www.awarereccoverycare.com">www.awarereccoverycare.com</a></td>
</tr>
<tr>
<td>*Evaluation, In Home Treatment, Recovery Support</td>
</tr>
<tr>
<td><strong>Cynthia Day Family Center</strong></td>
</tr>
<tr>
<td>615 Amherst Street</td>
</tr>
<tr>
<td>Nashua, NH, 03063</td>
</tr>
<tr>
<td>603.881.4848</td>
</tr>
<tr>
<td><a href="http://www.keystonehall.org/cynthia-day-family-center">www.keystonehall.org/cynthia-day-family-center</a></td>
</tr>
<tr>
<td>*Evaluation, Detox, Outpatient Counseling, IOP, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Families Willows</strong></td>
</tr>
<tr>
<td>161 South Beech Street</td>
</tr>
<tr>
<td>Manchester, NH, 03103</td>
</tr>
<tr>
<td>603.641.9441</td>
</tr>
<tr>
<td>fitnh.org</td>
</tr>
<tr>
<td>*Outpatient Counseling, IOP, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Farnum Center</strong></td>
</tr>
<tr>
<td>140 Queen City Ave</td>
</tr>
<tr>
<td>Manchester, NH, 03103</td>
</tr>
<tr>
<td>603.622.3020</td>
</tr>
<tr>
<td><a href="http://www.farnumcenter.org">www.farnumcenter.org</a></td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling, IOP, MAT, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>His Mansion</strong></td>
</tr>
<tr>
<td>395 Wolf Hill Road</td>
</tr>
<tr>
<td>Deering, NH, 03244</td>
</tr>
<tr>
<td>603.464.5555</td>
</tr>
<tr>
<td><a href="http://www.hismansion.com">www.hismansion.com</a></td>
</tr>
<tr>
<td>*Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Hope on Haven Hill</strong></td>
</tr>
<tr>
<td>(Pregnant or parenting women with children under 5 years of age)</td>
</tr>
<tr>
<td>326 Rochester Hill Road</td>
</tr>
<tr>
<td>Rochester, NH, 03867</td>
</tr>
<tr>
<td>603.948.1230</td>
</tr>
<tr>
<td><a href="http://www.hopeonhavenhill.org">www.hopeonhavenhill.org</a></td>
</tr>
<tr>
<td>*Evaluation, IOP, Recovery Support, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Headrest</strong></td>
</tr>
<tr>
<td>14 Church Street</td>
</tr>
<tr>
<td>Lebanon, NH, 03766</td>
</tr>
<tr>
<td>603.448.4872</td>
</tr>
<tr>
<td><a href="http://www.headrest.org">www.headrest.org</a></td>
</tr>
<tr>
<td>*Evaluation, Outpatient Counseling, IOP, Transitional Living</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>His Mansion</strong></td>
</tr>
<tr>
<td>395 Wolf Hill Road</td>
</tr>
<tr>
<td>Deering, NH, 03244</td>
</tr>
<tr>
<td>603.464.5555</td>
</tr>
<tr>
<td><a href="http://www.hismansion.com">www.hismansion.com</a></td>
</tr>
<tr>
<td>*Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Keystone Hall</strong></td>
</tr>
<tr>
<td>615 Amherst Street</td>
</tr>
<tr>
<td>Nashua NH 03063</td>
</tr>
<tr>
<td>603.881.4848</td>
</tr>
<tr>
<td><a href="http://www.keystonehall.org">www.keystonehall.org</a></td>
</tr>
<tr>
<td>*Evaluation, Detox, Outpatient Counseling, IOP, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Lakehouse Recovery LLC</strong></td>
