

Substance Abuse Education and Prevention

Adults

DrugFreeNH.org

A place for Individuals, families, and communities to get informed, get involved and get help

Partnership for Drug Free Kids: www.drugfree.org

The partnership is a drug abuse prevention, intervention, treatment and recovery resource existing to help parents and caregivers effectively address alcohol and drug abuse with their teens and young adults.

Marijuana Talk Kit (Partnership for Drug-Free Kids, #MJTalkKit)

What you need to know to talk with your teen about marijuana

Community Action for Safe Teens (CAST): www.nhcast.org

Mission of CAST is to prevent substance abuse and promote healthy choices for youth in the Souhegan Valley.

AL-ALON www.al-anon.org 603-369-6930

A program for families and friends of those with alcohol issues

Youth

NIDI for Teens: www.teens.drugabuse.gov

The National Institute on Drug Abuse (NIDA) created this site for Teens to educate adolescents, parents and teachers on the science of addiction.

The Cool Spot: www.thecoolspot.gov

Young teens place for information on alcohol and resisting peer pressure

Too Smart to Start: toosmarttostart.samhsa.gov

A public education initiative sponsored by SAMHSA. Designed to educate youth about the harms of alcohol use and to support parents and caregivers as they participate in their children's activities.

Just Think Twice: www.justthinktwice.com

A Drug Enforcement Agency (DEA) resource for teens.

Alateen: Alateen.org

Groups for teens whose lives have affected by someone else's drinking.

Find Treatment in NH

NH Treatment Locator: <http://nhtreatment.org>

Find NH providers offering assessment, outpatient counseling, inpatient treatment and recovery support services.

NH Statewide Addiction Crisis Line: [1-844-711-Help](tel:1-844-711-Help)

Trained counselors are available to listen and assist you in finding support services for treatment and recovery.

Recovery

Alcoholics Anonymous (NH): www.nhaa.net

NH specific meeting lists and hotline numbers

SMART Recovery (NH): www.smartnh.org

A self-empowering addiction recovery support group. (Not a 12 step program).

F.A.S.T.E.R. (Families Advocating Substance Treatment, Education & Recovery)

Family and Friends Support Group. Call 603-351-8356 for meeting details.

Other Resources

Suicide Prevention Hotline:

**For any mental health emergency, please call 911 or visit your local hospital immediately.*

NH Suicide Hotline: 603-225-9000

National Suicide Prevention lifeline: 1-800-273-TALK

2-1-1

An easy to remember telephone number and website that connects callers, at no cost, to information about critical health and human services available in their community.

SHARE Services: www.sharenh.org; 603-673-9898

SHARE provides food, clothing and emergency financial assistance to those in need and who reside in the towns of Milford, Amherst, Brookline and Mont Vernon

Town of Milford Welfare Department- 603-673-3535

Bridges: domestic and sexual violence support: www.bridgesnh.org

24 Hour Support Line: 603-883-3044 Milford Office: 672-9

NAMINH www.namih.org

The NH chapter of the National Alliance on Mental Illness

