

Resources for Those Impacted by Substance Use

If you or someone you know is struggling with substance use there are supports and resources available in our school as well as our community.

In our school:

***Student Assistance Counselor-** Ms. Fuller's job here at Sanborn is to be a support and resource for students around a variety of issues or concerns that may arise, one area in particular that Ms. Fuller focuses on is substance use and prevention whether it be a student who is using themselves or a student who is concerned about family or friends and wants support or more information. The student assistance program is confidential and available to students every school day.

Ms. Fuller's office is on the second floor in room 235 you can stop in or speak with guidance to make an appointment.

Other resources:

The New Hampshire Alcohol and Drug Treatment Provider: www.nhtreatment.org

The NH Treatment Provider is a free data base used to find a variety of providers in the state of NH such as individual therapy, outpatient and partial programs, detox and residential programs.

211 New Hampshire

2-1-1 New Hampshire connects callers to a live person who helps to connect someone to the numerous resources in the area. The resource is free, simply call 2-1-1

New Hampshire Resource Guide <http://www.dhhs.nh.gov/dcbcs/bdas/documents/guide.pdf>

Narcotics Anonymous: <http://gsana.org/#>

Weekly meetings in the area that provide support and structure for anyone in recovery or looking to be in recovery from any substances. There are also support groups in the area that specifically help those struggling with heroin

Alcoholics Anonymous: <http://nhaa.net/>

Weekly meetings in the area that provide support and structure for anyone in recovery or looking to be in recovery from alcoholism.

Al-Anon and al-ateen: www.al-anon.org/try-an-alateen-chat-meeting
www.nhal-anon.org/ListDrop.html

Meetings and anonymous online chat for those who are effected by a family members addiction