November, 2015
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.
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: Chrisly (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

- **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

- **Al-Teen**
  - Location: Community Campus Library, 100 Campus Dr, Portsmouth
  - When: Fridays 7:30-8:45pm
  - Open to: Youths suffering from another’s substance use disorder
  - Web: http://al-anon.org/for-alteen
  - Phone: 1-877-825-2000

- **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: gnana.org

- **Alcoholics Anonymous (12-Step/Mutual Aid)**
  - Locations: Wednesdays @ 7:00pm @ Newmarket Community Church
  - Sundays @ 8pm @ Newmarket Rec Center
  - Open to: Anyone with a desire to stop using alcohol
  - Cost: Free
  - Hotline: 800-593-3330
  - Web: nhaadistrict15.org

---

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