</tr>
<tr>
<td>(Males Only)</td>
</tr>
<tr>
<td>345 Scoby Road</td>
</tr>
<tr>
<td>Francestown, NH, 03043</td>
</tr>
<tr>
<td>603.247.0800</td>
</tr>
<tr>
<td><a href="http://www.lakehouserecovery.com">www.lakehouserecovery.com</a></td>
</tr>
<tr>
<td>*Inpatient/Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Lakehouse Recovery LLC</strong></td>
</tr>
<tr>
<td>(Males Only)</td>
</tr>
<tr>
<td>345 Scoby Road</td>
</tr>
<tr>
<td>Francestown, NH, 03043</td>
</tr>
<tr>
<td>603.247.0800</td>
</tr>
<tr>
<td><a href="http://www.lakehouserecovery.com">www.lakehouserecovery.com</a></td>
</tr>
<tr>
<td>*Inpatient/Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Green Mountain Treatment Center</strong></td>
</tr>
<tr>
<td>244 High Watch Road</td>
</tr>
<tr>
<td>Effingham, NH, 03882</td>
</tr>
<tr>
<td>603.230.2448</td>
</tr>
<tr>
<td><a href="http://www.GreenMountainTreatment.com">www.GreenMountainTreatment.com</a></td>
</tr>
<tr>
<td>*Detox, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Hampstead Hospital</strong></td>
</tr>
<tr>
<td>218 East Road</td>
</tr>
<tr>
<td>Hampstead, NH, 03841</td>
</tr>
<tr>
<td>603.329.5311</td>
</tr>
<tr>
<td><a href="http://www.hampsteadhospital.com">www.hampsteadhospital.com</a></td>
</tr>
<tr>
<td>Detox, Evaluation, IOP, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Hampstead Hospital</strong></td>
</tr>
<tr>
<td>218 East Road</td>
</tr>
<tr>
<td>Hampstead, NH, 03841</td>
</tr>
<tr>
<td>603.329.5311</td>
</tr>
<tr>
<td><a href="http://www.hampsteadhospital.com">www.hampsteadhospital.com</a></td>
</tr>
<tr>
<td>Detox, Evaluation, IOP, Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Lakehouse Recovery LLC</strong></td>
</tr>
<tr>
<td>(Males Only)</td>
</tr>
<tr>
<td>345 Scoby Road</td>
</tr>
<tr>
<td>Francestown, NH, 03043</td>
</tr>
<tr>
<td>603.247.0800</td>
</tr>
<tr>
<td><a href="http://www.lakehouserecovery.com">www.lakehouserecovery.com</a></td>
</tr>
<tr>
<td>*Inpatient/Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Lakehouse Recovery LLC</strong></td>
</tr>
<tr>
<td>(Males Only)</td>
</tr>
<tr>
<td>345 Scoby Road</td>
</tr>
<tr>
<td>Francestown, NH, 03043</td>
</tr>
<tr>
<td>603.247.0800</td>
</tr>
<tr>
<td><a href="http://www.lakehouserecovery.com">www.lakehouserecovery.com</a></td>
</tr>
<tr>
<td>*Inpatient/Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
<tr>
<td><strong>Lakehouse Recovery LLC</strong></td>
</tr>
<tr>
<td>(Males Only)</td>
</tr>
<tr>
<td>345 Scoby Road</td>
</tr>
<tr>
<td>Francestown, NH, 03043</td>
</tr>
<tr>
<td>603.247.0800</td>
</tr>
<tr>
<td><a href="http://www.lakehouserecovery.com">www.lakehouserecovery.com</a></td>
</tr>
<tr>
<td>*Inpatient/Inpatient/Residential Services</td>
</tr>
<tr>
<td><strong>Medicaid Accepted</strong></td>
</tr>
</tbody>
</table>
Inpatient Treatment

