

The following information regarding treatment for substance misuse (including Heroin) were produced by:

Seacoast Public Health Network

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Please refer all questions to them

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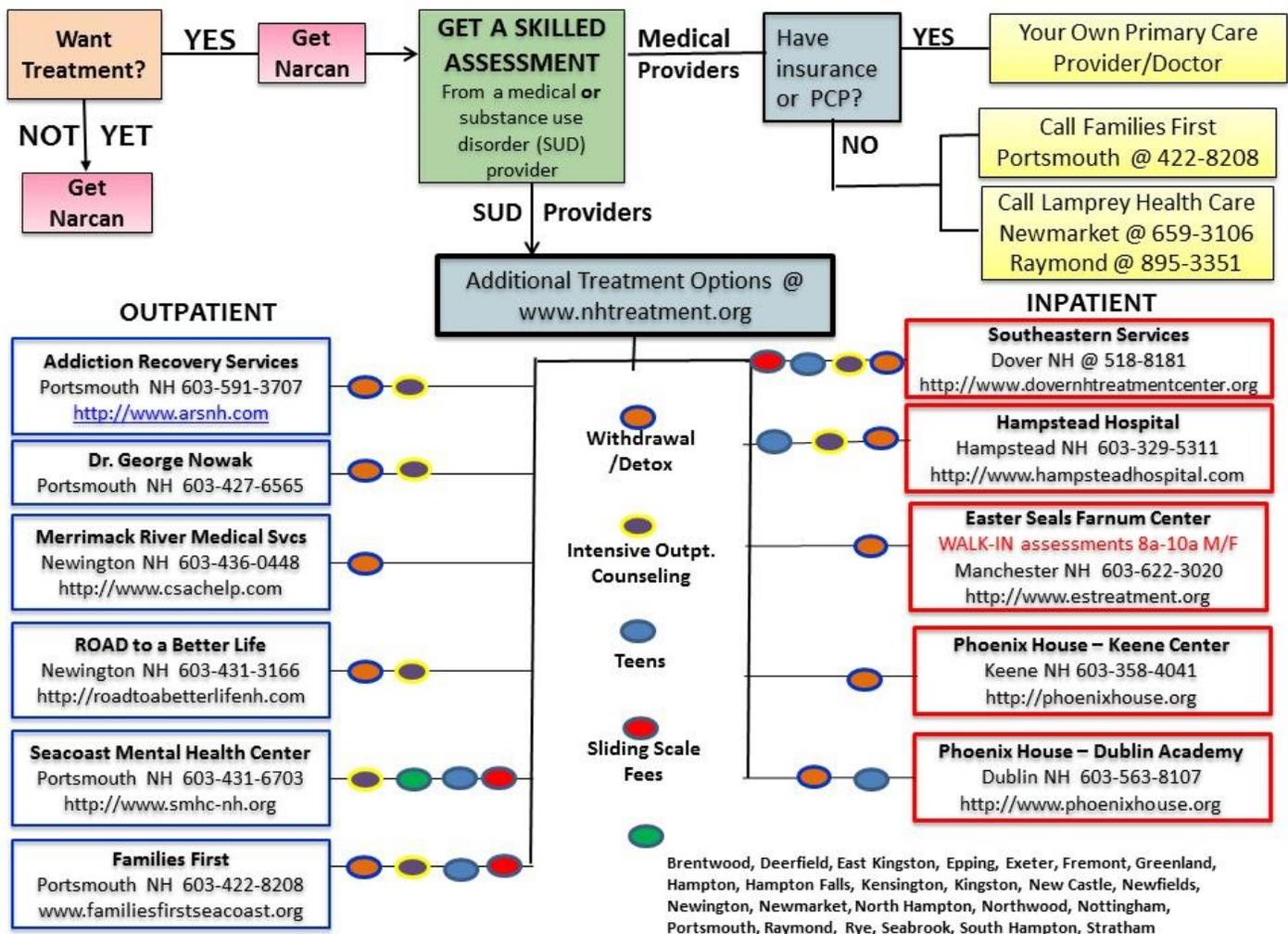
We ALWAYS encourage folks to get a skilled assessment from a primary care or substance misuse provider AND find a support group. This Treatment Tree offers SELECTED local and regional resources for

- Finding a primary care provider/skilled assessment if you have no insurance
- Finding an inpatient provider (not insurance status specific)
- Finding an intensive outpatient provider (not insurance status specific)
- Finding a support group – please note some are local, some are online, some are national programs.

*Southeastern Services DOES NOT TAKE INSURANCE – they are subsidized by the state so bed availability is always tight...but they are a good resource for anyone to call for more guidance.

*This Treatment Tree is designed to capture some fast resources referral so it is NOT comprehensive.

*Inclusion on this list is not a reflection of endorsement – just as non-inclusion is not assessment of any other service.



Seacoast PHN 12/ 2015

Support Group Options

- **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

- **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

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

- **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
- Open to: Anyone with a desire to stop using heroin or other mind-altering substances
- Cost: Free
- Meeting times: Wednesdays @ 7:30pm
- Web: heroinanonymous.org/HANH.html

- **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 Community 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