Resources....

LOCAL COMMUNITY RESOURCES

Mental Health / Counseling:
Northern Human Services, Berlin, NH – 752-7404 / Colebrook, NH – 237-4955
Center for New Beginnings, Littleton, NH – 444-6465
211

Family / Individual Services:
Community Action, Colebrook, NH – 237-8168
The Family Resource Center, Gorham, NH – 466-5190
FamilyStrength, Gorham, NH – 466-9015
Tri-County Community Action Program, Berlin, NH – 752-7001
United Way of Northern NH, Berlin, NH – 752-3343
211

NATIONAL HELPLINES & WEBSITES

Substance Misuse:
Alateen – 1-800-352-9996
National Cocaine Hotline – 1-800-COCAINE (262-2463)
Treatment Referral Helpline – 1-800-662-HELP
www.findtreatment.samhsa.gov
National Institute on Drug Abuse (NIDA) – www.drugabuse.gov
NIDA for Teens – http://teens.drugabuse.gov/about.php

Support Groups:
Al-Anon – www.al-anon.org
Alateen – www.al-anon.alateen.org
American Self-Help Group Clearinghouse – www.mentalhelp.net/selfhelp/
Alcoholics Anonymous – www.aa.org

Suicide Hotlines:
National Suicide Prevention Lifeline – 1-800-273-TALK (8255)
1-800-SUICIDE
1-800-799-4TTY (4889) for hearing & speech impaired

NATIONAL YOUTH CRISIS HOTLINE – 1-800-442-HOPE (4673)