Recovery RESOURCE GUIDE

NH Department of Health and Human Services
Division for Behavioral Health
Bureau of Drug and Alcohol Services
dhhs.nh.gov/dcbcs/bdas/index.htm
drugfreenh.org

This Recovery Resource Guide provides a listing of state-funded recovery community centers. For statewide referrals and information, dial 211 or visit nhtreatment.org or nhrecoveryhub.org

Recovery RESOURCE GUIDE

"To join individuals, families and communities in reducing the misuse of alcohol and drugs thereby increasing opportunities for citizens to achieve health and independence."

NHBDAS Mission

dhhs.nh.gov/dcbcs/bdas/

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Recovery Community Organizations are listed by location for convenience, but they all serve New Hampshire residents regardless of where they live in state. For a complete list of recovery programs offered throughout New Hampshire, please visit the NH Treatment Locator (nhtreatment.org) and select the box titled “Recovery Support Services” or visit the NH Recovery Hub at nhrecoveryhub.org
This Recovery Resource Guide provides a listing of state-funded Recovery Community Organizations that have recovery centers.

For a comprehensive list of treatment and recovery support services across the state, please visit: nh tratamiento.org or nhrecoveryhub.org.

New Hampshire’s vibrant peer recovery support services are flourishing across the state. The state’s recovery community is building bridges and saving lives. Recovery coaches are helping people who have precious few resources available to them, day in and day out. Recovery community centers are valuable meeting places and offer a variety of wellness activities.

Substance use disorders (SUDs) are highly preventable and treatable, and the state is implementing a comprehensive and lasting response to address this epidemic.

To receive an electronic version of this guide or the Treatment Resource Guide, please: visit: dhhs.nh.gov/dcbcs/bdas/guide.htm or e-mail Health Promotion Advisor Randy Moser at: Randolph.Moser@dhhs.nh.gov.

To receive the Bureau of Drug and Alcohol Services’ e-newsletter, please also e-mail Randy Moser at: Randolph.Moser@dhhs.nh.gov.

Disclaimer: We have provided, to the best of our ability, the most accurate information that we have. Names and addresses sometimes change, so please contact Health Promotions Advisor Randy Moser at 603-271-4972 or email: Randolph.Moser@dhhs.nh.gov with any new information.

Find additional information about treatment and recovery support services at: nh tratamiento.org and nhrecoveryhub.org.
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Description of Services

All Peer Recovery Support Service providers offer the services below, but they vary widely from organization to organization. Please call or visit individual providers websites for a full list of services.

**Peer Recovery Coaching:** Services provided by trained peers who serve as guides and mentors to individuals seeking or in recovery in order to assist those individuals with developing a recovery plan and removing barriers to recovery.

**Healthy living groups:** Peer Recovery Support Service providers offer a wide range of healthy living groups. These groups may take the form of gardening or yoga activities, financial literacy, goal setting, work readiness training and more.

**Telephone Peer Recovery Support Service:** Scheduled and as needed telephone contacts that provide peer support and encouragement as well as information about community resources, mutual support groups and other supports that may be available to individuals in or seeking recovery.

**Contact providers directly for more information.**

**Mutual support groups meetings:** Every recovery community center makes space available for a variety of recovery groups including Alcoholics Anonymous, Narcotics Anonymous, Al-Non, and family support groups.

**Contact providers directly to learn more about scheduled meetings.**

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**OTHER RECOVERY RESOURCES**

**Mutual Aid Groups**

- New Hampshire Alcoholics Anonymous: nhaa.net
- New Hampshire Narcotics Anonymous: gsana.org
- SMART Recovery: smartrecoverynh.org
- Heroin Anonymous: heroinanonymoussh.org
- New Hampshire Al-Anon: nhal-anon.org
- Grief Recovery After a Substance Passing (GRASP): grasphelp.org

**Family Support Programs**

- Families Sharing Without Shame: families-sharing-without-shame.com
- NH Family Support Groups: nh4youth.org/families-youth/family-support-groups-substance-use-issues

See all state-funded family support groups at the Recovery Hub: nhrecoveryhub.org/familysupport