Phoenix House – Dublin
3 Pierce Road
Dublin, NH, 03444
603.563.8501
www.phoenixhouse.org
*Inpatient/Residential Services
Medicaid Accepted

Phoenix House – Keene
106 Roxbury Street
Keene, NH, 03431
603.358.4041
www.phoenixhouse.org
*Detox, Outpatient Counseling, IOP, MAT, Partial Hospitalization, Recovery Support, Inpatient/Residential Services
Medicaid Accepted

Ray House (Women Only)
14 Holy Cross Road
Franklin, NH, 03235
603.934.2020
www.farnumcenter.org
*IOP, MAT, Inpatient/Residential Services
Medicaid Accepted

Riverbank House (Males Only)
96 Church Street
Laconia NH 03246
603.531.3929
www.riverbankhouse.net
*IOP, Recovery Support, Inpatient/Residential Services

Serenity Place
101 Manchester Street
Manchester, NH, 03101
603.625.6980
www.serenityplace.org
*Evaluation, Detox, Outpatient Counseling, Inpatient/Residential Services
Medicaid Accepted

Southeastern NH Services
272 County Farm Road
Dover, NH, 03820
603.516.8160
www.dovernhtreatmentcenter.org
*Evaluation, Outpatient Counseling, IOP, NH Impaired Driver Care Management DWI Program, Inpatient/Residential Services
Medicaid Accepted

Veteran Homestead Inc. (Veterans Only)
85 Pierce Road
Fitzwilliam, NH, 03447
603.585.9427
www.veteranhomestead.org
*Detox, Outpatient Counseling, Recovery Support, Inpatient/Residential Services

Webster Place (Men Only)
27 Holy Cross Rd
Franklin NH 03235
1.888.840.4243
www.farnumcenter.org
*IOP, MAT, Inpatient/Residential Services
Medicaid Accepted

West Bridge Community Services
1361 Elm Street, Suite 400
Manchester NH 03101
603.634.4446
www.westbridge.org
*Evaluation, Outpatient Counseling, IOP, MAT, Inpatient/Residential Services

15
### Community Congregational Church
- **Address**: 44 Post Road, Greenland, NH, 03840
- **Phone**: 603.436.8336
- **Schedule**: Wednesdays 10:00AM—12:00PM

### East Kingston Food Pantry
- **Address**: 24 Depot Road, East Kingston, NH, 03827
- **Phone**: 603.642.8406
- **Schedule**: Monday-Friday 8:00AM—3:00PM

### Epping Community Church
- **Address**: 4 Pleasant Street, Epping, NH, 03042
- **Phone**: 603.679.5542
- **Schedule**: Thursdays & Saturdays 9:00AM—11:00AM

### First Baptist Church of Hampton
- **Address**: 36 Winnacunnet Road, Hampton, NH, 03842
- **Phone**: 603.926.3200
- **Schedule**: Mondays 9:30AM—12:00PM

### Fremont Food Pantry
- **Address**: 295 Main Street, Fremont, NH, 03044
- **Phone**: 603.895.3825

### Gather
- **Address**: 210 West Road Suite 3, Portsmouth, NH, 03801
- **Phone**: 603.436.0641
- **Schedule**: Mondays-Thursdays 9:00AM—5:00PM, Fridays 9:00AM—1:00PM

### Raymond Food Pantry
- **Address**: 55 Prescott Road, Raymond, NH, 03077
- **Phone**: 603.895.2303

### Hampton Beach
- **Address**: 37 Ashworth Avenue, Hampton, NH, 03842
- **Phone**: 603.929.4427
- **Schedule**: Monday-Friday 5:00PM—6:45PM, Saturdays 2:00PM—4:00PM

### Healing Rain Ministries
- **Address**: 49 New Zealand Road, Seabrook, NH, 03874
- **Phone**: 603.601.0656
- **Schedule**: Tuesdays 4:00PM—6:00PM, Fridays 5:00PM—7:00PM, Sundays 1:00PM—4:00PM

### Hobbs House Food Pantry
- **Address**: 200 High Street, Hampton, NH, 03842
- **Phone**: 603.926.4936
- **Schedule**: Tuesdays, Thursdays & Saturdays 10:00AM—12:00PM

### Newfields Community Church
- **Address**: 71 Main Street, Newfields, NH, 03856
- **Phone**: 603.778.8628
- **Schedule**: By Appointment

### Newmarket Community Church
- **Address**: 137 Main Street, Newmarket, NH, 03857
- **Phone**: 603.659.3892
- **Schedule**: Fridays & Saturdays 9:00AM—12:00PM

