



# 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](http://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!

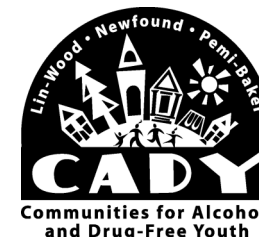
Funding provided by the Bureau of Drug and Alcohol Services and New Hampshire Charitable Foundation.



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](http://www.cadyinc.org)





# Treatment & Counseling

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

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

**Farnum Center** .....Manchester **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 Health** .....Plymouth **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 Academy** .....Canterbury **603-505-4364**

A residential drug and alcohol treatment center for young adult males

**Phoenix House** .....Dublin **603-536-8107**

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

**The Plymouth House** .....Plymouth **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 ARNP** .....Plymouth **603-536-1020**

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

**Genesis Behavioral Health** .....Plymouth/Laconia **603-536-1118**

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

**David Parisi, MSW** .....Gilford **603-528-6060**

**Janice Quintal** .....Plymouth **603-536-4787**

**Mid-State Health Center** .....Plymouth **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

**Hope for NH Recovery** 603-935-7524

[www.hopefornhrecovery.org](http://www.hopefornhrecovery.org)

**SMART Recovery** 440-951-5358

[JRitchie.SmartRecovery@gmail.com](mailto:JRitchie.SmartRecovery@gmail.com)

Amazing Grace Fellowship; Bristol, NH