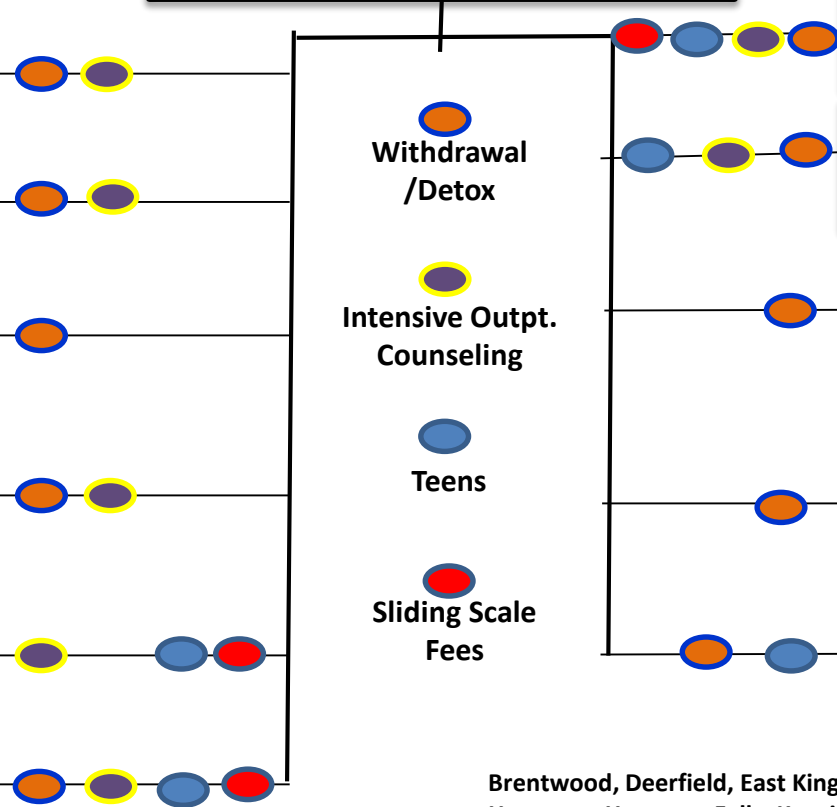


Additional Treatment Options @
www.nhtreatment.org or
NH statewide crisis line 1-844-711-4357

OUTPATIENT

- Addiction Recovery Services**
Portsmouth NH 603-591-3707
<http://www.arsnh.com>
- Dr. George Nowak**
Portsmouth NH 603-427-6565
- Merrimack River Medical Svcs**
Newington NH 603-436-0448
<http://www.csachelp.com>
- ROAD to a Better Life**
Newington NH 603-431-3166
<http://roadtoabetterlifenh.com>
- Seacoast Mental Health Center**
Portsmouth NH 603-431-6703
<http://www.smhc-nh.org>
- Families First**
Portsmouth NH 603-422-8208
www.familiesfirstseacoast.org



INPATIENT

- Southeastern Services**
Dover NH @ 518-8181
<http://www.dovernhtreatmentcenter.org>
- Hampstead Hospital**
Hampstead NH 603-329-5311
<http://www.hampsteadhospital.com>
- Easter Seals Farnum Center**
WALK-IN assessments 8a-10a M/F
Manchester NH 603-622-3020
<http://www.estreatment.org>
- Phoenix House – Keene Center**
Keene NH 603-358-4041
<http://phoenixhouse.org>
- Phoenix House – Dublin Academy**
Dublin NH 603-563-8107
<http://www.phoenixhouse.org>

Seacoast Public Health
Region Resources 2016

Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham

Support Group Options-Call first-meeting days and times can change***

Child & Family Services

- 9 Hampton Road, Exeter NH
- Provides: Substance Abuse Treatment
- Runaway & Homeless Youth support
- Contact: 603-772-3787

Family Support Group for Substance Use Issues

- Every 3rd Monday monthly
- Church of Christ, 867 Lafayette Rd – Seabrook, NH
- Contact: Chucky (978) 423-1222
- Newmarket ASAP Supports Families
- Thursday Nights at Lamprey Health Care Community Room One – Lower Level (rear) Newmarket NH-7:00 to 8:30pm

The Addict's Mom (New Hampshire Chapter)

- Location: Online
- Time: Any
- Open to: Parents of people in active addiction or recovery
- Format: Facebook group
- Join: [facebook.com/groups/TAMNewHampshire](https://www.facebook.com/groups/TAMNewHampshire)

Al-Anon (New Hampshire Chapter)

- Locations: Rochester, Dover, Portsmouth, others out of region
- Open to: Anyone suffering from another's substance use disorder
- Hotline: 603 -369 -6930
- Web: nhal-anon.org
- ONLINE MEETINGS:
- al-anon.org/electronic-meetings

Ala-Teen

- Location: Community Campus Library, 100 Campus Dr, Portsmouth
- When: Fridays 7:30pm-8:30pm
- Open to: Youths suffering from another's substance use disorder
- Web: <http://al-anon.org/for-alateen>
- Phone: 1-877-825-2666

Heroin Anonymous -(12-Step/Mutual Aid)

- Location: Newmarket Community Church-137 Main St. Newmarket
- Open to: Anyone with a desire to stop using heroin or other mind-altering substances -Cost: Free
- Meeting times: Fridays @ 6:00pm-603-657-5639 Kate
Web: heroinanonymous.org/HANH.html

Seacoast Heroin Anonymous Meetings-Hope not Dope @ 7pm-Sundays
Seacoast Youth Services-867 Lafayette Rd. Seabrook 603-777-6012

Narcotics Anonymous (12-Step/Mutual Aid)

- Locations: Rochester, Dover, Farmington, others out of region
- Open to: Anyone with a desire to stop using mind-altering substances
- Cost: Free
- Hotline: 1-888-624-3578
- Web: gsana.org

Alcoholics Anonymous (12-Step/Mutual Aid)

- Locations: Wednesdays @ 7:00pm @ Newmarket Comm Church
- Sundays @ 6pm @ Newmarket Rec Center
- Open to: Anyone with a desire to stop using alcohol
- Cost: Free
- Hotline: 800-593-3330
- Web: nhaadistrict15.org

Encourage a skilled assessment (from primary care or substance use disorder provider or nhtreatment.org provider) **and participation in a support group!**