### Operation Blessing
- **Address**: 600A Lafayette Road, Portsmouth, NH, 03801
- **Phone**: 603.430.8561
- **Schedule**: Mondays, Thursdays, Fridays 10:00AM—4:00PM

### Pilgrim United Church of Christ
- **Address**: 197 Middle Road, Brentwood, NH, 03833
- **Phone**: 603.778.3189
- **Schedule**: By Appointment Only

### Salvation Army Food Pantry
- **Address**: 28D Depot Square, Hampton, NH, 03842
- **Phone**: 603.929.1729
- **Schedule**: By Appointment Only

### Salvation Army Food Pantry
- **Address**: 15 Middle Street, Portsmouth, NH, 03801
- **Phone**: 603.926.2606
- **Schedule**: Monday-Thursday 9:00AM—12:00PM, 1:00PM—3:00PM

### Screven Food Pantry at Seacoast Community Church
- **Address**: 397 Lafayette Road, Portsmouth, NH, 03862
- **Phone**: 603.436.8623
- **Schedule**: Tuesdays 12:00PM—12:30PM

### Seabrook Food Pantry
- **Address**: 146 Lafayette Road, Seabrook NH, 03874
- **Phone**: 603.474.3507
Soup Kitchens

Common Table at St. John’s Episcopal Church
101 Chapel Street
Portsmouth, NH, 03801
603.778.2357
Thursdays 11:00AM—1:00PM

Hampton Beach
37 Ashworth Avenue
Hampton, NH, 03842
603.929.4427
October—May
Monday-Friday 5:00PM—6:45PM
Saturday 2:00PM—4:00PM

Healing Rain Ministries
49 New Zealand Road
Seabrook, NH, 03874
603.601.0656
Fridays 5:00PM—7:00PM

Salvation Army Soup Kitchen
15 Middle Street
Portsmouth, NH, 03801
603.436.2606
Breakfast Monday-Friday 7:00AM—8:00AM
Dinner Daily 5:00PM—6:00PM

Screven Food Pantry
397 Lafayette Road
Portsmouth, NH, 03862
603.436.8623
Tuesdays 12:00PM—1:00PM

Seabrook Community Table
Trinity Parish House on Seabrook Rotary
Seabrook, NH, 03874
603.474.9608
Tuesdays & Wednesdays 5:00PM—6:00PM

St. Vincent de Paul
Our Lady of the Miraculous Medal Church
289 Lafayette Road
Hampton, NH, 03842
603.929.4427
Monday-Friday 5:00PM—6:45PM
Saturday 2:00PM—4:00PM

Supplemental Nutrition Assistance Program (SNAP) 1.800.852.3345
WIC Nutrition Program 1.800.942.4321
Rockingham Meals on Wheels 603.679.2201
New Hampshire Homeless Help
800.852.3388

New Hampshire Coalition To End Homelessness
603.641.9441 Ext. 251

Coordinated Entry
Monday—Friday 9:00AM—5:00PM
603.435.2448

Homelessness Prevention Program
603.431.2911

A Safe Place
6 Greenleaf Woods Suite 101
Portsmouth, NH, 03801
602.436.7924
www.asafeplacenh.org

Chase Home for Children
698 Middle Road
Portsmouth, NH, 03801
603.436.2216
www.chasehome.org

Cross Roads House
600 Lafayette Road
Portsmouth, NH, 03801
603.436.2218
www.crossroadshouse.org

New Generations
568 Portsmouth Avenue
Greenland, NH, 03840
603.436.4989
www.newgennh.org

NH Legal Assistance’s Housing Justice Project
154 High Street
Portsmouth, NH, 03801
800.334.3135
www.nhla.org

Portsmouth Housing Authority
245 Middle Street
Portsmouth, NH, 03801
603.436.4310
porthousing.org

Seacoast Family Promise
27 Hampton Road
Exeter, NH, 03833
603.658.8448
www.sfpnh.org

