

# 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

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### **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

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## 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

National Clearinghouse for Alcohol and Drug Information – [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov) &

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

National Council for Community Behavioral Healthcare – [www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

National Institute on Drug Abuse (NIDA) – [www.drugabuse.gov](http://www.drugabuse.gov)

NIDA for Teens – <http://teens.drugabuse.gov/about.php>

### **Support Groups:**

Al-Anon – [www.al-anon.org](http://www.al-anon.org)

Alateen – [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

American Self-Help Group Clearinghouse – [www.mentalhelp.net/selfhelp/](http://www.mentalhelp.net/selfhelp/)

Narcotics Anonymous – [www.na.org](http://www.na.org)

Alcoholics Anonymous – [www.aa.org](http://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)**