



Acting NOW!

Do you need immediate assistance?

Emergency Help — Dial 911

Police Departments

Alexandria	744-6650
Ashland	968-7598
Bridgewater	744-6745
Bristol	744-6320
Campton	726-8874
Danbury	768-5568
Groton	744-3703
Hebron	744-5509
Holderness	968-9555
Lincoln	745-2238
New Hampton	524-8585
Plymouth	536-1804
Rumney	786-2149
Thornton	726-3871
Waterville Valley	236-8809
Wentworth	764-5912
Woodstock	745-2234

Runaway Safe Line

800- 786-2929

www.1800Runaway.org

24-Hour Crisis Line 883-3044

Hospitals

Speare Memorial	536-1120
Concord	225-2711
Dartmouth-Hitchcock	650-5000
Franklin Regional Hospital/ LRG Healthcare	934-2060

District Court

Plymouth District Court	536-3326
Plymouth Family Court	536-7609



Schools

Elementary Schools:

Alexandria	744-3533
Bridgewater-Hebron	744-6969
Bristol	744-2761
Campton	726-3931
Danbury	768-3434
Holderness	536-2538
Lincoln/Woodstock	745-2214
Newfound Middle	744-8162
New Hampton	744-3221
Plymouth	536-1152
Rumney	786-9591
Thornton	726-8904
Waterville Valley	236-4700
Wentworth	764-5811

High Schools:

Lin-Wood High School	745-2214
Newfound Regional High School	744-6006
Plymouth Regional High School	536-1444

Be Responsible! CHECKLIST



- Do you know it's **illegal to host a party that provides alcohol** to anyone under 21 regardless of the circumstances? You could face a \$2,000 FINE and a year in jail.
- Twenty percent of our students said they've ridden in cars where the **driver had been drinking**. It takes at least an hour to absorb one 12 ounce beer, one 6 ounce glass of wine or one ounce of hard liquor. Always make sure you're safe to drive.
- Do you make sure that you wear your seat belt, keep your cell phone in your pocket and keep your eyes on the road? **Our kids do what we do!** Let's keep them safe!
- Many people use designated drivers for a night on the town. However, most adults aren't aware of the **physical impact of excessive drinking**. Please talk to your health care provider to ensure you are within safe limits for you!

Funding provided by the Bureau of Drug and Alcohol services and New Hampshire Charitable Foundation.



guide

Central New Hampshire Region

A guide to help youth and families make positive choices



Communities for Alcohol- and Drug-free Youth
94 Highland Street, Plymouth, NH
Ph. (603) 536-9793

www.cadyinc.org





Treatment & Counseling

NH Treatment Locator
nhtreatment.org

Are you unsure about where to get information to help your family?

NH Statewide Addiction Crisis Line 1-844-711-HELP

NH Treatment Locator - nhtreatment.org

Farnum CenterManchester **888-840-4243**

Friendship House (Inpatient)Woodsville **603-747-2535**

A post-detoxification facility for adults only, with a 28-day program and extended care substance abuse treatment

Friendship House (Outpatient)Woodsville **603-747-2535**

Provides drug and alcohol counseling

Genesis Behavioral HealthPlymouth **603-536-1118**

.....Laconia **603-524-1100**

Headrest, Inc......Lebanon **603-448-4872**

Provides programs for teens in recovery, transitional living, outpatient counseling, detoxification programs

Horizons (Outpatient).....Plymouth **603-536-2010**

Provides comprehensive outpatient services to chemically dependent people and their families. Lakes Region General Hospital intensive outpatient program

New Freedom AcademyCanterbury **603-505-4364**

A residential drug and alcohol treatment center for young adult males

Phoenix HouseDublin **603-536-8107**

Inpatient, as well as outpatient, residential treatment for drug addiction and alcoholism for all ages

The Plymouth HousePlymouth **603-536-5500**

Post detoxification, offers a 12 step retreat in a recovering community

Riverbank House.....Laconia **603-505-7912**

Recovery community for men seeking addiction treatment

White Mountain Mental Health (Outpatient).....Littleton **603-444-5358**

Provides drug and alcohol counseling services as well as mental health counseling



Individual Counseling

Are you ready to reach out for help?

Shirley Bemis MSW.....Plymouth **240-401-1870**

Regina Kelly ARNPPlymouth **603-536-1020**

Elizabeth Lachapelle, Ph.DPlymouth/Lincoln **603-536-5223**

Genesis Behavioral HealthPlymouth/Laconia **603-536-1118**

Horizons (LADAC)Plymouth/Laconia **603-536-2010**

David Parisi, MSWGilford **603-528-6060**

Janice QuintalPlymouth **603-536-4787**

Mid-State Health CenterPlymouth **603-536-4000**



General Help & Tip Lines

NH Statewide Addiction Crisis Line 1-844-711-HELP

CADY 603-536-9793

Al-Anon/Al-A Teen 1-888-425-2666

Alcoholics Anonymous 1-800-593-3330

Alcohol & Drug Treatment Referral 1-800-454-8966

Cocaine Hotline 1-800-262-2463
(24 hr information/referral)

Headrest Hotline 1-800-639-6095
(Plymouth Area Youth Help Line)

Narcotics Anonymous 1-800-974-0062
(gsana.org/meeting-list)

National Council on Alcoholism Info Line 1-800-622-2255

National Suicide Prevention Lifeline 1-800-273-8255

Parent Support Group F.A.S.T.E.R 603-764-9612

Poison Control 1-800-222-1222

ROAD to a Better Life 603-727-9071

Tobacco Cessation 1-800-879-8678

Tobacco Hotline 1-800-784-8669

Whole Village Family Resource Center 603-536-3720

Young Adult (16yrs+ 12-step program) Substance Abuse Group 603-536-7264

Recovery

PARC (Plymouth Area REcovery Connection)
www.parcnh.org 603-254-5090

Hope for NH Recovery 603-935-7524
www.hopefornhrecovery.org

SMART Recovery 440-951-5358
JRitchie.SmartRecovery@gmail.com
Amazing Grace Fellowship; Bristol, NH