The Housing Partnership
767 Islington Street
Portsmouth, NH, 03801
603.431.3620
www.housingpartnership.org

New Hampshire Homeless Help
800.852.3388

New Hampshire Coalition To End Homelessness
603.641.9441 Ext. 251

Coordinated Entry
Monday—Friday 9:00AM—5:00PM
603.435.2448

Homelessness Prevention Program
603.431.2911

A Safe Place
6 Greenleaf Woods Suite 101
Portsmouth, NH, 03801
602.436.7924
www.asafeplacenh.org

Chase Home for Children
698 Middle Road
Portsmouth, NH, 03801
603.436.2216
www.chasehome.org

Cross Roads House
600 Lafayette Road
Portsmouth, NH, 03801
603.436.2218
www.crossroadshouse.org

New Generations
568 Portsmouth Avenue
Greenland, NH, 03840
603.436.4989
www.newgennh.org

NH Legal Assistance’s Housing Justice Project
154 High Street
Portsmouth, NH, 03801
800.334.3135
www.nhla.org

Portsmouth Housing Authority
245 Middle Street
Portsmouth, NH, 03801
603.436.4310
porthousing.org

Seacoast Family Promise
27 Hampton Road
Exeter, NH, 03833
603.658.8448
www.sfpnh.org

The Housing Partnership
767 Islington Street
Portsmouth, NH, 03801
603.431.3620
www.housingpartnership.org
**Mental Health**

**Connections Peer Support**
544 Islington Street  
Portsmouth, NH, 03801  
603.427.6966  
Peer Line: 603.433.8679  
CPSC Warm Line: 1.800.809.6262  
www.connectionspeersupport.org

**NAMI Connection**
**Recovery Support Group**
Tuesdays, 1:00PM—2:30PM  
Seacoast Mental Health Center  
(Lighthouse Room)  
1145 Sagamore Avenue  
Portsmouth, NH, 03801  
Contact Diane 603.793.7040  
smhc-nh.org

**NAMI New Hampshire**
85 North State Street  
Concord, NH, 03301  
1.800.242.6264  
naminh.org

**PARS Psychiatric & Referral Services**
A Service of Portsmouth Regional Hospital  
24/7 Crisis Suicide Prevention Hotline  
603.433.5270 or 603.433.5135  
www.portsmouthhospital.com/service/pars-psychiatric-referral-services

**Seacoast Mental Health Center**
1145 Sagamore Street  
Portsmouth, NH, 03801  
603.431.6703  
smhc-nh.org

**Seacoast Pathways**
North Church Parish House  
355 Spinney Road  
Portsmouth, NH, 03801  
603.812.9031  
seacoastpathways.org
**ACT—Alliance for Community Transportation**
603.834.6010
www.communityrides.org

**ACT—Community Rides**
42 Sumner Drive
Dover, NH, 03820
603.834.6010
www.communityrides.org

**ACT—Ready Rides**
Register: 603.244-8719,
Ride Request: 1.855.SENH.BUS
www.readyrides.org

**ACT—TripLink**
603.834.6010
www.communityrides.org/triplink/html

**C & J Trailways**
**Portsmouth Transportation Center**
185 Grafton Drive
Portsmouth, NH, 03801
603.430.1100
www.ridecj.com

**COAST - Cooperative Alliance Seacoast Transportation**
42 Sumner Drive
Dover, NH, 03820
603.743.5777
www.coastbus.org

**Greyhound**
*Portsmouth Bus Stop*
54 Hanover Street
Portsmouth, NH, 03801
1.800.231.2222
www.greyhound.com

**TASC—Transportation Assistance for Seacoast Citizens**
Hobbs House Community Center
200 High Street
Hampton, NH, 03842
603.926.9026
www.tasc-rides.org

**TAXI SERVICES**

Academy Taxi
Exeter, NH
603.658.8294

Anchor Taxi
Greenland, NH
603.436.1888

Annie’s Taxi
Portsmouth, NH
603.531.9955

Blue Star Taxi
North Hampton, NH
603.436.2774

BobKat Transportation
Portsmouth, NH
603.205.1788

Great Bay Taxi
Portsmouth, NH
603.431.4555

Portsmouth Taxi
Portsmouth, NH
603.431.6811

Rockingham Taxi
Greenland, NH
603.501.0960
Austin 17 House
263 Route 125
Brentwood, NH, 03833
603.686.9505
www.austin17house.org

Poised to end substance misuse in Newmarket, a group of community leaders meet regularly at Newmarket Community Church to build community programing, provide education, make community connections, maximize prevention opportunities, and build community support for individuals who struggle with addiction.

Chucky’s Fight
380 Lafayette Road Unit 11-193
Seabrook, NH, 03874
978.423.1222
www.chuckysfight.com

Raymond Coalition for Youth
4 Epping Street, Raymond, NH,
603.895.7061
rcfy.org

Granite Youth Alliance
United Way of the Greater Seacoast
uwgs.org

It is the mission of the SoRock Coalition to promote, support and sustain healthy life choices for youth and their families in our communities. The towns of the Sanborn and Timberlane school districts are caring communities that support families being the best they can be by promoting safe, healthy and substance free lifestyles for children and adults through collective and individual responsibility.

New Heights
Teen Center
100 Campus Drive Suite 23
Portsmouth, NH, 03801
603.422.8235 newheightsonline.org

New Heights’ mission is to unleash the individual and collective potential of today’s youth by offering experiential learning opportunities through exploration of their culture, community and natural environment; expression of their unique talents, ideas and creativity; and engagement in science, technology, arts and outdoor learning.

Raymond Coalition For Youth empowers the community to promote positive youth development and reduce youth substance use and suicide risk. RCFY envisions a community where our youth are valued and supported to make healthy choices.

SoRock Coalition
17 Danville Road
Kingston, NH, 03848
603.642.3341 Ext. 196
sorocknh.org

The Zero Left Initiative is not a uniquely pioneering initiative, but an initiative that highlights a few of the basic ways the health care industry can help with the current opioid crisis. In that end, it is about having ZERO pills LEFT for the medicine cabinet.
Safe Harbor is a peer-led recovery center. It is a resource open to anyone impacted by addiction—including family and friends of those most keenly affected. The recovery model is peer and community driven. Based on conversations with key community and public health leaders to date, the services to be provided by SHRC will include the following:

- Recovery Coaching
- Peer Support & Support Groups
- Family Education & Support
- Workshops
- Resources
- Health & Wellness Programs
- Recreational Activities & Sober Events

Alcoholics Anonymous
1.800.593.3330
www.seacoastaa.org

Heroin Anonymous
1.866.401.2085
www.heroinanonymous.org

Narcotics Anonymous
1.888.624.3578
www.gsana.org

SMART Recovery
603.670.5557
www.smartrecoverynh.org
Family Support

Alanon/Alateen
603.369.6930
www.nhal-anon.org

Families Hoping and Coping
Wednesdays 7:00—8:30 PM
Safe Harbor Recovery Center
865 Islington Street, Portsmouth, NH
Contact: Elaine 603.315.9177 or Tim 603.703.3948

3rd Thursday of each month 6:00—7:00PM
Church of Christ
867 Lafayette Road, Seabrook, NH
Contact: Chucky 978.423.1222

Exeter Family Support Group
2nd and 4th Tuesday of each month 7:00 -8:15 PM
First Baptist Church
2 Spring Street, Exeter, NH
Contact: Linda 978.578.5670

Keep Hope Alive
1st and 3rd Wednesday of each month 7:00—8:30 PM
Raymond Baptist Church
145 State Route 27, Raymond, NH
Contact: Ann 603.731.4227 or Tom 603.731.1523

Statewide Family Support Group Coordinator
Lynn Fuller
hopeforfamilies123@gmail.com
www.granitepathwaysnh.org/family-support-groups